



# *Celebrating Your Success & Moving Forward*

## **Module 8**

When you look back over this eight-week program, reflect on what you've learned, insights you've gained and shifts you've made. List your accomplishments:

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Looking at this list, what are you most proud of?

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What have you learned about yourself and what you're capable of?

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Are the behaviour changes you've made bringing the life changes you hoped for?

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Has it been harder or easier than you thought it would be?

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What has been different this time around? What made the most difference for you?

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What steps do you need to take or plans do you need to put in place to maintain the lifestyle changes you have made?

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Who will continue to support your positive lifestyle changes?

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How are you going to celebrate your accomplishments and the end of the Sugar Shift? (Think self-care, not food rewards) Who will you celebrate with?

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Considering where you are right now on your health and wellness journey, what's the next step for you toward your Well Life Vision? What is resonating as the next right step after the Sugar Shift? What other area of your health and wellness would you like to work on? What didn't get done during the last eight weeks that you'd like to make a priority now?

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What resources and support systems do you have to help you achieve this next step? Consider your personal strengths, allies, tools and resources you already have?

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How will you assure that your wellness journey will continue? What do you need to help you stay accountable and on track with this new goal? Is it regular check-ins with a buddy or ally? Joining a support group of some sort? Working with a coach? Who else do you need to support you through this next stage?

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### **Congratulations on completing the Sugar Shift and embracing this journey of self-discovery and self improvement.**

Please know that whatever the outcomes were for you, they were exactly the ones you needed right now. You are exactly where you are meant to be. Please take from this program what resonates with you right now.

Celebrate whatever the milestones, learning and insights and outcomes were for you - whether they were a total sugar transformation or whether it was adding in some more real whole foods and letting go of processed foods.

There is no one right way to “do” this program. It’s an experience and it is about finding your own answers and doing what feels right for you. Timing is everything and for some it was bang on, for others life got in the way. Remember this transformation and behavioural change is a process. It’s more about sipping slowly rather than gulping quickly.

Move forward from today, from wherever you are. Be compassionate and kind to yourself. Continue to approach this process in the spirit of curiosity, exploration and experimentation.

With much love, gratitude and blessings for continued health, wellness and vitality (and sweet hugs)

*Michelle*