



SUGAR FREE *Life*

Nutritionist-Guided Detox Program & Membership

MAINTENANCE

PHASE 4: Creating A Success Plan

PART 2



Sugar Free *Success Planning*

Ready to really bulletproof your sugar-free results? The secret to lasting change is found right here inside the **Success Planning Guide!** This Guide comes with simple fill-in-the-blanks where you'll first take stock of triggers and bad habits that could be causing you to reach for sugary foods. Next, you'll then create a personal **Prevention Plan** with self-empowering, actionable steps you can take when sugar cravings hit.

START HERE

Grab a pen and hit print to kick-start your own **Success Planning session** with this handy printable set. This series of **worksheets** will help you double-down on your goal to go fully sugar-free. All you need to do is follow the simple prompts until you reach the **My Success Plan**—by then you'll be all set to take on the world, not just quit sugar!

MEMBERSHIP REMINDER

A problem shared is a problem halved, so be sure to pop in the [Facebook Community](#) to ask **questions** or find support in completing a vital step. This planner should be a fun, empowering exercise, not tedious—reach out on the **Messenger Chat** if you need a helping hand!



Crafting A Success Plan

Printable Success Planner

Don't miss this critical step that will help you to expose your sugar triggers, and create a practical plan to overcome them. You will need a 15-20 minute block of uninterrupted time to complete this section. So, grab a green tea, take a deep breath, and let's get into it!

Getting Started

Print off the fill-in-the-blank pages inside this **Guide section**. Read through each exercise before you begin planning to get oriented and understand how it all works. When you are ready, take a breath, and starting planning. Afterwards, come share your experience inside the [Facebook Community](#) for added support and accountability. Be sure to **tag me** so I can cheer you on!

Triggers & Bad Habits

To get started with your **Success Plan**, you first need to explore what triggers and bad habits you may be aware of that could trip up your sugar-free efforts. Complete the worksheet by following the prompts in each box, and then either print or screenshot this page for easy daily reference.

HABITS & TRIGGERS

Write in the space below the things you are aware of that could be triggering you to reach for sugary foods. These are the choices and habits you need to change or start doing less of:

**I NEED TO
STOP ...**

**I NEED TO
DO LESS
OF ...**

Write in the space below the positive ways you could avoid or combat falling into the above patterns. List the new habits or activities you need to amplify or start practising more of each day:

**I NEED TO
KEEP UP ...**

**I NEED TO
DO MORE
OF ...**

**I NEED TO
START ...**



SCREENSHOT THIS BOTTOM SECTION FOR A HOME SCREEN REMINDER

Positive Prevention Plan

A **Positive Prevention Plan** is a tool we use to break sugar habits by identifying, observing and strategically preventing slipups. Complete this page to build your **Success Planner**.

**Sugar Habits I Am Now In The
Processing Of Breaking...**

**Sugar Triggers I Am Now
Becoming Aware Of...**

When I Feel Triggered, I Will Practice These Positive Things:

Write down the strategies and actions you will take to avoid falling into sugar cravings and bad habits.

OLD SUGAR HABIT

NEW SUPPORT STRATEGY

"I Am In The Process Of Creating Positive Change In My Life!"

Weekly Action Planner

It's time to create an **actionable list of the positive sugar-free strategies** identified from the previous pages. Add the strategies to the chart, and then post this where you can see it as a daily, visual prompt.

Check off the new habits each day as you complete them to track your progress..

**BIG
GOAL**

START DATE:

DEADLINE:

HEALTHY MORNING HABITS

M T W T F S S

HEALTHY AFTERNOON HABITS

HEALTHY EVENING HABITS

My Success Plan

DATE:

BIG GOAL IN 3 MONTHS:

30 DAY PLAN In the next 30 days, to quit sugar I plan to...

ACHIEVED: YES / NO

AFFIRMATION: *"I am now in the process of..."*

60 DAY PLAN In the next 60 days, to maintain my goals I plan to...

ACHIEVED: YES / NO

AFFIRMATION: *"I am now in the process of..."*

90 DAY PLAN In the next 90 days, to maintain my goals I plan to...

ACHIEVED: YES / NO

AFFIRMATION: *"I am now in the process of..."*

Congratulations!



Oh, sweet strawberry cheesecake, you did it!

You've successfully completed all the lessons in the Sugar Free Life program! By now, you have mastered many simple, effective, and self-empowering ways to reduce your sugar intake and ease into sugar-free life—what a fabulous effort!

My hope is that you are now feeling super pumped up to apply all the methods and strategies you've learned to help you easily maintain sugar-free. Remember, you'll still find lots of ongoing support and new content daily inside our [Facebook Community](#), so stick around, you're a lifetime member!

I'll see you over there!

Emma Lisa xo

NUTRITIONIST
SUGAR-FREE EDUCATOR & RECIPE CREATOR



Wait... So, What Happens *Next*?

Now that you have completed the **Sugar Free Life program**, you'll remain a treasured part of the exclusive [Facebook Community](#), and are able to re-join the program as often as you need in order to solidify your learnings. For many this is usually achieved during the first round, but if you want more time or to do a refresher at any stage, the program will all be waiting for you!

Yes, that's right! **You are now a Sugar-free Lifer** and can re-join in any of the future group-guided intakes, events and discussion workshops! Be sure to bookmark the group for easy access on Facebook, and stick around. Mingle with others working on their health journeys, and enjoy the ongoing support from myself, your passionate Nutritionist.



BONUS OFFER: 2x Clinic 1:1 Coaching Sessions

Valid during the first 60 days after enrolment.

Don't forget, you've got two bonus **1:1 Coaching Sessions to recap any of the content of the Sugar Free Life program**, or if you would simply like to dive deeper together with the strategies shared on the program. Book an [Clinic Session](#) with me, or reach out to organise a custom coaching package. .