30 Days to Healthy Living Language (save this to your notes in your phone for easy access) :

Great "30 in 30" language for the 30 days to Healthy Living for 1/6 group! Use this any and every time you want to text people to take a look at the 30 Days!

This is going to be a long post. But it will help you with verbiage/reaching out to peeps. Imagine having 10 new detoxers each going into the next 1/6 Challenge!

Here are some examples of things people have said that have gotten us RESULTS. Pick one, copy and send!

If you haven’t done the program before:

\* Hi \_\_\_\_\_\_\_\_! I’m helping lead a small group of people through a 30 day clean eating program starting \_\_\_\_\_. It’s a truly game -changing program for people looking to gain energy, lose weight, decrease inflammation and all around feel great. If I sent you some info on it, would you connect me to a few people you know who might want to jump in?

If you’ve done the program, you can say something like:

\*Remember when I did that crazy 30 Days to Healthy Living challenge? The one where I was dairy free, gluten free, alcohol free, soy free, sugar free, whey free, and artificial preservatives free? Then insert your results, e.g. (“Well, I lost 5lbs from just eating clean, and most importantly, I had so much more energy! I have chronic fatigue syndrome, so this was a life changer for me.). I'm ready to do it again!! Want to join me?

OR Give one detail, like:

I've been eating so much dairy and sugar the last few weeks and all of my fatigue is back with a vengeance! I’m going to do a 30 days clean eating program. This program is so much easier to do with a friend. Let me know if you want to join me and I’ll send you info to check out.

OR if you are new and it’s the holidays:

\*I’ve recently started a health and wellness business and I’m leading my first group through a 30 day clean eating program, just in time to help manage the holiday. I’m looking for a couple of people to join me? Are you interested in joining me?

\* I’m coaching a small group through our 30 Days to Healthy Living Program. Would you know a couple of people who might be interested in hearing about it? There’s a 48% off deal (so it’s less than $10 a day!) to anyone who wants to do it with me. Special free thank you gift for referrals!

\*Casual: "I’m putting together a small group of people who want to clean out after the holidays with me (SO over indulging right now and in need of a post-holiday cleanse!). Do you want to do it with me? Or know anyone who might want to? If I sent you a little info would you take a look, and tell me who comes to mind?”

If you have a complimentary career :

\*… As you know, I’ve been a (insert your profession here, e.g. career/life coach) for a few years now. I’ve recently added a nutrition component to my work. I’m doing this part in conjunction with a major Vegan health and wellness company. It’s a 30 day clean eating program, just in time to help manage holiday damage.

\*(Optional: I thought of you because [you know a lot of people, you are into health and fitness, etc.])

\*...If I sent you a little info on the program, would you do me the favor of taking a look and thinking of a few people you know who might be? You can simply connect us by FB or text or email.