



**Please Read These Simple Instructions Before You Start The 7-Day Reset
to Prepare Yourself for Success**

Congratulations on taking your next step toward greater mental, emotional, physical and spiritual freedom in a simple and fun way.

Welcome to the world of Rise to Shine. This simple guided meditative self-coaching practise can help you elevate your life in miraculous ways. That is what it has done for me over the last decade and thousands of others globally.

‘When the Why’s are BIG enough, the How’s will follow’ – Author unknown

I can-not guarantee your success, like everything in life that is down to you. But what I can do is set you up beautifully to help ensure you are best prepared to get the most out of this exciting journey with me and yourself, so that you CAN succeed

Before we jump in, **let’s start** by taking a moment to:

pause
take a lovely tender breathe now...
and then take another
and another.....
and another....
smile....
think of something that makes you smile giggle or laugh
pause.....
inhale...
exhale...

think ‘tender breathe in’
‘long and smooth out’

Keep breathing and smiling for a while longer if you feel like it and then, when you are ready, please go and find yourself:

- A dedicated A4 pad and a few pens
- some headphones if you have some
- a nice comfy space where you won’t be disturbed for ½ an hour and then come back.

Thank you

Okay, so to ensure you are in *exactly* the right place to get the most out of your investment in yourself and so you can easily take your health, wellbeing and life experience to the next levels, this is what you need to know and do next.

To get the results you would like for yourself, please follow my instructions and do not skip any questions or jump ahead in anyway, it will NOT serve you.

Please ensure you are sitting comfortably, with your A4 notepad and pen and then fully answer these questions:

- 1) **Why** is it important for you to take your health, wellbeing and life experience to the next level?
- 2) In taking your health, wellbeing and life experience to the next level, what is it going to get for you or allow you to do?

Why is that important?

Why else is that important?

- 3) How will this impact you, your family, your community and the planet?

Why is that important?

Why else is that important?

- 4) How committed are you to fully engaging with the Rise to Shine 7-Day Reset?

1 being **low**

10 being **high**

If a 9 or 10 did not pop into your awareness spontaneously, ask yourself 'what it is going to take for me to be ready to commit to myself 100%?' and write your answer down.

Are you ready now?

If you get a yes, let's move on and prepare you to get closer to starting the Rise to Shine 7-Day Reset.

IMPORTANT

You will need to create an hour for yourself before breakfast and an hour before bed for **seven consecutive days** in order to maximise your experience of the Rise to Shine 7-Day Reset. You cannot skip a day.

When I have historically taught this programme with participants live, I love to start it on a Monday and finish on a Sunday, as it's in the natural flow of a week, but that's up to you.

So, take a LOOK at your diary now and decide when you can create spaciousness for yourself to do this and write it in.

Final Checklist:

- 1) Have you answered all the questions on this document? **YES?** Go to question 2
- 2) Have you decided that you are 100% committed and ready to start? **YES?** go to 3
- 3) Have you identified when you can dedicate up to an hour before breakfast and up to an hour before bed to yourself, on seven consecutive days to fully complete your morning and evening practices? **YES** – then you know what to do next.

Lastly, please do take another few minutes to re-look at the **TERMS** that you clicked and agreed to when you purchased the Rise to Shine 7-Day Reset, so that you can be totally clear on what to expect and not expect from participating in this practise.

It is my sincere wish for you that you absolutely love what I share and that it can help you transform many areas of your life into something magical, just as it has for me and many others.

It is an absolute joy for me to share The Rise to Shine practise with you in this way. It is my own daily practise which I do every day.

We love to receive feedback, so please get in touch with the Rise to Shine team on rachel@racheljenkins.co.uk once you have successfully completed the 7-Day Reset. We would love to hear from you.

With sincere best wishes,

Rachel and The Rise Shine Team