



## Membership Instructions

- Be gentle with yourself. No bullying you.
- Have your journal, calendar and Growth Chart Document handy. (The document can be found below the membership videos.)
- Each video will be available for 2 months.
- Occasionally a document will accompany a video. These documents can be found below membership videos. (A notification will be in the video.)
- Your transformation is your responsibility.
- Miraculous change is possible.
- Utilize the tools to expedite your success!
- Your Authentic Self is PURE BEAUTY.
- Join us on Facebook. Simply search for Kaleidoscope of Sisters.
- Baby steps are enough!
- If you're feeling stuck and don't know what to do, contact Debbie at [Debbie@DebbieRoppoHealthCoach.com](mailto:Debbie@DebbieRoppoHealthCoach.com)