Where your healthy dreams become your daily reality

A 6 WEEK VIRTUAL HEALTH COACHING PROGRAM

## **Guidelines for the Private Facebook Group**

Congratulations in investing in The Rockstar Roadmap! Along with program content, you get access to our private Facebook community!

We all need a place ...

... where we can talk about our dreams and others will honor them and say "YES! You GO!"

...where we can voice our fears and others will honor them and say "I SEE YOU. I GET IT."

Post your thoughts on the weekly lessons. Share your experiences with the homework. Share your insights, your success stories and your challenges.

This community is precious. Please respect it.

Here are the guidelines:

- 1. Be kind.
- 2. Remember, you don't actually know what other people are thinking. Separate your "story" with the facts in the situation and clarify when needed. This will serve you in life too!
- 3. If you need anything from me to make your experience of this program, please contact me directly via email: <a href="mailto:support@yourhealthiestyou.com">support@yourhealthiestyou.com</a> instead of voicing it in the group.

- 4. Keep us up to date with what you are up to but keep the marketing and promo down to a minimum.
- 5. If you notice anyone not observing these simple guidelines, email me asap at <a href="mailto:support@yourhealthiestyou.com">support@yourhealthiestyou.com</a>.

Please know that if you can't observe these guidelines, we reserve the right to remove you from the group.

