

Inner PRIZES LLC

with Teresa R. Getman

8 to Your IdealWeight

8 Components of success:

- 1 Weekly Zoom Small Group Calls** of an hour each where we check in with celebrations of releases and realizations
- 2 The 8 to Your IdealWeight book** by renowned author MK Mueller
- 3 A Private Facebook Group** for our small group's 3 daily gratitudes and daily check-ins
- 4 A Personal Journal** mailed to you
- 5 A Check-in Call** of 5-10 minutes each week with your coach
- 6 Access to weekly teaching videos** that go deeper into the material
- 7 A partnering process** that includes weekly questions to share with your partner on 1-on-1 calls
- 8 A Weekly Weigh-in** which happens through texting a scale pic of your toes on the scale to your coach

Teresa@InnerPrizesLLC.com

Register today:

InnerPrizesLLC.com/workshops



"I can't believe it. My craving for sweets are gone after just two weeks. It's amazing how involving myself in this program has me doing the simple things that WORK. When I worked as a therapist at an addiction treatment center, we constantly focused on 'working your program' as one key to sobriety. Another was surrendering. When I decided to see what this program could do for me, I started to receive huge benefits. The more I trust my coach, the more I get!"
- Shanna R.

"I've released my first 30 lbs. and the best part is I no longer think, 'I can't wait until I can have this again,' because I don't even want that stuff any more. I've found a new healthy lifestyle and I know I'll stick with it for a lifetime!"
- Kay L.

"Obsessive exercise, calorie counting, low fat diets, protein shakes, even working part-time at a women's fitness center...I tried it all! Weight control has been a significant part of my adult life, but I didn't realize that it was all the heaviness in my head that I had to release first! The emotional baggage I'd been carrying for years was weighing me down. Today as I write this, tears of appreciation for this incredible program are rolling down my cheeks and onto a physical body in which I can be proud. Thank you to 8 to Your IdealWeight for giving me my life back!"
- LeAnn F.