

TLP Quickstart Guide

all you need to know to survive (& thrive)



YOUR 30 DAY RESET AWAITS...



welcome

Welcome to the Thrive Life Project!

Your 30 Day Kickstart in hitting the RESET button for your body and your mindset!

Are you ready to start thriving? Heck yes! (That's what I thought!). Me too.

Sit back. Relax. **Maybe sip a cup of warm herbal tea** and check out all you need to know for how the next 30 days will roll!

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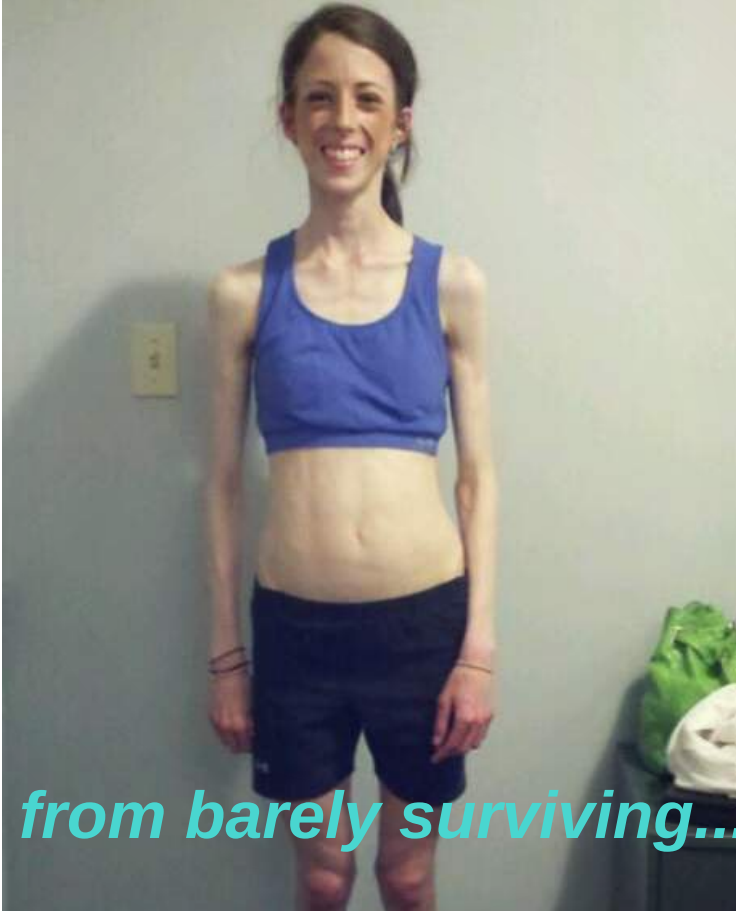
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the inspiration



The Thrive Life Project was born out of my own 20-year-long battle spent constantly trying to feel good in my own skin and be "good enough."

For years, I looked for my answers to "thrive" in practically EVERY diet, bikini program, personal trainer or juice cleanse in the book...

Only to still **NEVER** feel good enough.

This went on for years until...I discovered some of the secrets I am going to share with you during your Thrive Life Project journey!

Over the next 30-Days you'll learn things like...

- How to **quit counting calories** forever
- How to **get "that flat stomach"** by ending bloating and constipation
- How to **listen and trust to your body** (without being a slave to nutrition or workout plans)
- Why **butter, carbs, and ice cream** are NOT to be feared
- How to **stop letting fear or your inner critic** stand in your way

Dr. Lauryn

DR. LAURYN LAX
YOUR #1 CHEERLEADER

what to expect

The TLP is VERY simple.

All you have to do? Just follow along with each day in your Teachable Project Portal, and let me be your guide.

WHAT TO EXPECT



3 things to focus on...

step 01

SET 1 GOAL TO FOCUS ON THE NEXT 30 DAYS

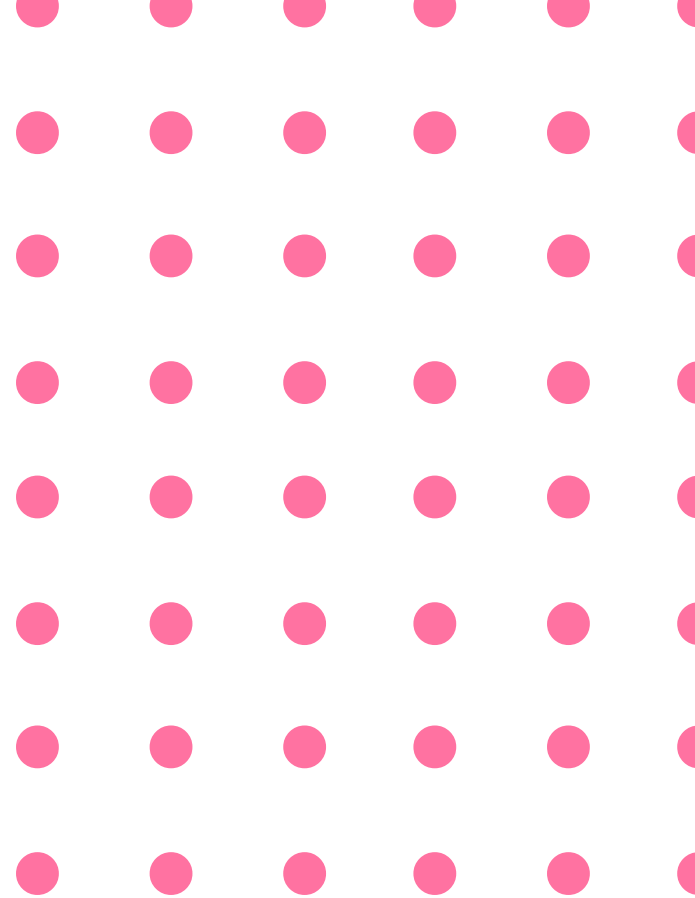
step 02

CHECK YOUR TEACHABLE PORTAL DAILY FOR YOUR MISSION & BODYWISE TIP

step 03

EAT REAL FOOD & MOVE 3-5 DAYS EACH WEEK





Step 1.

SET ONE GOAL (“INTENTION”) YOU’D LIKE TO ACCOMPLISH THE NEXT 30 DAYS

Why do the Thrive Life Project anyway?

Because you’ve got BIG GOALS girl!

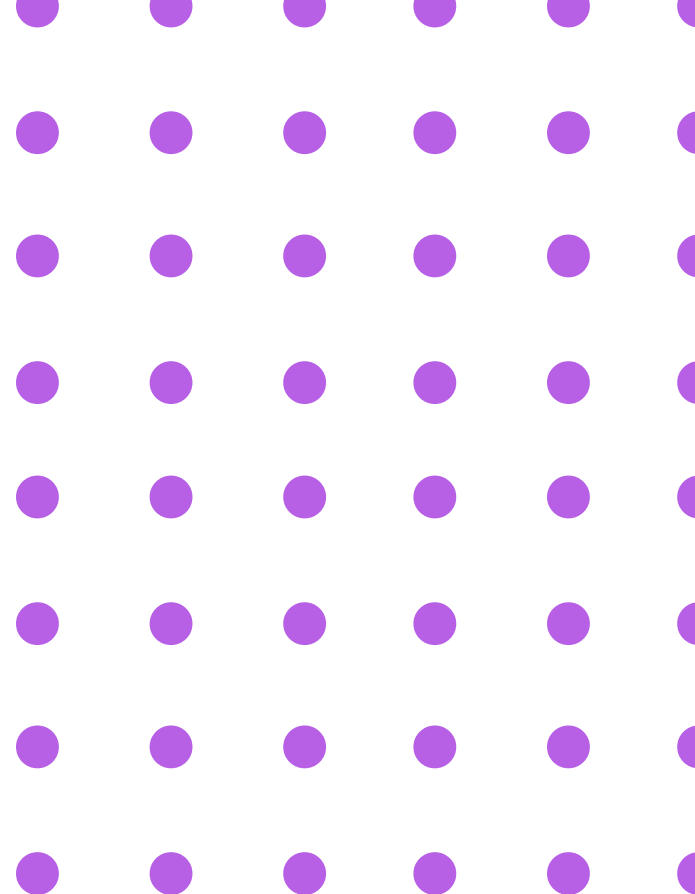
What is that ONE THING you think would be really cool to see change—even just a little bit?

You can do anything you put your mind to over the next 30 days!

On Prep Day 1 of^T your Program, you’ll set your primary goal, or “intention” that you want to focus on during the next 30-days. Anything you want!

Then, every 7 days, we’ll check in to come up with one new action step or intention you’d like to set to get closer!

***Note:** I encourage you to NOT set a specific goal about weight (loss or gain) or body fat—but instead set specific goals around steps that will “get you there” (like working out 3 days/week or resting more if you overtrain)*



Step 2.

LOG IN TO THE TEACHABLE PROJECT PORTAL DAILY

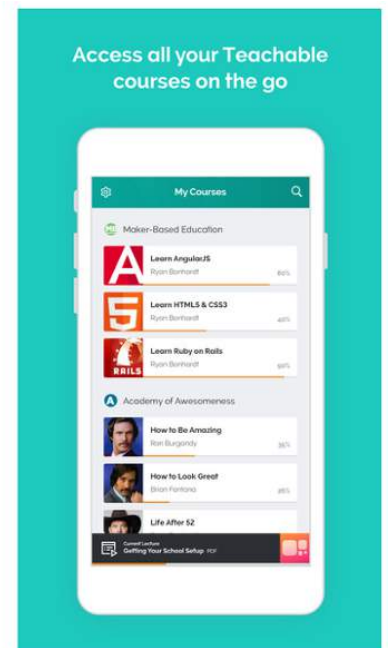
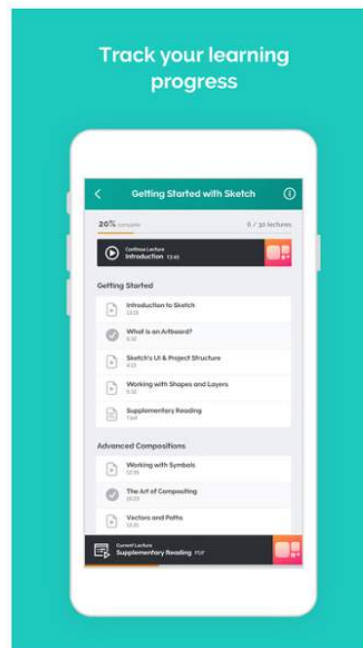
Every day during you project, you will log in to your Project Portal through Teachable, to BOOST your mind and body as part of your “Morning Beauty Routine,” where you will find your:

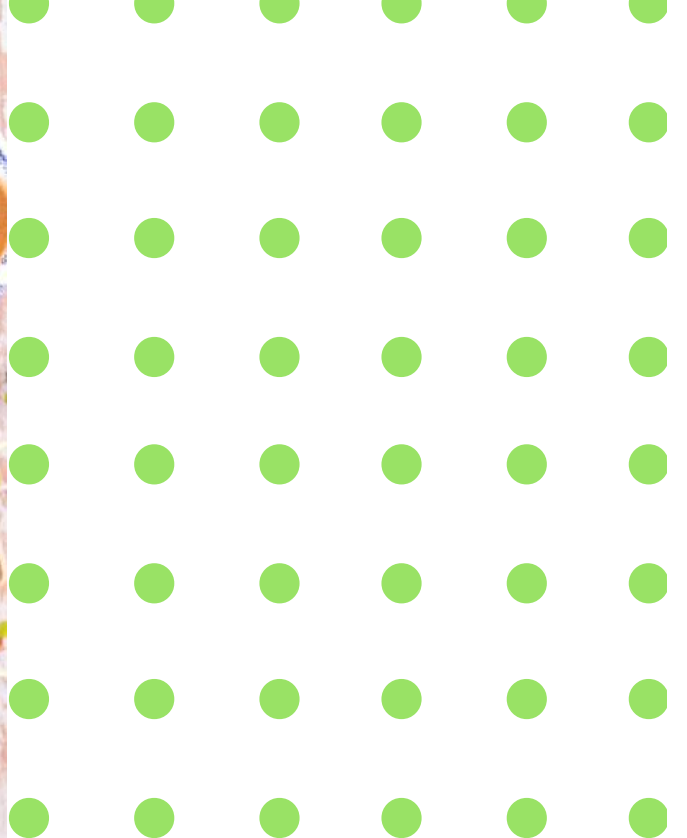
Daily TLP Checklist. Your daily Thrive “to-do” list.

2-Minute Daily Mindset Mission & Bodywise Tips. Quick videos with your daily lesson and inspiration.

P.S. There's an App for That!

You can download the Teachable App to EASILY access your project on your phone!





Step 3.

EAT NUTRIENT-DENSE (REAL) FOOD & MOVE YOUR BODY 3-5 DAYS PER WEEK*

Nutrition and movement do a body good & are foundational for success in your project. Over the next 30-days, I am giving you an insider:

30-Day **Nutrition** Blueprint

30-Day **Workout** Program (Do-Anywhere Workouts to tone up, build strength & boost energy)

30-Day **Gut Health** Protocol

—Aimed at helping you **FEEL AMAZING** (from the inside out)!

T

The BEST PART?

You *don't have to be perfect* and you *DON'T* have to do everything at once! Make this plan work for you and where you are at—today!

**You will get your Nutrition Blueprint, Workouts & Gut Healing Protocol in your Project Portal during Prep Week!*

WEEKLY BONUS

body booster challenges

LET'S MAKE YOUR PROJECT EVEN EASIER...

To help you put your Nutrition, Fitness & Gut Love Protocol into ACTION, every 7 days, I will give you Weekly Recipes, Meal Ideas and **ONE** Weekly BODY BOOSTER Challenge:

Prep Week: Get Prepped & Start 1 New Healthy Habit

Week 1: Drink Water

Week 2: Boost Digestion

Week 3: Detox from Sugar

Week 4: Energize Your Life with 1 Energy Booster

Week 5: Incorporate 80/20 Balance (Break a Food or Fitness Rule)



Q: WHAT HAPPENS IF I MISS A DAY OF THE PROGRAM (OR 3)?!

Life gets busy!

If you miss a day, don't sweat it!

Just jump back in to where you left off OR join the party on the current day!

prep week 101

Take a deep breath...

Before we get to the fun of the next 30 days, you get a full week's worth of "Prep Days" to get you set up for success and help you start off strong.

prep week 101

USE THE FIRST 7 DAYS OF PREP WEEK TO DO THINGS LIKE...

- Watch your Daily Prep-Day Mission & Complete Your Thrive Project in your Project Portal
- Go grocery shopping & meal prep a few yummy eats to have on hand from your Week 1 Meal Idea & Recipes
- Make sure you have any tools or supplies you need! (See your Supples Checklist)!

THEN...ONCE YOUR PROJECT STARTS, EVERY 7 DAYS, WE WILL STOP THE PROGRAM FOR A WEEKLY CHECK-IN TO CATCH UP & SET A NEW INTENTION

Use your Weekly Check-Ins to slow down, reflect on struggles or victories from the week before, meal prep, organize and SET ONE NEW ACTION STEP (“intention”) you’d like to focus on for the week ahead. **No matter if you “fell behind” or just got busy, every 7 days is a chance to re-set.**



supplies checklist

What do I need for the TLP?

The bells & whistles...

supplies checklist

A FEW RECOMMENDED RESOURCES TO MAKE YOUR TLP EASY PEASY:

- **Water Bottle.** Preferably stainless steel (“toxin free”).
- **Planner & Journal.** For completing your Daily Thrive Projects & organization! (Or print Thrive Life Daily Journal in portal)
- **Workout Gear.**
 - Gym membership OR 2 pairs of dumbbells (1 lighter and 1 heavyish pair) OR weighted soup cans/objects for completing TLP workouts at home.
 - Yoga Mat

PLUS, OPTIONAL SUPPLEMENTS:

A few basic feel good supplements (optional) for boosting your body & health. Find links and recommended sources listed in your Portal, including:

Probiotic-Soil Based Organism- Gut loving healthy bacteria to boost your gut flora

Pre-Biotic- The “food” for your probiotics.

Digestive Enzymes. Ease post-meal bloat and enhance digestion

Cod Liver Oil. Omega-3 fatty acids for boosting digestion, metabolism and energy



*now
what?*

How to get started...

now what?



LET'S DO THIS!

Simply follow your Daily Teachable Portal along, and don't forget these 3 main things...

1. **Set One Goal** (“Intention”) You’d Like to Focus on (in Your Health or Life) the Next 30 Days
2. **Check in to Your Project Portal Daily** to watch your 2-Minute Mission + Bodywise Tip
3. **Eat Real Food & Move Your Body** 3-5 days per week*

**Find your 30 Day Nutrition Blueprint on Prep Day 1 in Teachable*



GET IT?
GOT IT?
GOOD.

TO THRIVING
WE GO!

LET'S DO THIS

Thrive Life Project
with dr. lauryn