



MODULE 4

TRANSFORM



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Transform

I hope you give yourself a HUGE pat on the back for completing the modules leading up to where we are now. Honestly, the hardest part is done. Now it's just a matter of letting go and replacing...out with the old and in with the new!

I want you to think of this final phase as one of true transformation. In saying that, I also want you to give yourself grace. In a perfect world, every family member would be 100% on board and joyfully helping you cart the less than healthy options to the local shelter.

But this is not a perfect world and your pantry won't be perfect either. THAT'S OK! Look at how far you've come and all you've learned. Ok, deep breath. This is the fun part. You ready? Let it begin!