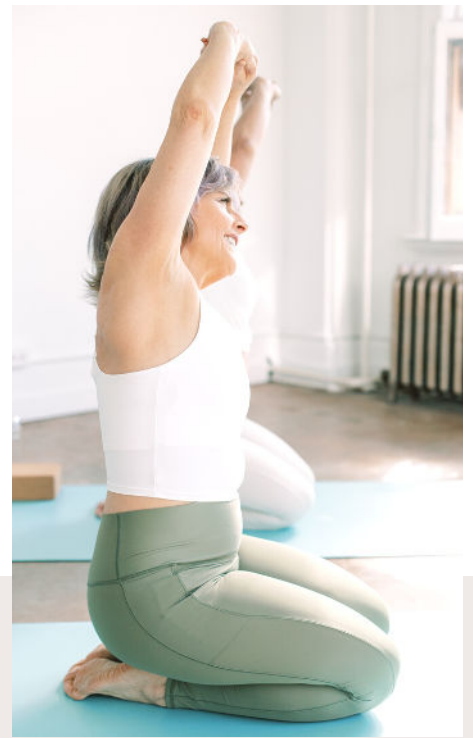


# BRAVENLY

## STRIVE FOR MORE 2024 CHALLENGE



**A 2024 TRANSFORMATION CHALLENGE**  
**#STRIVEFORMORE2024 #MY30DAYS**



# ABOUT THE CHALLENGE

A wellness challenge to jumpstart your January.

Follow along in our Official Bravenly Breakthrough Group on Facebook for support and weekly Prizes.

Be entered to win multiple Grand Prize & Runner-Up Prizes in February.

## CHOOSE YOUR JANUARY JOURNEY



### **BREAKTHROUGH JOURNEY:**

Implement small and easy changes that will set you up for BIG results later on! Follow the 5 keys and document your progress!

Get started on your goals and \$500 could be yours!



### **BREAKTHROUGH EXTREME JOURNEY:**

Push your limits and go beyond the 5 keys. Share your transformative BEFORE and AFTER photos, your weight loss journey, and your mental progress. The focus of this challenge is on body recomposition and fat loss.

And guess what? You could walk away with a GRAND PRIZE of \$1000!

# ABOUT THE CHALLENGE



## ACCEPT THE CHALLENGE

### 1 step

Choose your January Journey:  
Breakthrough or Breakthrough **EXTREME**

### 2 step

Place an order of at least **ONE** Bravenly product or enroll as a new Brand Partner with one of our Product Packs (Brave Launch, Brave Momentum or Brave Legacy Packs) from the date range starting Dec. 26th, 2023 - Jan. 9th, 2024. **KEEP YOUR ORDER #**, you will need it to submit your entry for prizes.

### 3 step

Get social with your intentions. Make a post about accepting the challenge and inviting others to do so with you.

### 4 step

Download our Support PDF to track & Journal your journey as you Strive for **MORE**.

### 5 step

Starting Monday, January 1st, every **ODD** date in January there will be a Facebook LIVE from a top leader with Bravenly with a different topic to support your January Journey. Watching these lives and getting info, will help you have Ah-Ha moments to comment to earn the weekly prizes.

# ABOUT THE CHALLENGE

## how to earn entries

Here are all the DETAILED instructions on how to submit your entry at the end of this challenge.

**There will be 4 things you NEED to do to have your entry accepted:**

1. Order at least ONE product or enroll as a Brand Partner.
2. Choose your January Journey - Breakthrough or Breakthrough Extreme. If you choose Breakthrough Extreme - Take your Before photos & submit them.
3. Go social with your "I accepted the challenge photo".
4. At the end of the challenge, submit your testimony by answering the questions. If you choose Breakthrough Extreme - take your After photo & submit them.

Let's break down those 4 requirements to make sure your entry is accepted.

### #1 ORDER PLACED

You may order at least **ONE** Bravenly Product or Enroll as a Brand Partner with one of our Product packs: Brave Launch Pack, Brave Momentum Pack, or Brave Legacy Pack during the date range of **Dec. 26th - Jan. 9th**. Any orders before or after this, do NOT count!

Then you will need your Order # to confirm you ordered. Write this down on a note on your phone, or take a screenshot so you can remember it. You will need to enter this at the END with your full testimony. If you want to take place in the weekly prizes, you will need to comment your Order # as well.

### #2 CHOOSE YOUR JOURNEY

**BREAKTHROUGH JOURNEY** - At the end of the challenge, there will be a post that you will need to include these details:

- Order # (must order within the window of Dec. 26th - Jan. 8th)
- What Breakthrough did you do?
- What products did you use?
- What results did you see?

**BREAKTHROUGH EXTREME JOURNEY** - At the end of the challenge, there will be a post that you will need to include these details:

- Order # (must order within the window of Dec. 26th - Jan. 8th)
- What Breakthrough did you do?
- What products did you use?
- What results did you see?
- Then EMAIL your Before & After photos to corporate for review



# ABOUT THE CHALLENGE



## GO SOCIAL WITH YOUR "I ACCEPT THIS CHALLENGE"

Make an "I accept the challenge" Post!!

Let's get social and DECLARE our goals. When you put something out there and have accountability, you are MUCH more likely to achieve what you declare.

👉 Step 1: Go to the Albums of this group and click on the "I accept the challenge" album, download your favorite image: <https://www.facebook.com/media/set/?set=oa.888822189315304&type=3>

👉 Step 2: Post it on FB or IG or in your story, or BOTH

👉 Step 3: Use the #STRIVEFORMORE2024 & Tag [Bravenly Global](#)

Need an example, here's 2:

*I'm finally deciding to choose MYSELF in 2024! I am accepting the #STRIVEFORMORE2024 Challenge. I am claiming BREAKTHROUGH in my life! Who wants to do this with me?*

*I am so excited to say look out world in 2024, the BEST version on ME is coming!!! I accepted the Bravenly Strive for More 2024 Challenge and I'M READY! GO MODE ON! #STRIVEFORMORE2024*



## AT THE END OF THE CHALLENGE, SUBMIT YOUR TESTIMONY.

On January 31st, this challenge will come to a close.

There will be a post where you comment on and answer these questions:

- Order # (must order within the window of Dec. 26th - Jan. 8th)
- What Breakthrough did you do?
- What products did you use?
- What results did you see?

IF you did Breakthrough Extreme, then EMAIL your Before & After photos to [testimonials@bravenlyglobal.com](mailto:testimonials@bravenlyglobal.com) and include Strive for more Before & After photos in the subject line.

You will have until Monday, February 5th at 10am ET to submit your comment or email to be considered as an entry to win our Grand Prizes or Runner - Up Prizes.

# ABOUT THE CHALLENGE

## prizes to earn

We know you are SO excited about the Transformation Journey you are going on and the results that will come with your hard work. So we wanted to sweeten the deal a bit to keep you going and working towards your goals.



## weekly prizes:

Each Friday of the Challenge (January 5th, 12th, 19th, & 26th) there will be a **\$50 Bravenly Product Credit** given away.

That week, there will be a post pinned to the top, and all you need to do before each Friday when we draw the winner, is comment on that post with your Order # and your Ah-Ha moment from one of the Facebook Lives that week. We will draw ONE winner each week!



## grand & runner-up prizes:

For those taking the **Breakthrough Extreme Challenge**, there will be:

- 1 Grand Prize Winner of \$1,000
- 2 Runner-Up winners of \$500

For those taking the **Breakthrough Challenge**, there will be:

- 1 Grand Prize Winner of 1 free product for a year
- 10 Runner-Up Winners

There will be a post in the Official Breakthrough Facebook Group, starting January 31st where you can submit your entries. You will need to follow complete instructions and must comment with the requirements. All entries **MUST BE SUBMITTED** by Monday, February 5th to be considered for the **GRAND PRIZE** or a **RUNNER-UP PRIZE**.

We will have a panel of corporate members choose the winners and those will be announced on stage at our National Conference on February 10th or 11th.

So you will want to work hard until you have to submit your testimony or **AFTER** photo on Monday, February 5th.

# ABOUT THE CHALLENGE

*if you choose the extreme journey*

## HOW TO TAKE YOUR BEFORE & AFTER PHOTOS

### HOW TO TAKE YOUR BEFORE PHOTOS

*for the breakthrough extreme strive for more challenge*



#### MAKE SURE YOUR BEFORE PICTURE HAS:

- Your face in the picture
- A front view, back view & side view
- Hold a piece of paper with your Name, Date & the word BEFORE
- Make sure your clothes are appropriate
- Good lighting, no shadows on your body
- Find a wall or door to stand in front of
- DO NOT FILTER OR PHOTOSHOP YOUR PHOTO AT ALL OR PUT IN A COLLAGE. MUST BE 3 SEPERATE PHOTOS

SUBMIT YOUR BEFORE PICTURE TO [TESTIMONIALS@BRAVENLYGLOBAL.COM](mailto:TESTIMONIALS@BRAVENLYGLOBAL.COM)

### So here are a few helpful hints and guidelines when taking your photos:

- Write on a piece of paper: BEFORE, the date you START & your First and last Name
- Then hold the paper in your BEFORE pics.
- Please take a Front View, a Side View, and a Back View for your BEFORE pics.
- You need to hold this piece of paper in all 3 photos.



*guidelines for the photos:*

- ✓ Face MUST be showing
- ✓ Tight Clothing - NO undergarments, Bras or Underwear. Sports Bras are okay.
- ✓ Stand somewhere with a plain background, like a wall or door, so there isn't too much distraction going on in the picture
- ✓ Good Lighting will help create a quality photo
- ✓ Make sure you are holding the paper and the handwriting is readable. This will make sure no one is submitting pictures from BEFORE this challenge started that would alter the transformation.

# ABOUT THE CHALLENGE



## SUPPORT RESOURCES



**DOWNLOAD**

### **The Strive for MORE Challenge Tracker**

This will help you keep track of where you are and what you are doing during your challenge. There are also pages to journal and help you form your testimony to submit at the end for your chance to win.



**DOWNLOAD**

### **The Strive for MORE Challenge Workout Guide**

If you are needing a plan for your 20 mins of MOVE YOUR BODY, you can use this Workout guide as a way to help you achieve your goals.

**JOIN NOW**



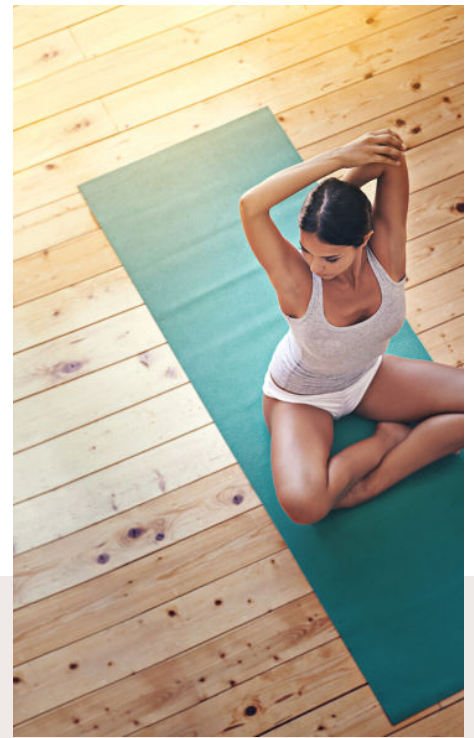
### **Join the Official Bravenly Breakthrough Group**

To follow along on this challenge, join the group. There is MORE information there, every other day Facebook Lives from leaders, weekly prizes and the ONLY way to submit your end testimony for a change to win the Grand Prize or the Runner-Up Prizes.



# BRAVENLY

## *breakthrough program*



The following pages will help guide you through your strive for MORE challenge. Detailing out our Breakthrough Program

# PICK YOUR BREAKTHROUGH



What if there was a way to really start living out the best version of yourself? What would that take? Think of your breakthrough as your pathway to freedom. Pick which Breakthrough category you are going to focus your January Journey on.

WEIGHT  
&  
MANAGEMENT

DETOX  
&  
GUT RESET

*example breakthroughs*

ENERGY  
&  
STRESS  
SUPPORT

TOTAL  
BODY  
BALANCE

# PICK YOUR BREAKTHROUGH

Needing help with trying to figure out which category is for you. Read a little more to help you determine which is best for you.

*This breakthrough is for you if...*

...you're wanting to lose, maintain or gain weight. Maybe you're tired of carrying those extra lbs or just wanting to keep it off.

...you're wanting to detox your body or reset your gut. Maybe you're feeling tired, sluggish, and/or bloated.



WEIGHT  
MANAGEMENT

DETOX  
&  
GUT RESET

*which breakthrough is right for you*

ENERGY  
&  
STRESS  
SUPPORT

TOTAL  
BODY  
BALANCE

...you're needing an energy boost or help managing your stress. Maybe you're feeling tired, can't focus and letting life get to you.

...you're wanting to focus on bringing balance & synergy to your body. Maybe you're not feeling your best and you want to live your best life and just FEEL good!

# PICK YOUR BUNDLE

Let the collaborative power of our products work together for you to help support you with your breakthrough goals. For the Strive for More 2024 Challenge, we have selected 4 Featured bundles that will help support you on your transformation.

## *the featured four bundles of the challenge*

### **TRIPLE THREAT:** GOLD, BURN, & RUSH OR BREW EXTREME



**This bundle is for you if you're looking for.....**mood support, appetite control, blood sugar support, and a boost of energy.

**Retail Customer Price: \$176**  
**Ambassador Price: \$158.4 + \$17.60 in Product Credit**  
**Brand Partner Price: \$140.80**

#### **GO EXTREME**

**Retail Customer Price: \$190**  
**Ambassador Price: \$171 + \$19 in Product Credit**  
**Brand Partner Price: \$152**

### **ACCELERATE TRIO:** GOLD, IGNITE, & RUSH OR BREW EXTREME



**This bundle is for you if you're looking for.....**mood support & appetite control plus an extra boost of energy throughout the day and something slightly sweet, to combat belly fat & curb cravings.

**Retail Customer Price: \$205**  
**Ambassador Price: \$184.50 + \$20.50 in Product Credit**  
**Brand Partner Price: \$164**

#### **GO EXTREME**

**Retail Customer Price: \$215**  
**Ambassador Price: \$193 + \$21.50 in Product Credit**  
**Brand Partner Price: \$172**

### **SYNERGY TRIO:** GOLD, BALANCE, & RUSH OR BREW EXTREME



**This bundle is for you if you're looking for.....**your ultimate 9-in-1 drink plus an extra boost of energy throughout the day and something slightly sweet, to combat belly fat & curb cravings.

**Retail Customer Price: \$228**  
**Ambassador Price: \$205 + \$22.80 in Product Credit**  
**Brand Partner Price: \$182**

#### **GO EXTREME**

**Retail Customer Price: \$235**  
**Ambassador Price: \$211 + \$23.50 in Product Credit**  
**Brand Partner Price: \$188**

### **THE FAB FIVE BUNDLE:** BALANCE, GOLD, IGNITE, BURN & RUSH OR BREW EXTREME



**This bundle is for you if you're looking for.....**appetite control, sustained all day energy, target belly fat and cravings, blood sugar support with a metabolism boost, and a total body detox with alkalizing blends of fruits and veggies.

**Retail Customer Price: \$345**  
**Ambassador Price: \$310 + \$34.50 in Product Credit**  
**Brand Partner Price: \$276**

#### **GO EXTREME**

**Retail Customer Price: \$347**  
**Ambassador Price: \$312.59 + \$34.70 in Product Credit**  
**Brand Partner Price: \$278**



# PICK YOUR BUNDLE

Here are a few other options of bundles that will help support your specific goals.

*pick the bundle best for your breaththrough*

## WEIGHT MANAGEMENT

### ACCELERATE DUO



### ACCELERATE TRIO



### THE FAB 5



### DOUBLE THREAT



### TRIPLE THREAT



### SYNERGY TRIO



## DETOX & GUT RESET

### BODY BALANCE



### GUT & MOOD



### ESSENTIALS



## ENERGY & STRESS SUPPORT

### ACCELERATE DUO



### ACCELERATE TRIO



### MIND & BODY



## TOTAL BODY BALANCE

### BODY BALANCE



### THE FAB 5



### SYNERGY TRIO



## DECLARE YOUR WHY

*Why did you choose that breakthrough?*

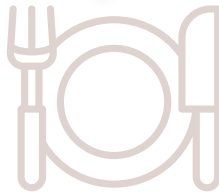
## DETERMINE YOUR GOALS

*What do you want to accomplish with your breakthrough?*

## 5 DAILY KEYS



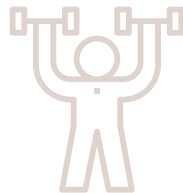
# 5 DAILY KEYS TO *unlock your breakthrough*



FOOD: COMMIT TO A FOOD PLAN



PRODUCTS: TAKE YOUR BRAVENLY PRODUCTS



MOVE YOUR BODY: DO 20 MINS OF  
PHYSICAL ACTIVITY



HYDRATE: DRINK HALF YOUR BODY WEIGHT IN  
OUNCES OF WATER



MINDSET: COMPLETE 15 MINS OF SELF  
DEVELOPMENT

# unlock your breakthrough

## key one: COMMIT TO A FOOD PLAN

Whatever route you decide to go with your nutrition, make sure you stick with it for the full 30 days. Whether you choose, Keto, Whole30, Intermittent Fasting, or something else, - practice listening to what your body needs, while practicing dedication to the plan that will fuel your body for these 30 days.

## key two: TAKE YOUR PRODUCTS

Take your Bravenly products. Though the program doesn't require you to be on the products, we believe that these results-driven, premium wellness products will not only compliment your 30-day program but will significantly improve your Breakthrough results.

## key three: MOVE YOUR BODY

Do 20 minutes of physical activity. No matter the level of activity, our challenge to you is to get your heart rate above a resting level for at least 20 minutes a day. This could include something as simple as walking up and down the stairs, or around the block, or as strenuous as weightlifting. YOU choose what works best for you.

## key four: DRINK WATER

Drink half your body weight in oz of water every day. Simple as that. Switch it up between, tea, sparkling water, and Balance or go for regular tap water. Whatever you choose, make sure it has a water BASE and make sure you're drinking the correct amount!

## key five: PRACTICE A MINDSET HABIT

Complete 15 minutes of self-development. A podcast while you're getting ready, a book on your lunch break, and a list of things you're grateful for before bed. Fit 15 minutes of self-development activity into your daily routine!





## *commit to a food plan*

Your food plan is important to determine, in order to create a sense of structure during your Breakthrough Program. Your food path can be unique to you and does not have to fit into one of the four paths provided. We get it; Food Plans can seem daunting but we will make sure you're fully educated on how it works. The benefits it can provide makes it not just tolerable, but actually enjoyable!

There isn't always a one size fits all solution; however, we want you to feel the freedom in just trying it out!

**"I found what worked best for me is longer fasting and short eating windows. I've tried a dozen different diet plans over the years for various different reasons and I've never found anything as flexible, sustainable, and forgiving as intermittent fasting."  
-Aspen Emry, CEO**

## SAMPLE FOOD PLANS

### KETO

The Ketogenic (Keto) plan is a high-fat, adequate-protein, low-carbohydrate diet that in medicine is used primarily to treat epilepsy in children. The diet forces the body to burn fat rather than carbohydrates.

### WHOLE30

The Whole30 plan is a 30-day fad diet that emphasizes whole foods and during which participants eliminate sugar, alcohol, grains, legumes, soy, and dairy from their diets.

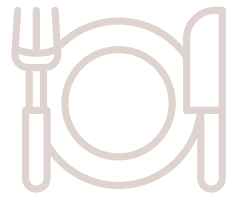
### VEGAN, VEGETARIAN, GLUTEN FREE +

A vegan, vegetarian, gluten free, dairy free, or any other type of diet that you are interested in pursuing can be accomplished by doing research and making sure the foods you are putting in your body are right for you!

### INTERMITTENT FASTING

Intermittent fasting is a cycle between a period of fasting and non-fasting during a defined period. This includes periodic multi-day fasts to skipping a meal or two on certain days of the week. The theory is that this type of diet will help decrease appetite by slowing the body's metabolism.

# KEY ONE: FOOD



## LEARN ABOUT INTERMITTENT FASTING

Chances are you've already done intermittent fasting at some point and haven't even known about it. If you've eaten dinner, rested overnight, and enjoyed breakfast the next morning, you did a 12:12. If you didn't have time to grab breakfast but ate an early lunch, you did a 14:10.

The 4 food paths provided are some of the most popular structures to follow. Choose something that works for you and your lifestyle and try sticking to it.

Intermittent Fasting reduces insulin levels, which in turn will release fat stored for energy. Moreover, when going from fasting to eating your body is able to use nutrition to be able to regenerate healthy cells.

### *fasting options*



## 12:12

Give your body a rest for 12 hours a day, and eat 12 hours during the day.

An example would be eating breakfast at 8 am and finishing your dinner by 8 pm.



## 16:8

This is one of the most popular strategies for losing and maintaining weight.

You may open your window at 11 am for a snack and close your eating window around dinner time.



## 14:10

Similar to 12:12, you may choose to have your fasting window happen while you sleep.

That may mean eating a late breakfast at 10 am and closing your eating window at 8 pm.



## 20:4

This option would be great for someone who is looking to lose weight more quickly.

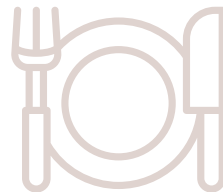
You may open your eating window for 4 hours during the day and eat at your discretion.

## BENEFITS OF FASTING

- + Improves Insulin Sensitivity
- + Changes Functions
- + Supports Healthy Digestion
- + Improves Relationship with Food
- + Beneficial for Heart Health
- + Helps Maintain Energy

- + Helps Preserve Muscle Mass
- + Improves Memory & Mental Clarity
- + Promoting Weight loss
- + Improves Brain Health & Function
- + May help support a healthy metabolism

# KEY ONE: FOOD



## FOOD OPTIONS



Let's get real about FOOD. For a lot of us, food is often a source of tension, shame, or guilt. The foods we eat, how often we eat them, and how much we eat, usually holds more brain space than most other things.

Let's work towards acknowledging hunger cues, training your mind to thoughtfully evaluate how you're feeling, and healing your relationship with food.

## INGREDIENTS TO HELP WITH

### HAIR, SKIN, & NAIL HEALTH

- pomegranates
- carrots
- oranges
- red bell peppers
- almonds or almond butter
- salmon
- spinach
- asparagus

### GUT DETOX

- artichokes
- avocado
- beets
- broccoli
- collard greens
- dill
- lemon

### METABOLISM

- chili peppers
- legumes
- ginger
- apple cider vinegar
- eggs
- whole grains

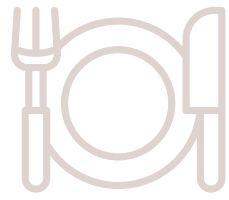
### WEIGHT GAIN

- rice
- red meats
- oats
- dried fruit
- nut butters
- whole grain bread

### WEIGHT LOSS

- eggs
- leafy greens
- salmon or tuna
- chicken
- cruciferous veggies
- boiled potatoes
- legumes
- cottage cheese
- berries
- avocado
- nuts
- grapefruit





### *snacking facts*

Bring snacks with you to work or school so you're ready when temptation strikes. Nutrient-rich, low glycemic snacks include fruit and nuts (a small handful), yogurt, a medium-sized fruit, a homemade smoothie made with milk or soy milk and frozen berries, whole-grain crackers, raw vegetables, and hummus. These snacks have a low glycemic index (GI).

Low GI foods are digested slowly, leading to a gradual rise in blood sugar, helping you feel energetic and satisfied longer.

### *how to handle cravings*

Cravings are intense or uncontrollable desires for specific foods and a lot of the time they are often fried foods or processed junk that is high in sugar and saturated fats. Here are a couple of tips to help fight off your cravings that seem too strong to resist:

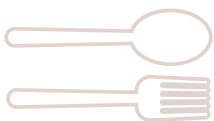
#### BRAVENLY'S IDEAS FOR MANAGING CRAVINGS



1. Drink plenty of water - Sometimes thirst is commonly confused with hunger or food cravings. Drinking a cup of water and waiting can reduce cravings/appetite, as well as help with weight loss.



2. Get at least 8 hours of sleep - Sleep deprivation can be disrupting with the fluctuations, and may lead to poor appetite regulation and strong cravings.



3. Include more protein in your meals - this will help with keeping you satisfied longer and help with cravings.



4. Don't Restrict, Replace - what's your immediate reaction when you completely remove something from your diet? Maybe it's something like panic? We have been there before. The answer to this is finding healthier alternatives for your favorite junk food!



# KEY TWO: PRODUCTS

## BRAVENLY PRODUCTS



At this point you have chosen a breakthrough and a bundle but let's get to know the products in the bundles, how to use them and the benefits you'll see when you consistently take them during your 30 days to breakthrough and beyond.

*other bundles that lead to breakthrough*

### BUNDLE NAME

### PRODUCTS INCLUDED

### BREAKTHROUGH CATEGORY

#### DOUBLE THREAT



- 1 Flavor of Rush, Rush Extreme, or Brew Extreme
- Burn

Weight Management

#### TRIPLE THREAT



- 1 Flavor of Rush, Rush Extreme, or Brew Extreme
- Burn
- Gold

Weight Management

#### ACCELERATE DUO



- 1 Flavor of Rush
- Ignite

Weight Management  
Energy & Stress Support

#### ACCELERATE TRIO



- 1 Flavor of Rush, Rush Extreme, or Brew Extreme
- Ignite
- Gold

Weight Management  
Detox & Gut Reset  
Energy & Stress Support

#### MIND & BODY BUNDLE



- Burn
- Drive
- Calm

Energy & Stress Support

# KEY TWO: PRODUCTS

## BRAVENLY PRODUCTS



*more bundles that lead to breakthrough*

### BUNDLE NAME

### PRODUCTS INCLUDED

### BREAKTHROUGH CATEGORY

#### BODY BALANCE BUNDLE



- Balance
- Gold
- Burn

Detox & Gut Reset  
Total Body Balance

#### ESSENTIALS BUNDLE



- Balance
- Gold
- Ignite

Detox & Gut Reset  
Total Body Balance

#### SYNERGY TRIO BUNDLE



- 1 Flavor of Rush, Rush Extreme, or Brew Extreme
- Balance
- Gold

Detox & Gut Reset  
Total Body Balance

#### FAB FIVE BUNDLE



- 1 Flavor of Rush, Rush Extreme, or Brew Extreme
- Balance
- Gold
- Burn & Ignite

Weight Management  
Energy & Stress Support  
Detox & Gut Reset  
Total Body Balance

#### GUT & MOOD BUNDLE



- 1 Flavor of Rush, Rush Extreme, or Brew Extreme
- Balance
- Gold

Mood Support  
Gut Reset  
Total Body Balance

# KEY TWO: PRODUCTS

## BRAVENLY PRODUCTS



### *sunshine you can taste...* BRAVENLY GOLD

Bravenly GOLD was intentionally designed to crush your hunger cravings, boost fat loss, and support healthy defensive immunity.\* There's a whole latte love about this powerhouse powder that comes in on-the-go packets.

#### *how to use:*

Drink daily either warm or cold. Mix in water, choice or milk, coffee or add to tea. Throw a scoop in anything that you're baking.

### *coffee with a boost...*

## BRAVENLY BREW EXTREME

Bravenly Brew Extreme is a delicious premium instant coffee packed full of organic mushrooms with brain-boosting nootropics, formulated to give you sharper focus and energy that lasts.

#### *how to use:*

Add this instant coffee to water or add a scoop to your normal, everyday coffee, or even add to a protein shake. Enjoy warm or over ice. Most only need 1 cup per day, but you may have as many cups as desired.



### *9-in-1 complete health experience...* BRAVENLY BALANCE

You won't find a more comprehensive and supportive supplement. This beverage is formulated with over 50 carefully selected ingredients that make up 9 powerful blends for high potency and bioavailability.

#### *how to use:*

Drink daily and add 1 scoop to desired amount of water or juice. Mix 1 scoop into a protein shake, smoothie, or add to fruit to make a bowl.

### *advanced energy + vitamins & nootropics....* BRAVENLY RUSH

An advanced energy drink with vitamins and brain-boosting nootropics to help increase concentration and focus. Feel the RUSH of sustainable energy that tastes delicious. With 20+ vitamins and minerals, each packet provides yummy brain power, so you feel the RUSH. In 2 flavors, Tropical Strawberry or Blue Raspberry, each only 15 calories per serving in an easy on-the-go stick or bulk powder scoop..

#### *how to use:*

Mix 1 serving into 8-10 oz of water or beverage of choice then shake or stir.



# KEY TWO: PRODUCTS

## BRAVENLY PRODUCTS

*feel the extreme rush*

### BRAVENLY RUSH EXTREME

A supercharged version of a Bravenly classic! This advanced energy drink contains 20+ vitamins and brain-boosting nootropics to help increase concentration and focus. With 135mg of caffeine per serving you will feel the EXTREME RUSH of sustainable energy that tastes delicious! This product comes in 2 different flavors, Piña Colada or Grape!

*how to use:*

Mix 1 serving into 8-10 oz of water or beverage of choice then shake or stir.



*sleepy hot cocoa.*

### BRAVENLY DRIFT

DRIFT promotes not only relaxation in the evening but helps you get that restorative & renewing sleep you deserve. With a guilt-free yummy hot cocoa treat in your cup, it curbs that nighttime indulgence that keeps you feeling full. You'll wake up feeling refreshed and ready for the day.

*how to use:*

30 minutes before bed, mix 1-2 scoops in 8-10oz of hot water or milk.



*soothing topical cream*

### BRAVENLY RELIEF

Get fast-acting relief to the discomfort associated with things such as a simple backache, muscle or joint aches, strains, and irritations. Our formula has a cooling menthol sensation that is backed by science and proven to deliver long-lasting relief.

*how to use:*

put cream directly on body. Avoid getting this product in your eyes.



*collagen-boosting gummies.*

### BRAVENLY GLOW

Our beautifying, vitamin-packed gummies help boost healthy, glowing hair, skin, and nails. Grow and glow from the inside out with the help of our new advanced formula in just two yummy gummies a day!

*how to use:*

Take 2 gummies once a day with or without food.





# KEY TWO: PRODUCTS

## BRAVENLY PRODUCTS

### *boost your metabolism with....* BRAVENLY BURN



One capsule, packed with highly effective ingredients, to take your healthy lifestyle to a whole new level.\*

This proprietary blend is designed to stimulate your metabolism and optimize your immunity, energy, digestion, and blood sugar levels.

#### *how to use:*

Take 1 or 2 supplements after your largest meal of the day for maximum results.

### *mood support....* BRAVENLY CALM

Bravenly Calm is a unique adaptogenic formula made to fight stress, improve mental clarity, increase energy levels, and support your mood. One capsule employs antioxidant-rich ingredients that will counter daily chaos and give you a more restful night's sleep.

#### *how to use:*

Take 1 or 2 supplements daily to for daily benefits or feel free to take as needed when you feel you need a little support.



### *appetite. mood. energy* BRAVENLY IGNITE



Bravenly Ignite is an advanced appetite support supplement with adaptogens that support your adrenals, giving you a long-lasting boost of energy.

#### *how to use:*

Take 1 capsule in the morning, and if needed, 1 mid-afternoon with water. Results may be noticed in 30 mins. Do not exceed 4 capsules a day.

### *hormonal support...* BRAVENLY DRIVE

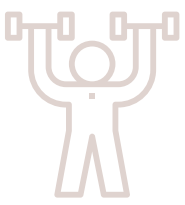
Bravenly Drive is an advanced adaptogenic blend that supports healthy hormonal balance & overall sexual wellness for men & women. With powerful ingredients uniquely formulated to help you feel your best, your healthy zest for life will be back. DRIVE encourages deeper intimacy, provides natural energy & supports your overall- well being & physical bliss.

#### *how to use:*

Take 2 supplements daily with food for maximum support.



# KEY THREE: MOVE



Do 20 minutes of physical activity each day.

No matter the level of activity, our challenge to you is to get your heart rate above a resting level for at least 20 minutes a day. This could include something as simple as walking up and down the stairs, or around the block, or as strenuous as weightlifting. YOU choose what works best for you.

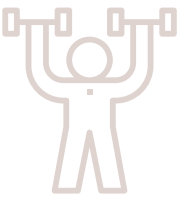
## WHAT SCIENCE SAYS

Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. A minimum of 30 minutes a day can allow you to enjoy the following benefits: Improved muscular and cardiorespiratory fitness, improved bone functional health, improved energy, balance, and weight control.

*for more details & direction*  
DOWNLOAD THIS GUIDE



# KEY THREE: MOVE



## EXAMPLE WORK-OUT

*week one:*

MON	TUES	WED	THURS	FRI
20-minute leg workout	10-minute core workout	15-minute upper body workout	10-minute core workout	15-minute total body workout
	10 min walk	5 min stretch	10 min walk	5 min stretch

*week two:*

MON	TUES	WED	THURS	FRI
20-minute leg workout	10-minute core workout	15-minute upper body workout	10-minute core workout	20-minute total body workout
	10 min walk	5 min stretch	10 min walk	5 min stretch

*week three:*

MON	TUES	WED	THURS	FRI
20-minute leg workout	15-minute core workout	20-minute upper body workout	15-minute core workout	20-minute total body workout
	10 min walk	5 min walk	10 min walk	5 min stretch

*week four:*

MON	TUES	WED	THURS	FRI
20-minute leg workout	10-minute core workout	15-minute upper body workout	20-minute core workout	15-minute total body workout
	10 min walk	5 min stretch	10 min walk	5 min stretch



# KEY FOUR: HYDRATE



Your body uses water in all its cells, organs, and tissues to help regulate its temperature and maintain healthy bodily functions. Because your body loses water through breathing, sweating, and digestion, it's important to rehydrate by drinking fluids and eating foods that contain water.



## *how much water to drink*

Convert your weight from lbs to kg, then multiply it by 30ml. You should be drinking approximately 30ml of water per kg of body weight per day.

For example: 170lbs = 77kg  
 $77 \times 30 = 2.3\text{L}$



## *facts about hydrating*

- Dehydration can trigger hunger
- Water is used to regulate body temperature
- Drinking water before your meal rather than during can help prevent overeating



# KEY FOUR: HYDRATE

## SIGNS OF DEHYDRATION



*If you're not drinking enough water each day, you risk becoming dehydrated.*



## WARNING SIGNS OF DEHYDRATION

- weakness
- low blood pressure
- dizziness
- confusion
- urine that's dark in color

Being dehydrated can affect you in lots of ways, especially physically and mentally. So, it's why this is the 4th key to unlocking your breakthrough, drinking water is a habit we want you to start.



*complete 15 minutes of  
self-development each day*

Key Five is Mindset because you're either growing or dying, there is no staying still. Growing your mind and focusing on yourself for at least 15 mins. each day will help you stay focused on your goals, why you started and help you achieve the breakthrough you want and need in your life.



*ideas for your 15 mins*

- Listen to a Podcast
- Listen to an Audible book or Read a book
- Watch a Youtube training for personal development
- Bible Study or Devotion
- Journal
- Listen to a Playlist or Music
- Go outside, get some sunshine
- Establish a bedtime routine
- Put down your phone
- Meditate on the Truth
- Make a gratitude list

# KEY FIVE: MINDSET

## LIFESTYLE HABITS



### *get better sleep*

Sleep plays a crucial role in your physical, mental, and emotional health. Sleep is involved in the healing and repair of your heart, and blood vessels. When healthy sleep habits are not obtained over time, you can lose out on the key benefits, and become more vulnerable to a number of short and long-term health risks.



### *regulate screentime*

While it's not realistic for families to be completely screen-free, there are health benefits associated with slimming screen time that you should be aware of. Things like improved mood, enhanced relationships, and improved physical health are some examples.



### *practice positive affirmations*

Start living a healthier life with positive thinking! Mastering your mindset and improving your thoughts through positive affirmation, which are simple statements said out loud with confidence and beliefs, will help reprogram your brain to achieve your mindset goals and desires.



### *read & listen*

Reading books and listening to podcasts allow us to become a part of something new, triggers us to pay attention, and helps us use our imagination. Podcasts and books stimulate different parts of the brain, forcing us to actively listen, and pay close attention to something other than ourselves.



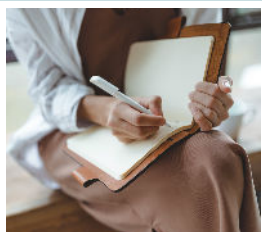
### *set goals & self-reflect*

Self-reflection and setting goals are two practices that can make a huge impact on your mindset. They help create purposeful progress and can keep your focus and energy where you want it. The act of identifying where you're at and setting goals is a reflective process in itself.



### *start journaling*

Journaling has a positive impact on physical well-being. The act of writing accesses your left brain, which is analytical and rational. While your left brain is occupied, your right brain is free to create, intuit, and feel. Writing allows you to use all of your brainpower to better understand yourself, others, and the world around you.





# KEY FIVE: MINDSET

## MANAGING STRESS



### *what science says about stress*

Stress affects all systems of the body, including muscles, respiratory, cardiovascular, endocrine, gastrointestinal, nervous, and reproductive systems.

For example, when the body is stressed, muscles tense up. Muscle tension is a reflex reaction to stress— it's the body's way of guarding against injury and pain. Stress also stimulates a part of your brain called the hypothalamus, which then stimulates your adrenal glands to release hormones, called cortisol and adrenaline.

An increase in these hormones can result in an increase in heart rate and blood pressure. When your heart rate increases, your breath quickens, and your muscles are ready for action. This is your body's natural response and has the purpose to protect your body in an emergency, by preparing you to react quickly. Unfortunately when your stress response keeps firing, day after day, it could put your health at risk.

#### BRAVENLY'S IDEAS FOR MANAGING STRESS

*that will help lead to a breakthrough*



Spend time with people in your life with whom you can be yourself around



Set aside time for yourself to do things that make you happy



Get regular physical activity



Practicing relaxation techniques



Be sure to get plenty of sleep and eat a healthy, balanced diet



Avoid tobacco use, excess caffeine, and alcohol



# TRACK YOUR SUCCESS

Sometimes the best and worst part of any "program" is tracking your success. This part can either come with feelings of shame or guilt for not staying on track or hitting the goals you were hoping to hit, OR it can come with feelings of excitement, celebration, and satisfaction.

Either way, your work is not done. If you accomplished your goals or not, take comfort in the fact that you can start over or start fresh whenever you need!

DOWNLOAD THE

*the official strive for more challenge* TRACKERS



*progress tracker*

BRAVENLY BREAKTHROUGH PROGRAM



## *tangible vs. intangible results*

It is important to remember, that sometimes "results" are intangible. You can't physically SEE a more optimistic mindset, or a healthier gut like you can see weight loss, or even better lifestyle habits. And that's OKAY! As long as you are taking the necessary steps to incorporate healthier habits, we can almost guarantee that you are having RESULTS!

## BUT HERE IS WHAT YOU CAN EXPECT

### *week 1*

You are just getting the hang of things with your new and healthier lifestyle. You might experience a couple of detoxing symptoms like a dull headache. Keep taking your products consistently and don't fret if you're not seeing big results yet. You've got this!

### *week 2*

Your healthier choices are starting to feel habitual and you are becoming more confident in yourself. We hope you're loving the extra pep in your step. Your body is thanking you for over a week of incredible nutrition!

### *week 3*

It takes 21 days for a habit to form, so you should be feeling consistent and confident in your new positive habits! As you add the suggested grocery items, take your products, and continually stick to those good habits you should feel lighter, emotionally, physically, and mentally. You might experience better sleep and a clearer mind, maybe even clearer skin and regular digestion.

### *week 4*

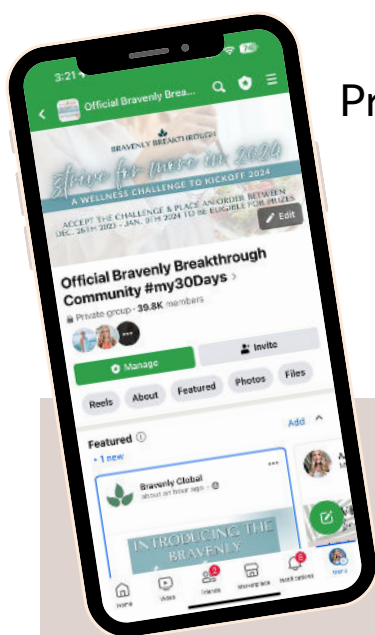
Last week, woo-hoo! Stay the course and stay committed. You're almost at a month of new habits. Detoxing has never felt refreshing. Now is a good time to start reflecting on the last couple of weeks and looking ahead at what your next breakthrough might look like. Remember, bite-size goals are more manageable. You can do ANYTHING for 30 days.

# GET SOCIAL



A huge part of your success in the 30-Day Breakthrough Program is whom you are doing it with. Being a part of the Breakthrough Community will offer you unparalleled friendship, accountability, and support. Start SHARING!

START SHARING



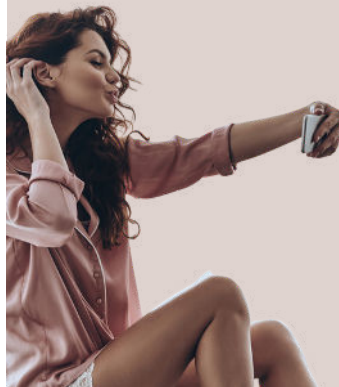
SAMPLE  
TEXT

WATCH ME OR  
JOIN ME  
on my Strive for  
more in 2024  
Journey!!

Who wants to  
get healthy with  
me??

SAMPLE POST

I'm finally deciding to choose  
MYSELF! I accepted the Bravenly  
Strive for More 2024 Challenge..



I am so excited to  
do this program  
alongside my  
friends. Let me  
know if you want  
to do this with  
me!!

# Use the hashtags: #STRIVEFORMORE2024 & #my30days

# CERTIFICATE OF COMPLETION

CUT ALONG THE DOTTED LINES

CONGRATULATIONS FOR COMPLETING  
THE BRAVENLY STRIVE FOR MORE 2024

*challenge*

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PRINT NAME HERE

WE ARE SO PROUD OF YOU!

♥ *Bravenly Team*