Dr. CANDACE Cares

Transform your lifestyle for life-long health and wellness

The Morning Ritual Blueprint:

How To Create Your Custom Morning Ritual That Lasts

5 Modules

Purpose and Preparation
The Success List
Succeeding through Failure with Mindfulness
Adjustments

The Morning Ritual Blueprint

How are you REALLY?

WELCOME FROM DR CANDACE

Hi there. I've been looking forward to getting this program in your hands. In this video, I'll tell you a bit about what you can expect as you start creating inside the Morning Ritual Club. I can tell you right now that what you'll be doing in this program will completely transform your health and your life. Don't wait another second...hit that play button and join me as I tell you about all the exciting things to come in this program.

My Promise:

- ✓ Learn how to create your own MR
- ✓ Mindset shift on lifestyle modification and healthy living
- ✓ Community

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OVERVIEW & PURPOSE

Step by step, physician-led course to shift your mindset for lasting success in health and wellness, even if you are a busy professional. **The Morning Ritual Blueprint (MRB)** will prepare you for the journey. You will learn how to create your own MR and propel your lifestyle modification to life-long health and wellness.

Let's Work out Your Problems:

Stressed
Feeling burned out
Overwhelmed
Worried about disease
Frustrated with managing disease/meds
Feeling like there's no time to take care of you

MATERIALS NEEDED

- ✓ Eagerness to learn
- ✓ An open mind
- ✓ Positivity
- ✓ Internet access— of course!

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