

FRESH **A** X **F** METHOD

Evolve

The final step beyond just an
'alcohol-free' life to the life you deserve

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As someone who strives for intellectual, thought provoking content, I thought I would give DLFF and the Evolve Program a try. I wanted to understand myself deeply, be able to let go of the past and really create relationships in my life I was proud of.

My expectations were exceeded by the professionals Tom and Nat. I was not only provided with education and tools in an easy to digest way, but the ability to feel and process my emotions right there in the moment. This created self-awareness, which allowed me to detach from the chaos I was creating in my life. In turn, I was able to focus on acceptance on what I can control & the ability to live in the moment. Ultimately, I'm now creating a life of freedom and choice that I've always dreamed of.



Bridie Ryan
Sydney

YOU NOW

- Alcohol is no longer the reason why you can't succeed
- You know how to detox and could live a life of sobriety if you really wanted to
- You desire freedom & choice rather than abstinence or need
- You are finally ready to create a life you no longer want to escape from
- Work and family commitments are now more important than your need to drink alcohol
- Your level of responsibility has increased and it's time for personal growth
- You're committed to creating relationships in your life that drive inner peace and freedom rather than using alcohol or other distraction strategies to 'deal' with people
- You desire the art of being yourself alone or in social situations without diluting who you are so people will 'accept' you
- You are ready to heal & let go of your past so you can embrace your future

YOU AFTER THE REBUILD PROGRAM

- You feel free to express your authentic self in social situations
- You confidently voice and articulate what's on your mind without fearing upsetting others
- You have mastered your emotional world, so you can process rather than suppress what you feel
- You have mastered your mind, so you can find clarity and comfort when shit hits the fan
- You've created deeply intimate relationships, that lead you to living in the moment
- You're backing your ability to go after exactly what you want professionally, personally & romantically
- You've created a family dynamic that brings people together in a respectful & considerate way
- You've learnt how to deal with conflict & life's uncertainties with confidence & clarity rather than avoidance or sabotaging behaviours

THE PROMISE

You will feel free from your past & excited for your future. You will be able to live in the moment & continually step up at the same time. You will no longer be searching for that 'magic pill' to create the life you love. We guarantee, you will feel...FREE!

PROGRAM INCLUSIONS

- Access to all 30-Day Detox Challenges
- Access to everything in the Rebuild program
- 90-Minute Strategy & Success Session with Tom Cartwright
- Access to the Evolve Membership Area, including the Evolve mastermind video program & workbook.
- Fortnightly group mentoring sessions
- Monthly 1-1 private mentoring sessions

BONUS INCLUSIONS

- Sober Sex Masterclass Video with Lauren Blundell
- 'Live with Choice' Relationship Healing Program



READY FOR CHANGE?

Start your journey at
drinklessfeelfresh.com/membership/