

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



Rebuild

Had a taste of the alcohol-free life and want more?



When I first started this journey I would not have believed I could achieve the personal changes and growth that I have. My relationship with alcohol is now one that I can be proud of. If you feel like a drink, it should come from a place of choice, not need.

DLFF is not about abstinence. It is about changing your relationship with yourself, thus changing your relationship with alcohol, to a relationship that lights you up, doesn't weigh you down.

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Anita
QLD

YOU NOW

- You've tasted alcohol-free life and want more
- You've tried multiple approaches but always end up where you started
- You want to switch off & feel peace after a long day without a glass of wine
- You hate using alcohol to socialise but it seems like the only option
- You're switched on in other areas of life, but you can't get a handle on alcohol
- Rather than short term habit change, you want alcohol to no longer be a problem in your life You desire peace and freedom rather than 'abstinence or need'
- You're committed to finally letting go of alcohol as it no longer serves you

YOU AFTER THE REBUILD PROGRAM

- You can start, maintain & complete a detox whenever you choose
- You can switch off at the end of the day without alcohol
- You can socialise confidently without alcohol
- Your professional performance has improved
- You know how to deal with family & friends when they don't support your journey
- Your confidence and energy levels are increased
- You are saving money
- Your anxiety is reduced
- Your sleep is deep and restful
- You are connecting deeply with your loved ones

THE PROMISE

Alcohol will no longer be a problem for you.
You'll know how to start, maintain & complete
a detox whenever you choose.

PROGRAM INCLUSIONS

- Access to the next 30-Day Detox Challenge
- 60-Minute Strategy & Success Session with Tom Cartwright to kick-start the journey with clarity & motivation
- 12-months access to the private Rebuild FB Group
- 12-months access to the Rebuild Membership area. Including the 7 module Rebuild video program, workbook and checklist
- Daily 'Insight' videos with Lead Behavioural Coach Nat Hodges
- Weekly Live Q&A & Hot Seat opportunities with DLFF Founder Tom Cartwright
- Monthly Mini Challenges

BONUS INCLUSIONS

- 12 alcohol reduction myths and how to overcome them – **Video series**
- Unlock your Nutrition Potential with resident Dietitian Jordan Kain – **Masterclass & workbook**
- Behavioural Profiling Masterclass



READY FOR CHANGE?

Start your journey at
drinklessfeelfresh.com/membership/