ASEA®

New Customer/Brand Partner 90 - day journey

# DAILY ROUTINE : Your reset routine from morning to night




## AM

**Start the day with intention:**

- Drink ASEA (90ml.)
- Apply REDOXGold or RENU28
- Remember to follow the steps your ASEA Brand Partner shared with you.
- Set one intention for the day



## During the Day

**Support your body and mind:**

- Stay hydrated
- Eat balanced meals

**Optional Bonus Activity**

- Add 30 minutes of movement or mindfulness
(exercise, walking, stretching, or meditation)




## PM

**Close the day well:**

- Drink ASEA (90 ml )
- Apply REDOXGold or RENU 28

**Finish Your Day**

- Take a moment for **reflection**
- Prioritise quality rest
- Notice your **energy and mindset**

ASEA®

## REDOX COACHING FOCUS: WEEKS 9-12

### Confidence – Ownership - Transformation

**Congratulations on reaching the final stage of the Start Smart 90 coaching journey!**

Over the past 8 weeks, you've helped your customer build consistency, create new habits, and begin recognising the benefits of staying committed to their daily routine. The final 4 weeks are about helping them own their progress, strengthen their confidence, and transition from following a program to living a lifestyle.
As their REDOX Coach, your role now is to help them reflect on how far they've come, celebrate their achievements, and create a plan for continued success beyond Day 90.



# ASEA® REDOX Coaching Guide

## WEEK 9 – Confidence

Ask:
“How do you feel now compared to Day 0?”
“What’s working best for you?”
**Educate:** if required
**Reinforce:** They are becoming their own proof
“This is your result—you’ve created this.”

## WEEK 10 – Ownership

Ask: “Do you want to adjust anything in your routine?”
**Educate:** if required
**Reinforce:** They now understand what works
“You’re in control of your results now.”

## WEEK 11 – Identity Shift

**Ask:** “What habits have really stuck for you?”
**Educate:** if required
**Reinforce:** This is now part of their lifestyle
“This isn’t something you’re trying—it’s what you do now.”

**This is the week 9/10/11 guide your new person is using**

**WEEK 9 - 11** Own Your Routine

**What they do**

**Stay on track each day**
Stay consistent with your daily Drink & Apply routine. Keep your routine simple, repeatable, and part of your day
**Check in with yourself**
Continue updating your **Lifestyle Log**
Notice how your energy, focus, and overall routine have evolved
**Stay connected weekly**
Share your progress with your ASEA Brand Partner weekly.
Remember to reflect on how you feel today to Day 0.
Ask for support or guidance if needed

Acknowledge your consistency and wins so far

DAILY HABIT REMINDER

**STEP INTO THE LIFESTYLE**

Notice which habits have naturally stuck
Keep repeating what’s working
This isn’t just something you’re doing—it’s becoming your lifestyle.
Stay consistent, recognise your progress, and own your journey—this is where confidence and long-term habits are built.

# ASEA® REDOX Coaching Guide

## WEEK 12 – Milestone 3 - Transformation Moment

**Focus:** Completion + future

**Coaching flow**

- "What surprised you most?"
- "What would you tell someone starting this 90-day journey?"

**Actions**

- Re-rate all areas
- Capture testimonial
- Celebrate progress

**Reinforce**

- Recalibrate and reset – what's next!

"You've built something real—now you keep building from here."

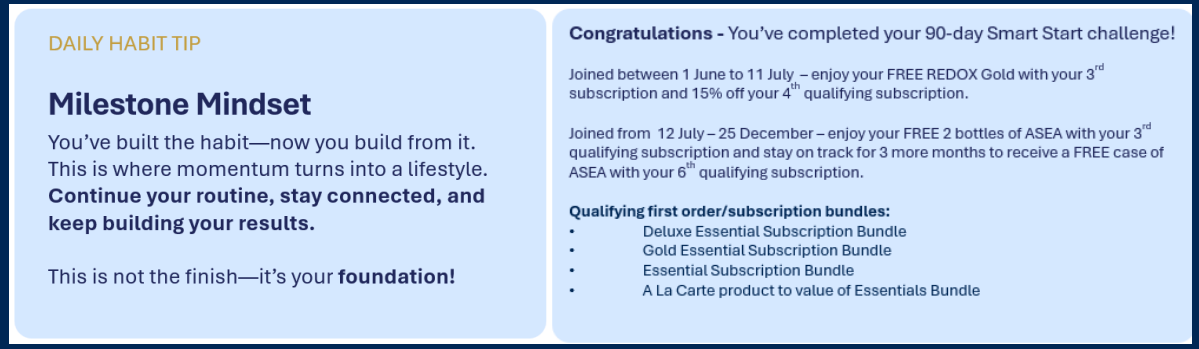
**This is the week 12 guide your new person is using**

## **Week 12:** Transformational Milestone Moment

**What they do**
During your weekly check in with your ASEA Brand Partner:
**Reflect on your journey**
Re-rate all of your focus areas (1–5)
Compare how you feel today to Day 0
**Reflect and share**
*What surprised you most about this journey?*
*What would you tell someone just starting?*

**Capture your results**
Capture your **testimonial**
**or personal reflection**
Take a final photo

Week 13 onwards : Reset & repeat the "Drink & Apply" routine.



DAILY HABIT TIP

**Milestone Mindset**

You've built the habit—now you build from it.
This is where momentum turns into a lifestyle.
**Continue your routine, stay connected, and keep building your results.**

This is not the finish—it's your **foundation!**

**Congratulations -** You've completed your 90-day Smart Start challenge!

Joined between 1 June to 11 July – enjoy your FREE REDOX Gold with your 3rd subscription and 15% off your 4th qualifying subscription.

Joined from 12 July – 25 December – enjoy your FREE 2 bottles of ASEA with your 3rd qualifying subscription and stay on track for 3 more months to receive a FREE case of ASEA with your 6th qualifying subscription.

**Qualifying first order/subscription bundles:**
- Deluxe Essential Subscription Bundle
- Gold Essential Subscription Bundle
- Essential Subscription Bundle
- A La Carte product to value of Essentials Bundle

ASEA® **REDOX Coaching Guide**

**New Customer/Brand Partner 90 - day journey**

## Week 13 – Resetting for monthly follow up

### Stay Consistent – Drink & Apply
"Keep your daily routine strong—this is where your results and belief come from."

### Keep It Simple
"Focus on the basics: use the product, share your experience, and stay consistent."

### Build the Habit
"This isn't something new—it's now part of your lifestyle. Just keep showing up each day."

### Start Sharing Naturally
"Think about who around you could benefit from how you're feeling and simply share your experience."

### Keep the Momentum Going
"You've built the foundation—now it's about repeating what works and letting it grow over time."

**Week 13 onwards :** Reset & repeat the "Drink & Apply" routine.

