

ASEA®

Weeks 1-4

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**

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Curious Questions

As you coach through weeks 1-4 you want to expand and focus your questions on the key areas they identified in their lifestyle log.

To enhance your role as a **REDOX coach**, you can reframe the questions to move beyond basic ratings and help your customers identify the "**subtle shifts**" that indicate the product is working.

Here are more insightful ways to frame the conversation openers from the sources:



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To enhance your role as a **REDOX coach**, you can reframe the questions you asked when the customer worked on their Lifestyle Log at day 0. This helps your customer/brand partner identify the "**subtle shifts**" that indicate the product is working. Here are more insightful ways to frame the conversation openers from the sources:

🌙 **Sleep Quality: Focus on the "Repair Window"**

sleep is when cells do their **deepest repair work**.

The "Snooze" Test: "When your alarm went off this morning, did you feel your brain 'click' into gear faster than usual, or did you still feel like you needed to hit snooze?"

The Morning Feeling: "Instead of just asking how you slept, tell me about how you felt 15 minutes *after* waking up—did you feel 'restored' or just 'awake'?"

The "Deepness" Question: "Did you notice if you were less restless or if you woke up in the same position you fell asleep in?"

⚡ **Sustained Energy: Identifying the "Absence" of Crashes**

Since energy crashes happen when cells can't **efficiently convert fuel**, focus on the moments when they usually feel "depleted".

The 3 PM Check-in: "Think about your typical mid-afternoon slump. Did you still feel the need for that extra coffee or sugar hit this week, or did you find you just kept sailing through?"

The "After-Work" Tank: "When you walked through the front door after work, how much 'fuel' did you feel you had left for your family or your hobbies?"

Consistency Check: "Was your energy a 'rollercoaster' this week, or did it feel like a steady, calm stream from morning to night?"



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💪 Recovery: Measuring "Cellular Communication"

Recovery is a direct measure of how fast your body **coordinates repair**.

The Next-Day Test: "After your most strenuous activity this week, how did your body feel the *following* morning compared to how it used to feel?"

The "Bounce Back": "If you had a particularly long or stressful day, did you notice your body 'bouncing back' and feeling ready to go again sooner than expected?"

🧠 Mental Clarity: Clearing the "Brain Fog"

Brain fog reflects **sluggish signaling**, so look for signs of "sharper thinking".

The Focus Factor: "When you were multi-tasking or handling a complex task, did you find it easier to stay 'locked in' without getting distracted or overwhelmed?"

The "Tip of the Tongue" Test: "Did you notice yourself searching for words less often, or did your thoughts feel more 'accessible' and clearer?"

End-of-Day Sharpness: "By 5:00 PM, did your brain still feel 'sharp and clear-headed,' or was the 'fog' starting to roll in?"



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✦. Skin Vitality: Noticing the "First Place" for Results

Since the skin is often the **first place** cellular renewal shows visible results, encourage them to look closer.

The "Glow" Observation: "When you looked in the mirror this morning, did your skin look 'rested' and hydrated, even if you had a busy day yesterday?"

The Texture Shift: "Beyond just how it looks, have you noticed a change in how your skin *feels* when you apply your RENU28—does it feel more 'resilient'?"

🛡️ Resilience: The "Big Picture" of System Stress

Resilience reflects how the **entire system communicates** under pressure.

The Stress Buffer: "When something unexpected or stressful happened this week, did you feel you had a bit more 'patience' or 'buffer' to handle it before feeling overwhelmed?"

The "Daily Demands" Check: "Looking at your 'to-do' list, did the daily demands feel more manageable this week compared to Day 0?"

Your goal as a their coach is **pattern recognition**. If they say "I don't know" or "Nothing yet," use these specific examples to help them **reflect and notice** the changes they might otherwise miss. This builds the **"stronger belief"** needed to sustain their 90-day journey



ASEA[®] REDOX Coaching Guide - Week 1

Coach's Questions

WEEK 1 – “START STRONG”

Focus: Consistency

Message:

- “Let’s focus on consistency this week.”

Ask:

- Use 2 curious questions from earlier in this guide that relate to their Lifestyle Log as conversation openers to bring awareness to early observations?
- How often/how much/when are you taking daily?

Educate:

- Hydration + routine matter

Reinforce: “Week 1 is about starting—focus on daily actions.”

New Customer & Brand Partners Journey

What they do:

1. Repeat your daily routine and activities, and complete your **Lifestyle Log each day.**

- Start to notice small changes in:
- Energy levels
- Sleep
- Focus

2. Check in each week with your **ASEA Brand Partner.** They are there to coach you through these early stages, answer your questions, and support you along the way.

Remember—you can reach out at any time for energy, reminders, and practical support.

DAILY HABIT TIP

Your new normal!

You are more likely to stay committed and finish the program when you feel **seen, supported, and connected to something bigger than yourself—a shared journey built on consistency and encouragement.**

ASEA® REDOX Coaching Guide - Week 2 & 3

Coach's Questions

WEEK 2 – “Awareness”

Focus: Small wins

- Ask: Use 2 of the questions from earlier in this guide as conversation openers to reinforce their observations?
- Educate: Identify any re education required
- Reinforce: “Subtle shifts mean it’s working”

WEEK 3 – “Build Belief”

Focus: Pattern recognition

- Ask: Use 2 of the questions from earlier in this guide as conversation openers to reinforce their observations?
- Compare to Day 0 ratings
- Educate: Internal changes often happen before visible ones/share testimonial I called for
- Engage: “What are you noticing energy/clarity/sleep etc.”

New Customer & Brand Partners Journey

What they do

1. Repeat their daily routine and activities, and complete their **Lifestyle Log each day.**
 - Start to notice small changes in:
 - Energy levels
 - Sleep
 - Focus
2. Check in each week with you their **ASEA Brand Partner.**

DAILY HABIT TIP

Your new normal!

You are more likely to stay committed and finish the program when you feel **seen, supported, and connected to something bigger than yourself—a shared journey built on consistency and encouragement.**

ASEA[®] REDOX Coaching Guide - Week 4

Coach's Questions

WEEK 4 – First Milestone

30-day checkpoint

Do:

- Re-visit Lifestyle Log and rate all areas
- Celebrate progress
- Take a new photo

Ask:

- “What’s the biggest challenge so far?”
- “What’s the most noticeable change so far?”

Educate:

- Consistency compounds/revisit daily dosage

Position: “Now the real momentum starts”

New Customer & Brand Partners Journey

What they do:

- Review and re-rate all their focus areas (1–5)
- Remind themselves of their WHY
- Recalibrate their daily routine if required, as you coach them through their journey.
- Take a second photo of themselves
- Reflect On: *What’s the most noticeable change so far?*
- Celebrate their progress

DAILY HABIT TIP

Milestone rhythm

Progress becomes real when it is tracked and shared consistently.

Focus on routine over motivation—small, visible updates keep you engaged and supported.