



# HEALTHY HOME 2025

by Brandon LiLavois



ENJOY YOUR JOURNEY

# Welcome

Join me, and let's walk together through a reminder of personal power and actionable tools for sustainable success.

We are meant to live in power, feel great, be pain-free & achieve our goals.

You are one decision away.

- *Brandon*



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# WHY TAKE THIS CHALLENGE?

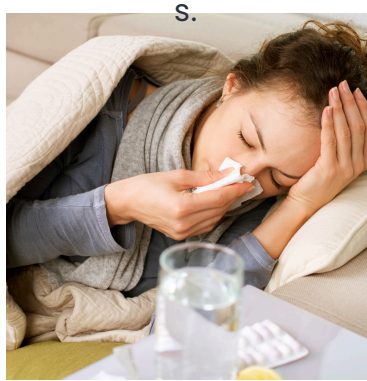
AMERICA IS FACING A HEALTHCARE  
CRISIS THAT IMPACTS ALL OF US.

As it currently stands, over 50% of  
American adults & children have a  
chronic illness.





# WHY WOULD YOU WANT TO TAKE THIS CHALLENGE?



**Does you or anyone in your family:**

- ☐ Take over-the-counter, prescriptions or medications?
- ☐ Anyone want to lose weight?
- ☐ Does anyone have headaches? Problems sleeping? Digestive issues?
- ☐ Back pain? Neck pain? Stomach pain?
- ☐ Does anyone have trouble with memory or brain fog?
- ☐ Hormonal related issues?
- ☐ Does anybody want more energy?

AMERICA IS FACING A HEALTHCARE CRISIS THAT IMPACTS ALL OF US.



**Over 50%** of adults & children suffer from chronic illnesses.







# THE BIG TRUTH

Every day, we use products that undermine our health without even realizing it.

But here's the good news: once you know better, you can do better.

**This program is an opportunity to reclaim control, remove hidden health stressors, and create a home that supports your family's full potential.**

## CHEMICAL EXPOSURE STATS – AVERAGE DAILY

- **WOMEN → 168 CHEMICALS** THROUGH PERSONAL CARE PRODUCTS
- **MEN → 86 CHEMICALS**
- **CHILDREN → 27 DIFFERENT SYNTHETIC CHEMICALS** JUST THROUGH FOOD AND DRINKS (INCLUDING PESTICIDE RESIDUES, FOOD ADDITIVES, AND PACKAGING MATERIALS. TOYS, PHTALATES FROM MATTRESS, HOUSE CLEANING PRODUCTS AND MORE).





# THE SCIENCE BEHIND IT



**Research shows a clear connection between the rise of chronic illnesses and exposure to harmful chemicals in our:**

- Products
- Air
- Water
- Food
- Homes, schools, and workplaces

**The results are staggering:**

- Asthma, allergies, ADHD, autism spectrum disorders, and obesity are skyrocketing.
- Cancer is the leading cause of death in children after accidents.
- 1 in 2 men and 1 in 3 women are projected to develop cancer.
- Rates of degenerative diseases like Alzheimer's, ALS, and Parkinson's are increasing rapidly.

**The common thread? Toxic chemical exposure.**



# THE URGENCY



We can't wait for decades of research to trickle down through industries and healthcare systems.

**The truth is that the very things we eat, drink, and breathe every day are making us sick. But we do have control.**

- We can't change the toxins we encounter outside our homes,
- But we CAN control what we bring into our homes.

Think about it: most of our time is spent indoors, sleeping, eating, working, playing... Our homes can be a refuge or a chemical soup.

**Even sealed bottles of cleaning products release harmful chemicals into the air, adding invisible stress to our bodies. Over time, this constant exposure weakens our immune systems and can trigger chronic illnesses.**



# THE BENEFITS OF A TOXIC-FREE HOME



## Imagine this:

- Better health for your family and pets
- Clearer minds, deeper sleep, and more energy
- A home free from invisible stressors
- Healthier habits that stick without the effort

It's not about perfection; it's about progress. And once you feel the difference, you'll never look back.



# THE GOAL



This program is simple yet revolutionary.

We'll help you remove the harmful products undermining your health and replace them step by step.

**With just a few hours of commitment, you'll be on the path to:**

- Cleaner air in your home
- Reduced toxic load on your body
- A stronger immune system

This isn't about trends or fads—it's about freedom.



# THE PROCESS



## Here's how we'll do it:

1. Identify and remove harmful products, category by category.
2. Safely dispose of or store items you don't need right now.
3. Replace them with safer, healthier alternatives as you're ready.

You don't need to go without—this is about progress, not deprivation.



# WHAT YOU'LL GAIN



## This program will help you:

- Address root causes of health issues rather than just symptoms
- Improve your family's quality of life dramatically
- Prevent future health challenges

***As James Clear, author of Atomic Habits, says:  
"Fix the inputs, and the outputs fix themselves."***

Removing toxic inputs is the simplest, most powerful way to create a healthier, happier life.



# THE CHALLENGE



**We know making changes can feel overwhelming, even intimidating.**

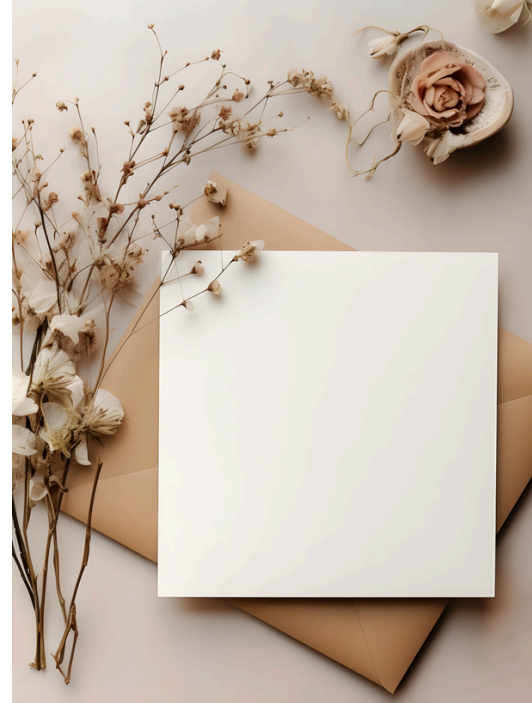
- It might feel restrictive, like a fad diet.
- Or seem like an “organic, trendy” thing that feels unattainable.

## **Here’s the truth:**

- Reducing toxins isn’t about restriction—it’s about liberation.
- “Convenience” often makes life harder in the long run.



# THE INVITATION



**This course is your chance to:**

- Take back control of your family's health.
- Transform your home into a safe haven.
- Break free from invisible stressors and embrace wellness.

We've seen this simple process improve health and quality of life for thousands—even in cases where advanced medicine couldn't help.

**Are you ready to join the movement and start your family's journey to vibrant health?**

**LET'S REVOLUTIONIZE HEALTH—ONE  
HOUSEHOLD AT A TIME.**





# **THRIVE Resources**





# YOUR NEEDS

STAYING  
ON TOP OF  
YOUR FINANCES

TIME TO  
FOCUS ON  
GROWING

VIRTUAL  
TEAM  
MANAGEMENT

INCREASED  
PROFITS

GETTING  
IMPORTANT  
STUFF DONE

TRACKING  
METRICS

IMPROVED  
MENTAL  
HEALTH

SMOOTH  
PROJECT  
MANAGEMENT



# TAKE WHAT YOU NEED

---

- ☐ *Move my body*
- ☐ **Walk in nature**
- ☐ *Meet with happy friends*
- ☐ **Cook a good meal**
- ☐ *Allow myself to rest*
- ☐ **Do what I said I'll do**



Exercise

# WRITE A LETTER TO YOUR FUTURE SELF

What's one piece of advice your future self would give you today?



# PRIORITY MATRIX

URGENT

NOT URGENT

DO it today

SCHEDULE a time to do it

IMPORTANT

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

DELEGATE it

ELIMINATE it

NOT IMPORTANT

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



# THE PILLARS OF YOUR BUSINESS

Four things that are key foundations for your business or career.

01

02

03

04



# GOALS

**GOAL**

**ACTION STEPS**

1 .

2 .

3 .

**GOAL**

**ACTION STEPS**

1 .

2 .

3 .

**GOAL**

**ACTION STEPS**

1 .

2 .

3 .



# MONTHLY GOALS

## WEEK 1 GOALS

## WEEK 2 GOALS

## WEEK 3 GOALS

## WEEK 4 GOALS



# THE BLUEPRINT

## Q1 GOALS



## Q2 GOALS



## Q3 GOALS



## Q4 GOALS

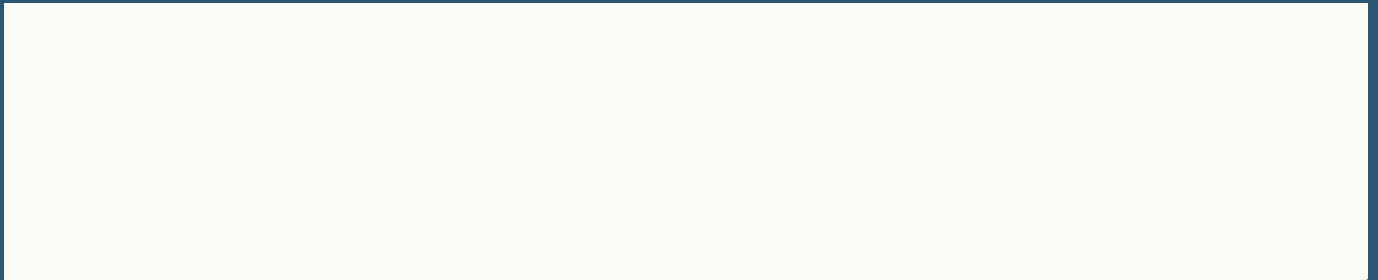




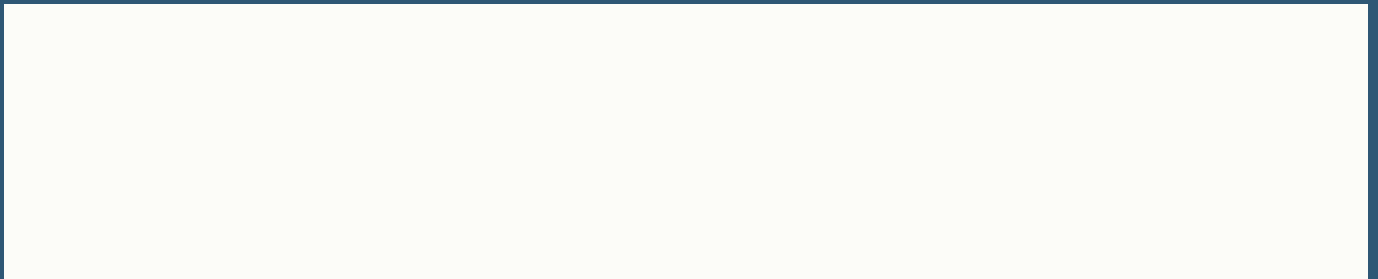
# THE GAME PLAN

Your thought strategy or course of action for this year.

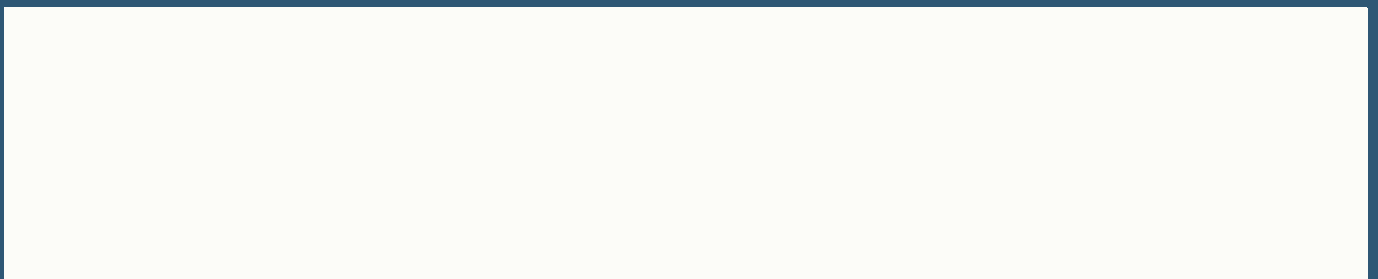
## Q1 GAME PLAN



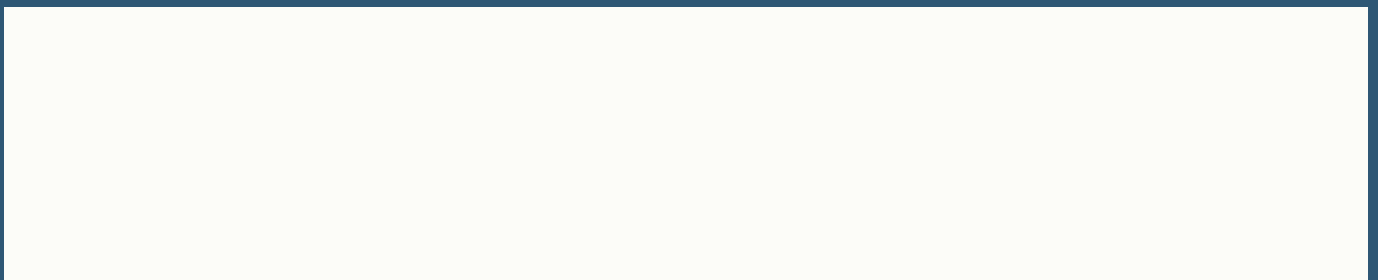
## Q2 GAME PLAN



## Q3 GAME PLAN

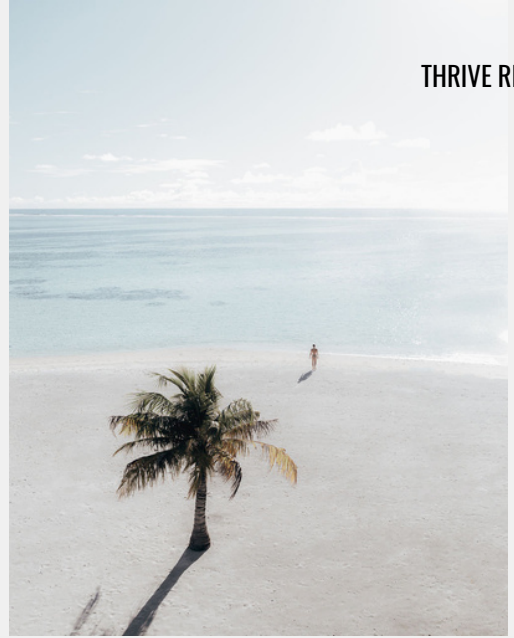


## Q4 GAME PLAN





# JOURNAL ENTRY



Take a moment to reflect on what truly makes you feel alive, powerful, and aligned with your purpose. Is it a feeling, a routine, or something else entirely?

- What daily habits or thoughts are holding you back from stepping fully into your potential?
- What are 3 small yet intentional shifts you can make to create more ease, energy, and joy?

**Take a minute to write anything in the space below or use the prompts above.**



# CHECKLIST

DATE: \_\_\_\_\_

CHECKLIST:

- \_\_\_\_\_ ●
- \_\_\_\_\_ ●
- \_\_\_\_\_ ●
- \_\_\_\_\_ ●
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- \_\_\_\_\_ ●
- \_\_\_\_\_ ●
- \_\_\_\_\_ ●

NOTES:



# TO DO LIST

DATE:

PERSONAL

BUSINESS

HOUSEHOLD

FOR FUN



# KEY ELEMENTS OF A MINDFUL MORNING



A large white rectangular box intended for notes or a checklist related to the first key element of a mindful morning.



A large white rectangular box intended for notes or a checklist related to the second key element of a mindful morning.



A large white rectangular box intended for notes or a checklist related to the third key element of a mindful morning.



A large white rectangular box intended for notes or a checklist related to the fourth key element of a mindful morning.



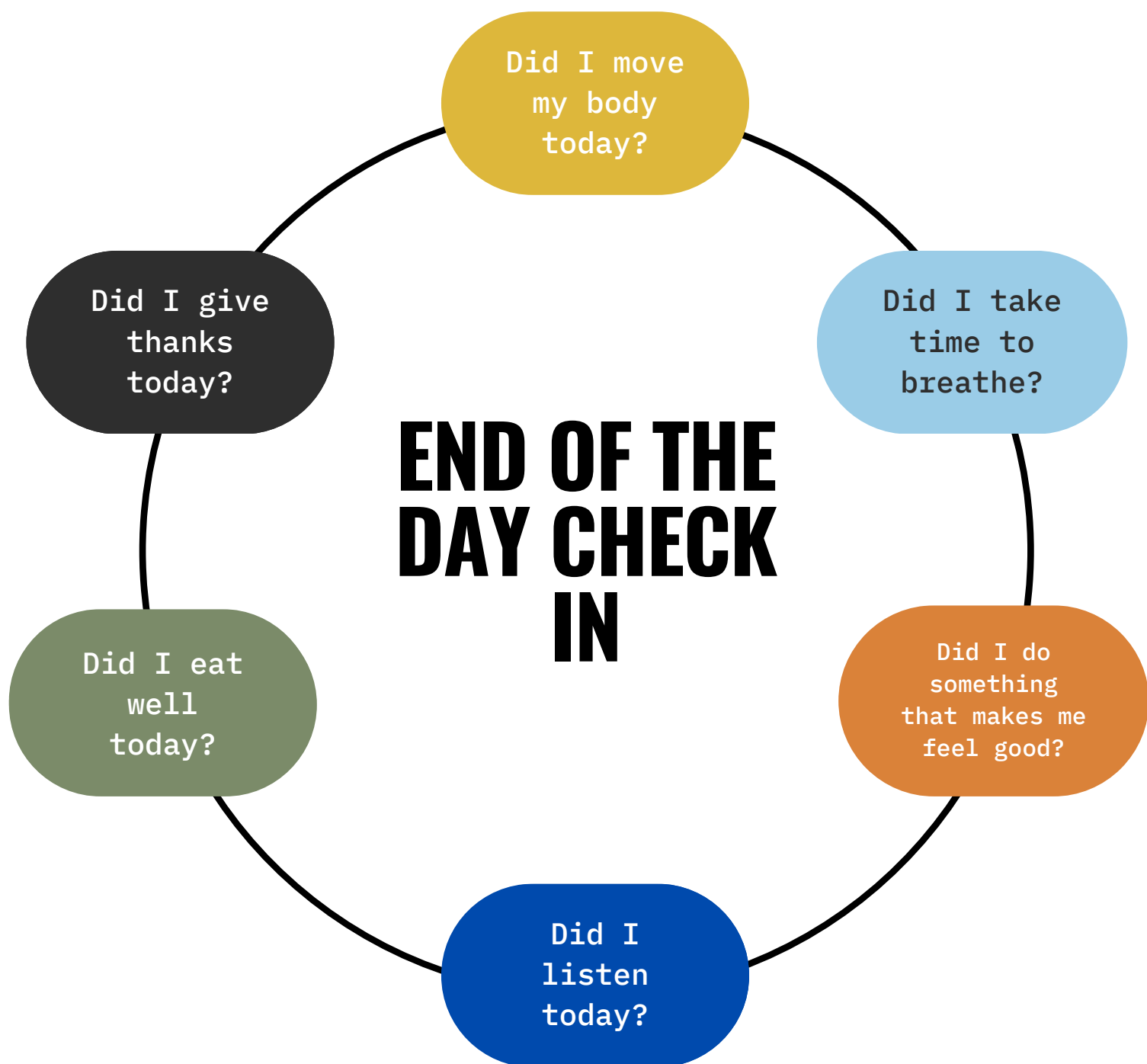
**INSTEAD OF**

**TRY THIS**

_____	→	_____
_____	→	_____
_____	→	_____
_____	→	_____
_____	→	_____









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# LET'S GO.

Thank you for reading!

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# BRING IT HOME!



Regardless of whether you are starting out and seeking new skills or are an experienced professional aiming to stay at the forefront of the field, these books are tailored to equip you with the essential knowledge and tools for success.

FREE DOWNLOAD →



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