



Hi Fiona,

If 2020 has taught us anything, it's that life can be unpredictable. At a time when things feel out of control, let's focus on what you can control, like providing friends and family with habit-building tools to help them achieve their personal growth goals.

That's why we're giving a 90-day guest pass to all Fabulous premium users to share with friends and family.

Mindfulness, fitness, and productivity are all areas that can be improved from home. Fabulous Premium provides the opportunity to build ironclad habits during unpredictable times.

Help others find refuge in their daily routines.

[Share my guest pass](#)



You've just unlocked

## The Goal I Completion Badge!

Hi Fiona,

Celebrating your wins—big and small—is woven into the fabric of Fabulous. There's no way we'd let this one slip by!

Drumroll please...

**Congrats on completing your first goal!**

To celebrate, take this 30-day pass to unlock Fabulous Premium. With this pass, you will have access to:

- Any amount of habit-building programs and training sessions
- A daily coach to boost your motivation as you begin each day
- An exclusive online community for sharing positive vibes and tips for overcoming barriers

[Unlock 30 day pass](#)

[Do you need help?](#)



## Congratulations! You completed day one. Here's to the next 364.

Hi Fiona,

What can you do in a year? The answer starts with day 1. Simple habits, one day at a time... that's a foundation you can build your best year on. No shortcuts will get you anywhere worthwhile. All big success begins with one small win.

At the end of your session today, you'll understand:

- The importance of building better habits
- The small steps you need to take to build a stronger routine
- What a successful Day 1 feels like
- How to keep your momentum going for Day 2

Remember...

Behavior change often comes with changes to your environment. You might only come to realize the role of the space around you when motivation or energy is low. Living healthy long-term means having a system to rely on in those low moments.

Dive back into Fabulous and make the change in your routine that will set you up for success today and the year ahead. Like an old instrument, we can't wait to be rediscovered and used to play something extraordinary.

Go!