

H
CoTM



**THE
POWER
OF 3**

30-DAY TRANSFORMATION PROGRAM

MARCH 2022

3 Products + 3 Habits = Success!

It's Resolution Season!

Watch out 2022 ... this year we've got a plan.

The Power of 3.

Flexible. Simple. Fun. Effective.

Three products. Three habits.

Mix and match to crush your goals!



Choose 3 Products:



1 CUP

Choclevate® Happy Chocolate
ElevaciTea® Georgia Peach
Elevate NITRO® Bold Coffee
Elevate MAX® Happy Coffee
ElevaciTea® Vanilla Chai
Unwined™ Chill Drink
Elevate Zest+® Happy Lemonade



1 CAP

Elevate MAX® + Energy Caps
XanthoMax® Happy Caps
Optimal Probiotic 8™



1 SHAKE

Fit & Happy Shake™ Vanilla
Fit & Happy Shake™ Mocha
All-In-One Happy Shake™
Birthday Cake



*Not all products available in all markets.
Visit TheHappyCo.com for the products available in your country.



Choose **3 Habits:**



MOVEMENT

- Walk outside for 30 minutes
- Work out for 30-45 minutes
- Walk 10,000 steps daily
- Do HIIT for 30 minutes
(High-Intensity Interval Training)



MINDSET

- Read 10 pages of a motivational book each morning
- Write in a journal daily
- Write something down that brings you joy and sets an intention each morning
- Meditate every morning



MEALS

- Eliminate processed foods
- Add probiotic-rich foods
- Drink a large glass of water right when waking
- Eat real whole foods like protein, vegetables and fat with each meal

Healthy. Yes! Happy. Yes!
Energetic. Yes! Fit. Yes!



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The Savings

We know that the price of just about everything is going up right now. But we don't want dollars and cents to get in the way of what you want to accomplish in 2022.

We don't want price to be an issue. **EVER!**

We've got you! Big time savings on our Power of 3 Weight Loss System and so much more.

Save \$50

All Weight Loss Systems



Lock it in

Add your System to SmartShip and lock in your savings forever!

Save \$30

Happy Stack – AM/PM

XanthoMax® Happy Caps
Elevate MAX®+ Energy Caps
Unwined™ Chill Drink Tub



Lock it in

Add your System to SmartShip and lock in your savings forever!

Save \$30

Triple Stack

XanthoMax® Happy Caps
Elevate MAX®+ Energy Caps
Optimal Probiotic 8™



Lock it in

Add your System to SmartShip and lock in your savings forever!

Save \$30

Pixie Combo

Elevate ZEST®+ Plus Happy Lemonade
Elevate MAX®+ Energy Caps
Optimal Probiotic 8™



Lock it in

Add your System to SmartShip and lock in your savings forever!

Save \$30

Peachie Combo

ElevaciTea® Georgia Peach Tub
Elevate MAX®+ Energy Caps
Optimal Probiotic 8™



Lock it in

Add your System to SmartShip and lock in your savings forever!



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Work your plan. Share your story.

Earn FREE stuff!

The Challenge

It takes 30 days to make or break a habit, so let's start today. Out with the bad. In with the good. Stretch your comfort zone. Expand what is possible. Then share it with the world to inspire others. You'll earn a great gift for participating ... and free products and cash prizes if you really go for it!

How You Can Win

- Follow the "The Power of 3" Program
- Buy at least 1 CUP / 1 CAP / 1 SHAKE
- Do at least 1 MOVEMENT change / 1 MINDSET change / 1 MEAL change
- Join the ["The Power of 3" Facebook Support Group](#) and share your Power of 3 plan in the group
- Share your progress along the way on Facebook/Instagram using #ThePowerof3Transformation
- Submit your before/after photo and story of how you changed by April 4 to stories@thehappyco.com. Submit your mailing address in this email to receive your participation gift.

5 Weekly Winners:

\$200 in Free Products (Get your "Power of 3" for FREE!)

- Randomly selected from Active Participants as defined above
- Start Dates: February 28, March 7, March 14, March 21, March 28
- Winners announced on The Happy Co. Facebook page, Power of 3 Facebook support group and What's Up Weekly Zoom

3 Monthly Grand Prize Winners: \$1,000 Each

- Chosen based on impact, authenticity, and creativity (photo and story)
- Starts: February 28
- Ends: April 1
- Submissions by: April 4
- Winners announced on The Happy Co. Facebook page, Power of 3 Facebook support group and What's Up Weekly Zoom

Participants Award: Water Bottle

- Everyone who completes a monthly challenge based on the participation criteria above



The Support

**We're here for you.
Every step of the way!**

You are on a transformation FOR yourself, but not BY yourself. We've built a community to support your journey. Share your success. Share your challenges. Cheer others on.



Emilie Thomas

**Got questions?
We've got you covered.**

Nutritional Therapy Practitioner Emilie Thomas will help you every step of the way.

We want you to be the best **YOU** in 2022!



**The Power of 3 Transformation
Facebook Group**

 [Facebook.com/groups/ThePowerof3Transformation](https://www.facebook.com/groups/ThePowerof3Transformation)

