

# WELCOME THE 6 WEEK 'NEW MINDSET APP

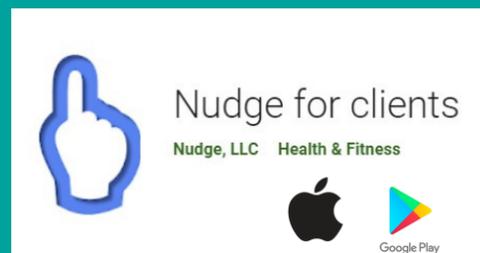


THANK YOU FOR PURCHASING THIS COURSE & APP, OR HAVE BEEN KINDLY GIFTED FROM A LOVING FRIEND/FAMILY MEMBER. HERE ARE THE FEW STEPS TO GET GOING WITH IT AND START MAKING THOSE CHANGES...STEP BY STEP

## 1 DOWNLOADING THE APP

Go to either the Apple Store or the Google Play store and download 'Nudge for client'

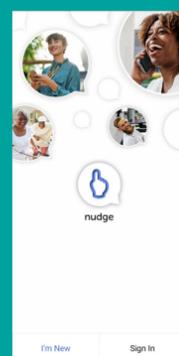
Looks like this



## 2 NAVIGATING THE APP

Open the App...it should look similar to this...

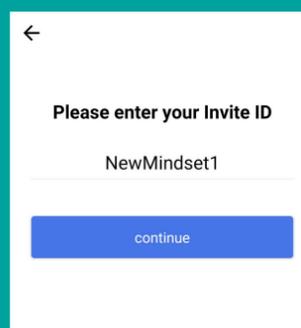
Click 'I'm New'



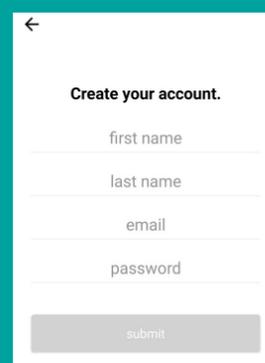
## 3 SIGNING UP....

When it asks you for your Invite ID enter

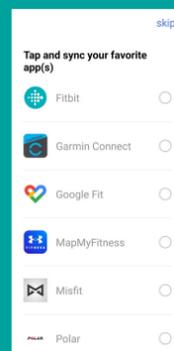
'NewMindset I'



Then create your account by filling in these details



Skip this page



Now you are in and ready to go. Have a browse yourself and get yourself familiar with the app. You swipe the main screen left and right for more screens, the one shown is just one of them. There are videos explaining the app and what to do etc from then on. You can message me using the messaging icon at the bottom with any questions and queries... See you there.

