

On Which Days Will I Receive the Building the Foundation for Self-Love E-Course Emails?

You'll receive three emails a week. The first two emails are your Self-Love Diet lesson emails. You'll have three days to work through and process those lessons. The third email is your reflection email to help you reflect on your Self-Love Diet work for the week.

- If you start the e-course on Monday, you'll receive the emails each Monday, Thursday, and Sunday.
- If you start the e-course on Tuesday, you'll receive the emails each Tuesday, Friday, and Monday.
- If you start the e-course on Wednesday, you'll receive the emails each Wednesday, Saturday, and Tuesday.
- If you start the e-course on Thursday, you'll receive the emails each Thursday, Sunday, and Wednesday.
- If you start the e-course on Friday, you'll receive the emails each Friday, Monday, and Thursday.
- If you start the e-course on Saturday, you'll receive the emails each Saturday, Tuesday, and Friday.
- If you start the e-course on Sunday, you'll receive the emails each Sunday, Wednesday, and Saturday.