

**David Bush**

**From:** info@elifepans.com  
**Sent:** Friday, December 01, 2006 5:10 AM  
**To:** dbush@elifepans.com  
**Subject:** David, an eLifePlans.com Reminder [eLifePlans.com]

# eLifePlans.com

[View The Tutorial](#)

[View the eLifePlans Tutorial](#) on how to get the most out of your account!  
 Download the [Interactive eLife Planning Handbook](#).

**Dear David,**

This is an eLifePlans.com Reminder based on a due date you selected.

Item(s) in blue are those that you requested an Email Reminder on this date.  
 Item(s) in red are past their due date.  
 Item(s) marked as Completed are ~~Crossed Out~~.

**Dream:** Weigh 239  
**Purpose:** To not feel guilty; To not feel sick after eating too much;  
 To live a long and healthy life; To be able to play with my kids/grandchildren when I'm older; To be proud of my physique during outdoor events; To not sweat as much; To practice self control; To be more flexible and athletic;  
**Date Due:** Friday, October 20, 2006  
**Remind Me:** Daily  
**Share Setting:** Share dream with my Partner and Coach

<b>Action Plan to Achieve this Dream:</b>	<b>Due Dates</b>
Goal: <b>Weigh 267</b>	<b>8/25/2006</b>
Goal: <b>Weigh 264</b>	<b>9/1/2006</b>
Goal: <b>Weigh 253</b>	<b>9/1/2006</b>
Goal: <b>Weigh 261</b>	<b>9/8/2006</b>
Goal: <b>Weigh 251</b>	<b>9/8/2006</b>
Goal: <b>Weigh 259</b>	<b>9/15/2006</b>
Goal: <b>Weigh 249</b>	<b>9/15/2006</b>
Goal: <b>Weigh 257</b>	<b>9/22/2006</b>
Goal: <b>Weigh 247</b>	<b>9/22/2006</b>
Goal: <b>Weigh 255</b>	<b>9/29/2006</b>

Goal: <b>Weigh 245</b>	<b>9/29/2006</b>
Goal: <b>Weigh 243</b>	<b>10/6/2006</b>
Goal: <b>Weigh 241</b>	<b>10/13/2006</b>
Goal: <b>Weigh 239</b>	<b>10/20/2006</b>
Goal: <b>45 minutes of weight training 3 days a week</b>	<b>6/1/2011</b>
Goal: <b>Grocery Shopping and prep food every sunday</b>	<b>6/1/2011</b>
Goal: <b>Pray, read and journal 20 min day</b>	<b>6/1/2011</b>
Goal: <b>Palm sized protein, carb, vegetable 3x day + 1 shake</b>	<b>6/1/2011</b>
Goal: <b>20 minutes of cardio 3 days a week</b>	<b>6/1/2011</b>
Goal: <b>Go to bed by 10:30pm every night</b>	
Goal: <b>Fruits, vegetables and water only after 8pm</b>	

To view more information on this reminder click the following link:

[Weigh 239](#)

If you cannot link to the reminder please cut and paste this link into your web browser for forwarding.  
<http://www.elifelplans.com/plan/dream.asp?iDreamID=28657>

## Login Information

To log in to your eLife Plan account go to [www.eLifePlans.com](http://www.eLifePlans.com) and enter your email address and password in the upper right hand section of the home page or [click here to Log In](#).

## eLife Planning Tips

First things first: [View the eLifePlans Tutorial](#) on how to get the most out of your account!

### 5 Important Secrets to get the most out of the eLifePlans system...

- Create at least 3 Dreams in every life category.**  
Envision an extraordinary life! What would you do with your life if you knew you couldn't fail, if you had all the resources necessary to accomplish it and you had the complete support of your family and friends?
- Set a Due Date for each Dream** and click the "Prioritize Now" button to Prioritize your Dreams by category.
- Build an Action Plan for each of your dreams** - to do so click on each Dream and establish the Purpose of your dream (why you want to accomplish it) and then establish some specific Goals and Action Steps to accomplish to help you



- realize your dream.
4. **Take Action!** Each and every day complete your Action Steps and make progress towards accomplishing your Goals and realizing your Dreams.
  5. **Review your plan regularly!** By reviewing your plan on a consistent basis you will be more focused on your dreams and goals and you will be ready to take advantage of the opportunities that come your way!

Don't keep eLifePlans.com a secret! Share it with others and be sure to tell them the Activation Code or link you registered under for special discounts and promotional offers from your eLife Coach or Adviser.

### [Send email about eLifePlans.com to a friend or family member](#)

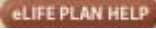
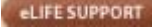
#### **eLifePlans Recommended Resources** (click below to view)

[Career / Business](#)  
[Family / Relationships](#)  
[Financial](#)  
[Health](#)  
[Pleasure](#)  
[Public Service](#)  
[Motivational](#)  
[Personal](#)  
[Personality Testing / Assessments](#)  
[Spiritual](#)  
[Other Resources](#)

#### **How Do I Update My Plan or Credit Card Info?**

You can update your account information at any time. First, Log In to the eLifePlans.com Web site. Once you have logged in, everything you need for managing your account including updating your credit card information and changing your email address can be found under [Your Profile / Account](#) in the Control Panel on the right of your screen.

#### **How Do I Get Help?**

Our [Help](#) section can provide quick answers to many of your questions regarding the eLife Plan program. For a list of Frequently Asked Questions click on the  button at the top of your eLife Plan page. To contact an **eLife Support Customer Care Representative** click on the  button inside the Help section.

If you need additional assistance please contact us at any of these numbers:

**eLifePlans Customer Care**  
**(866) eLife-4-U** (toll free from U.S.)

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