



FAQ'S:

Participation:

1) How much do I have to participate?

Answer: As much as you'd like! To truly get the most out of this experience, get to know your challengers and support them along the way. We also would love to see you at our opening night, mid-month checkin, and closing event. We understand things happen, and want to respect everyone's comfort level, so nothing is mandatory other than posting.

2) What do I have to do to become a leader?

Answer: DM @aureliamichaelliving or email us at admin@aureliamichael.com. There is no requirement other than a desire to share motivational words with your fellow challengers.

3) May I be a part of the challenge and a client at the same time?

Answer: Absolutely! Our coaches love nothing more than to work with you as much as possible on a month-to-month basis. Please reach out to our lead coach, Aurelia Michael, at aml@aureliamichael.com for more information.

4) What do you suggest for challenge topics?

Answer: Great question. For those just starting out, or those who have a lot on their plate this month, we suggest picking a general topic. Something that can encompass several "activities" that would still fulfill the requirements. You can also do more than one challenge if you have the time and desire!

Financial:

1) What is the monthly payment going to?

Answer: Great question. A portion of payment goes towards our upcoming AML Scholarship Fund (more to come April 2021). The rest goes towards our Zoom, Wix, and employment fees that go into running the program and AML.

2) Can I pay in advance for several months?

Answer: Absolutely. If you'd like to reserve months in advance, we're here to support your journey along the way!

Freebies & Removal

1) Are the first two days considered "freebies?"

Answer: Yes and no. The first two days are intended for you to get acquainted with how to post, and when it may be best for you to post so that it is submitted on time. However, we will not count those two days as missed days if you do not post.

2) How many freebie days do I receive?

Answer: You are allowed 2 days within the month to miss a post. We do not encourage it, but we understand that things happen!

3) What happens when I miss a post?

Answer: One of our leaders will reach out, for documentation, and let you know that you have either used your freebie day, or you are unfortunately removed from the challenge. We will give you until end of day before removing you from the group.

4) Do I get removed even if I have paid for the month?

Answer: Unfortunately, yes. This is intended to challenge all participants, and we believe that the level of financial commitment will also affect and increase the level of involvement. We often advise you to pick a topic that gives you enough freedom to do multiple things (i.e. completion, self-care, etc) so you