

EVERYDAY HERO NOMINATIONS  
**SCRIPT FOR AT YOUR SESSIONS**

While our eye patches (or insert whatever mask, etc you are doing at your session) go to work, I want to tell you all about something!

I'm doing this really fun thing called "Everyday heros" and I'm just so passionate about pampering women who are making a difference.

So I have a favor, I just want you to write down a couple of people that have made a difference in your life. It could be an aunt or your mom or a teacher, a co-worker, a neighbor, a friend, etc.

And what I want you to do to make this super special is next to their name and number, I want you to write down a couple adjectives to describe why they're your everyday hero.

The reason I want you to write down a few adjectives is because I want to make them feel like a million bucks and I want to love on them and affirm them.

They just have to be over 21 years old and they have to have skin.

Here is what I am going to say to them:

Hi Lauren, this is going to seem super random but I just recently got together with your friend Sarah and I have something really special I want to share with you. She nominated you as her everyday hero and here's what she said about you:

The way this all started is that I told Sarah that I'm doing this really cool thing called "Everyday Heros" and I'm really passionate about pampering women who make a positive impact in this world. Would it be okay if I text you the details about what I'm doing?

When you write down 10, I have a special gift for you and if you're the first person to nominate 10 everyday heros, you get a free mascara!