

Robin's 15-Day Hormone Reset

Workbook Guided Practice 1



Robin Nielsen





Hormone Reset

Guided Practice 1

Mind

“There is no physical body, no matter what the state of decline, no matter what the conditions, that cannot achieve an improved condition. Nothing else in your experience responds as quickly as your own physical body to your patterns of thought.” Esther Hicks

❖ My top THREE health goals are:

1. _____
2. _____
3. _____

❖ My THREE words are:

1. _____
2. _____
3. _____

❖ My I am statement is:



♣ I can do anything for 15 days! Your signature here :)

For these 15 days I am saying NO to:

1. _____

2. _____

3. _____

4. _____

♣ The Hormone Deal-Breakers are

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____



♣ Action Steps - I am excited!:

1. _____

2. _____

3. _____

Notes:

