

# Robin's 15-Day Hormone Reset

## Workbook Guided Practice 11



Robin Nielsen





# Hormone Reset

## Guided Practice 11

### PM Routine

*“Your morning and evening routine are the bookends of a successful life because they make sure your priorities stay in focus.” - Darren Hardy*

❖ A healthier evening routine helps me get better \_\_\_\_\_ so I can be in hormone balance.

❖ I begin my nighttime routine \_\_\_\_\_ before bed.

❖ I avoid these more toxic evening habits:

---

---

---

---

---

---

❖ I am adding in these hormone-balancing evening practices:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

❖ I am motivated right now to make powerful change in my health because  
(put your BIG WHY here):

❖ Action Steps - I can't wait to begin!:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

❖ Notes:

