

# Robin's 15-Day Hormone Reset

## Workbook Guided Practice 12



Robin Nielsen





# Hormone Reset

## Guided Practice 12

### Intimacy

*“The route to great sex [intimacy] means daring to know what you want. It also means expanding our whole lives and nourishing our spirits.” - Gina Ogden, PhD, LMFT*

❖ Five things I LOVE about my body are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

❖ I promise to connect with my body on a more regular basis, AND get to know it better. Here are some ways I can do that:

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❖ Three action steps I have taken so far on this incredible journey to reset my hormones are:

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

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

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

❖ Intimacy is so important for hormone balance because it helps me get out of my \_\_\_\_\_ and into my \_\_\_\_\_ where my \_\_\_\_\_ and \_\_\_\_\_ reside.

❖ Robin's top tips to embrace and improve intimacy:

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❖ What is currently in my way from reaching my health goals (Name it so you can change it!):

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

1.

2.

3.

❖ Notes:



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### Pleasure

*Pleasure is the essential ingredient that we must fill up on day after day if we are to feel balanced, nourished and have anything to give.*

❖ I am celebrating: \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_.

❖ These are FIVE things I LOVE about my beautiful body:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

❖ These are FIVE hormonal benefits of pleasure

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



❖ What are the benefits of pleasure?

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❖ How can you build oxytocin?

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

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

❖ Notes:

