

# Robin's 15-Day *Hormone* Reset

## Workbook Guided Practice 3



Robin Nielsen





# Hormone Reset

## Guided Practice 3

### AM Routine

*The way you begin your day impacts the flow of the rest of your day, and how well you sleep at night.*

❖ List several best-practices for starting your morning off in a balanced way:

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

❖ Three morning steps to reset circadian rhythm for women are:

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



❖ Five things I love about myself are: \_\_\_\_\_,

\_\_\_\_\_, \_\_\_\_\_,

\_\_\_\_\_, \_\_\_\_\_.

❖ Quick Hormone Reset Assessment so far:

Did I read my I Am Statement and My New Story today?

Have I cleared my schedule of extra stuff so I can focus on this program?

Am I turning negative thoughts into positive thoughts when they come  
into my mind?

Am I staying open to new ideas so I can learn and grow?

Did I remove the scale from the house?





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## Guided Practice 4

### Hormone Elixirs

*“Choose special drinks that are powerful for helping your body feel so much better.”*

❖ These are some special tonics, herbs and spices that can help to balance my hormones:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

❖ These are the names of some of the Hormone Elixirs that Robin mentioned:

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



❖ I love my life because:

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

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

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

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

Notes:

