

Robin's 15-Day Hormone Reset

Workbook Guided Practice 6



Robin Nielsen





Hormone Reset

Guided Practice 6

Sleep for Hormone Balance

“Sleep is the golden chain that ties health and our bodies together.” — Thomas Dekker

❖ What is Restorative Sleep?

- _____
- _____
- _____
- _____
- _____

❖ What happens to my hormones and my body/brain if I DON'T get restorative sleep?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



❖ What happens to my hormones and my body/brain when I DO get restorative sleep?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

❖ Robin's top bedroom tips:

- _____
- _____
- _____
- _____
- _____

❖ I PROMISE to read my New Health Story every single day...

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Calm + Soothe + Restore

“You yourself, as much as anybody in the entire universe, deserve your love and affection.” – Buddha

- ❖ Which nervous system am I supporting with calm + soothe + restore?

- ❖ What happens to my hormones when I give myself love and care:

- ❖ What are some self care practices I can do to calm + soothe + restore my body?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



❖ What are some positive outcomes of self care like this?

- _____
- _____
- _____
- _____
- _____
- _____
- _____

❖ I commit to one or more of these practices every day:

❖ I am eating a high protein breakfast within an hour of waking

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

1. _____
2. _____
3. _____

❖ Notes:

