

# Robin's 15-Day Hormone Reset

## Workbook Guided Practice 8



Robin Nielsen





# Hormone Reset

## Guided Practice 8

### Relationships for Hormone Balance

*“How I keep my heart open is I don’t let it close.” – Terces Engelhart*

❖ I am responsible for \_\_\_\_\_ all of my relationships.

❖ Toxic relationships are a hormone deal-breaker. List any here that you need to leave or improve:

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❖ What purpose do these relationships serve?

❖ What keeps you from giving them up?



The 10 Tools for Promoting Healthier Relationships Are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

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

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

❖ Notes:

