

YOUR HAPPY HORMONE ROADMAP



... Before the Masterclass on Sat, October 3rd at 12pm PT

Fill this out now

I. List all the things you don't like about your life or your body, etc. on the **left** hand side of page only below (you can only list 10 things because that's all the space we have), i.e. What's not working for you right now? What do you want to change? We'll fill out the right hand side on the webinar.

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II. Take an inventory of all the things you've tried so far to get your health and your life on track. Write them down here.

What diets, medications, nutrients, food plans, exercise, medical interventions, herbs, programs, special equipment, groups, etc. have you tried to help your body heal? List them all below.

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III. What *feelings* come up for you around your life and your health right now:

IV. What are 3 BIG health goals you have for yourself...

1. _____
2. _____
3. _____

... During the Webinar: fill this out as we go along (+ the right hand side on top)

1. I have all the _____ to take care of myself. I am the _____ of my health and my life.
2. The two BIG hormones I need to pay attention to are _____ and _____.

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3. What are Robin's 11 Steps to Hormone Balance? _____

4. List 3 ways I can support myself to feel better right now.

5. Which lab tests do I need to track?

6. How do I want to feel everyday?
