

Robin's 15-Day Hormone Reset Workbook Day 10



Robin Nielsen





Hormone Reset

Day 10

PM Routine

“Your morning and evening routine are the bookends of a successful life because they make sure your priorities stay in focus.” - Darren Hardy

❖ A healthier evening routine helps me get better _____ so I can be in hormone balance.

❖ I begin my nighttime routine _____ before bed.

❖ I avoid these more toxic evening habits:

❖ I am adding in these hormone-balancing evening practices:

1. _____

2. _____

3. _____



4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

❖ I am motivated right now to make powerful change in my health because

(put your BIG WHY here): _____

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

1. _____

2. _____

3. _____

❖ Notes:

