

Robin's 15-Day Hormone Reset Workbook Day 14



Robin Nielsen





Hormone Reset

Day 14

Pleasure

Pleasure is the essential ingredient that we must fill up on day after day if we are to feel balanced, nourished and have anything to give.

❖ I am celebrating: _____, _____,
_____, _____.

❖ These are FIVE things I LOVE about my beautiful body:

1. _____
2. _____
3. _____
4. _____
5. _____

❖ These are FIVE hormonal benefits of pleasure

1. _____
2. _____
3. _____
4. _____
5. _____



❖ What are the benefits of pleasure?

❖ How can you build oxytocin?

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

1. _____
2. _____
3. _____

❖ Notes:

