

Robin's 15-Day Hormone Reset Workbook Day 3



Robin Nielsen





Hormone Reset

Day 3

AM Routine

The way you begin your day impacts the flow of the rest of your day, and how well you sleep at night.

❖ List several best-practices for starting your morning off in a balanced way:

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

❖ Three morning steps to reset circadian rhythm for women are:

1. _____
2. _____
3. _____

❖ Five things I love about myself are: _____,

_____, _____,

_____, _____.



❖ Quick Hormone Reset Assessment so far:

Did I read my I Am Statement and My New Story today?

Have I cleared my schedule of extra stuff so I can focus on this program?

Am I turning negative thoughts into positive thoughts when they come into my mind?

Am I staying open to new ideas so I can learn and grow?

Did I remove the scale from the house?

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

1. _____

2. _____

3. _____

Notes:

