

Robin's 15-Day Hormone Reset Workbook Day 5



Robin Nielsen





Hormone Reset

Day 5

Hormone Elixirs

“Choose special drinks that are powerful for helping your body feel so much better.”

❖ These are some special tonics, herbs and spices that can help to balance my hormones:

- _____
- _____
- _____
- _____
- _____

❖ These are the names of some of the Hormone Elixirs that Robin mentioned:

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



❖ I love my life because:

❖ A few takeaways from the Laser Coaching for me are:

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

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

1. _____
2. _____
3. _____

Notes:

