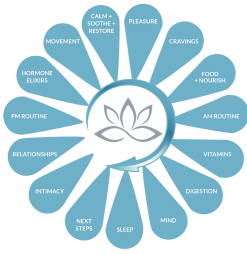


Robin's 15-Day Hormone Reset Workbook Day 7



Robin Nielsen





Hormone Reset Day 7

Calm + Soothe + Restore

“You yourself, as much as anybody in the entire universe, deserve your love and affection.” – Buddha

- ❖ Which nervous system am I supporting with calm + soothe + restore?

- ❖ What happens to my hormones when I give myself love and care:

- ❖ What are some self care practices I can do to calm + soothe + restore my body?

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



6. _____

7. _____

❖ What are some positive outcomes of self care like this?

- _____
- _____
- _____
- _____
- _____
- _____
- _____

❖ I commit to one or more of these practices every day: _____ YES!

❖ I am eating a high protein breakfast within an hour of waking _____ YES!

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

1. _____

2. _____

3. _____

❖ Notes:



