

Robin's Hormone Reset

Workbook Day 1



Robin Nielsen





Robin's Hormone Reset

Workbook 1

Mind

“There is no physical body, no matter what the state of decline, no matter what the conditions, that cannot achieve an improved condition. Nothing else in your experience responds as quickly as your own physical body to your patterns of thought.” Esther Hicks

❖ My top THREE health goals are:

1. _____

2. _____

3. _____

❖ My THREE words are:

1. _____

2. _____

3. _____

❖ My I am statement is:



♣ I can do anything for 7 days! Your signature here :)

For these 7 days I am saying NO to:

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

♣ The Hormone Deal-Breakers are

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



♣ Action Steps - I am excited!:

1. _____

2. _____

3. _____

Notes:

