

Robin's Hormone Reset

Workbook Day 4



Robin Nielsen



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Workbook 4

Movement: *“Exercise is the key not only to physical health, but to peace of mind.”*
Nelson Mandela

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: _____, _____,
_____, _____.

❖ Movement is essential for:

- _____
- _____
- _____
- _____
- _____

❖ The best types of movement for hormone balance are:

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



❖ Use these SIX key indicators (SEMMCH) to see if the movement I'm doing is just right, or too much:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

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

1. _____

2. _____

3. _____

4. _____

5. _____

❖ FIVE hormonal benefits of pleasure are:

1. _____

2. _____

3. _____

4. _____

5. _____

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

1. _____

2. _____

3. _____

NOTES: