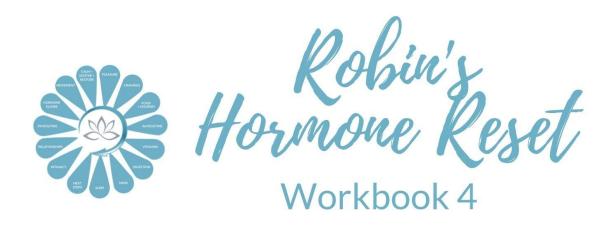
## Robin's Hormone Reset Workbook Day 4





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.

<b>*</b>	am celebrating:,,,
* N	Movement is essential for:
,	•
,	• •
<b>♣</b> 7	The best types of movement for hormone balance are:
	1
2	2
;	3



*	Use these SIX key indicators (SEMM)	CH) to see if the movement I'm doing is
	just right, or too much:	, , , , , , , , , , , , , , , , , , ,
	1	-
	2	-
	3	-
	4	-
	5	-
	6	-
<b>.</b>	These are FIVE things I LOVE about	my beautiful body:
	1	_
	2	-
	3	-
	4	-
	5	_
*	FIVE hormonal benefits of pleasure a	are:
	1	-
	2	-
	3	-
	4	-
	_	

1.		
2.		
3.		
	NOTES:	

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