



Day 1

“A woman’s body begins life fully equipped to produce all the hormones she needs throughout life.” Dr. Christiane Northrup

❖ My Day 1 Hormone Assessment Score is _____.

❖ The Hormone for today is _____.

❖ I am NOW the _____ scientist.

❖ When I CHOOSE, I am:

❖ My FAVORITE Hormone Myth (not true) is:

❖ My top FIVE health goals are:

1. _____
2. _____
3. _____

Peri+Menopause Solution

4. _____

5. _____

❖ Three things I can say NO to right now to make room for ME:

1. _____

2. _____

3. _____

❖ My BIG WHY is (why I want to feel well for the rest of my life):

❖ The Hormone Deal-Breakers are also called:

_____.

❖ Action Steps - I'm excited!:

1. _____

2. _____

3. _____