

DAY 1

DATE: _____

1. CREATE A LIST OF TWO DECISIONS THAT I HAVE BEEN AVOIDING, BUT IF TAKEN NOW, CAN HAVE A TRANSFORMATIVE EFFECT ON MY OVERALL WELLNESS

2. AFTER MAKING A GENUINE DECISION, IT IS CRUCIAL TO PROMPTLY FOLLOW IT UP WITH ACTION. ONE EFFECTIVE WAY TO DO SO IS BY JOTTING DOWN THE INITIAL STEPS. IDENTIFY THREE STRAIGHTFORWARD ACTIONS YOU CAN TAKE IMMEDIATELY TO ALIGN WITH YOUR NEW DECISIONS.

FOR INSTANCE, IF YOU RESOLVED TO QUIT SMOKING, WHAT CAN YOU DO WITH THE CIGARETTES IN YOUR POSSESSION RIGHT NOW? WHOM COULD YOU CONTACT? WHAT PROMISES COULD YOU MAKE? WHAT WRITTEN COMMUNICATION COULD YOU SEND? WHAT ALTERNATIVE ACTIONS COULD YOU TAKE INSTEAD OF REVERTING TO YOUR OLD BEHAVIOR?

DAY 1

DATE: _____

3. CREATE A CHECKLIST OF THREE UNCOMPLICATED ACTIONS THAT I CAN EXECUTE RIGHT AWAY TO UPHOLD MY TWO NEW DECISIONS:

4. TAKE ACTION ON YOUR NEW DECISIONS RIGHT NOW, AT THIS MOMENT.

DAY 2

DATE: _____

1. ENUMERATE FOUR FRESH WELLNESS ACTIONS THAT I AM AWARE I SHOULD TAKE AT PRESENT. HERE ARE FOUR ACTIONS THAT I KNOW I SHOULD TAKE NOW:

2. WHAT IS THE DISCOMFORT OR NEGATIVE EMOTION THAT HAS PREVENTED YOU FROM FOLLOWING THROUGH WITH THESE ACTIONS? TAKE NOTE OF IT. HERE'S AN EXAMPLE: THE PAIN I HAVE LINKED TO THESE ACTIONS PREVIOUSLY:

DAY 2

DATE: _____

3. ENUMERATE ANY GRATIFICATIONS OR BENEFITS THAT I DERIVED FROM NOT FOLLOWING THROUGH ON THESE FOUR ACTIONS. HERE'S AN EXAMPLE: THE PLEASURE I EXPERIENCED FROM NOT FOLLOWING THROUGH IN THE PAST:

4. FOR EACH OF THESE ACTIONS, DESCRIBE IN A PARAGRAPH WHAT IT WILL COST YOU IF YOU DON'T FOLLOW THROUGH. WHAT WILL YOU MISS OUT ON? WHAT WILL YOU LOSE?WHAT IT WILL COST ME IF I DON'T FOLLOW THROUGH NOW

ACTION1

ACTION2

DAY 2

DATE: _____

ACTION3

ACTION4

5. START CONNECTING PLEASURE WITH TAKING ACTION BY REFLECTING ON THESE INQUIRIES: WHAT ARE THE ADVANTAGES OF TAKING ACTION IN EACH OF THESE AREAS NOW?

HOW WILL IT ENRICH MY LIFE? IN WHAT WAYS WILL IT BRING MORE JOY, HAPPINESS, SUCCESS, FREEDOM, OR PRIDE? JOT DOWN YOUR RESPONSES BELOW. HERE ARE MY ANSWERS

ACTION1

ACTION2

DAY 2

DATE: _____

ACTION3

ACTION4

DAY 3

DATE: _____

1. WRITE DOWN 10 REASONS WHY YOU MUST TAKE THESE ACTIONS; THEN LIST ALL THE REASONS WHY YOU KNOW YOU CAN DO IT.

DAY 4

DATE: _____

1. ASK YOURSELF IN THE MORNING

What are the things that bring me joy in my life at present?

What specifically about those things brings me happiness?

How do those things make me feel?

What is currently causing excitement in my life?

What specifically about that situation or event generates excitement? How does it make me feel?

What accomplishments in my life am I proud of? What specifically about those achievements brings me a sense of pride? How does that make me feel?

What things or people in my life am I grateful for? What specifically about those things or people fills me with gratitude? How does it make me feel?

Who do I love and who loves me in return? What specifically about those people generates feelings of love? How does that make me feel?

2. ASK YOURSELF IN THE EVENING

What have I contributed today? In what ways have I acted as a giver today?

What new knowledge or insights have I acquired today?

How has today improved the overall quality of my life? In what ways can I leverage today's experiences as an investment in my future?

DAY 5

DATE: _____

1. GENERATE A LIST OF YOUR WELLNESS GOALS

2. WHAT ARE YOUR TOP THREE WELLNESS OBJECTIVES? WHY ARE YOU DEDICATED TO ACCOMPLISHING EACH OF THEM WITHIN THE NEXT THREE MONTHS? WRITE DOWN THE REASONS.

DAY 5

DATE: _____

3. IDENTIFY ONE ACTION YOU CAN TAKE IMMEDIATELY TO MAKE INITIAL HEADWAY TOWARD ACHIEVING EACH OBJECTIVE.

4. TAKE THAT ACTION TOWARD EACH GOAL TODAY.

DAY 6

DATE: _____

1. WHAT ARE THE BENEFITS OF HAVING WELL-BALANCED HORMONES?

2. WHAT ASPECTS STILL REQUIRE IMPROVEMENT?

DAY 6

DATE: _____

**3. WHAT ACTIONS AM I WILLING TO TAKE TO HAVE WELL
BALANCED HORMONES?**

**4. WHAT HABITS OR BEHAVIORS AM I WILLING TO ABANDON TO
ACHIEVE MY DESIRED OUTCOME?**

DAY 6

DATE: _____

5. HOW CAN I DERIVE PLEASURE FROM THE PROCESS WHILE FULFILLING THE NECESSARY STEPS TO ACHIEVE MY DESIRED OUTCOME?

DAY 7

DATE: _____

1. ENVISION HOW YOUR LIFE WOULD IMPROVE IF HORMONAL ISSUES WERE NO LONGER A CONCERN. WRITE DOWN ALL THE ADVANTAGES YOU WOULD HAVE AND ALL THE WAYS IN WHICH YOUR LIFE WOULD BE ENHANCED.

2. EXAMINE EACH NEGATIVE THOUGHT OR BELIEF ABOUT BALANCED HORMONES AND COUNTERACT THEM WITH BELIEFS THAT INSPIRE AND EMPOWER YOU.

DAY 7

DATE: _____

3. INCORPORATE ADDITIONAL EMPOWERING BELIEFS INTO YOUR MINDSET TO NOT ONLY OVERCOME FINANCIAL SELF-SABOTAGE BUT ALSO ACHIEVE HORMONAL BALANCE.