

# Estrogen Reset **LIVE**

## SET YOUR INTENTIONS FOR BEST RESULTS

Intentions can be powerful because they tap into the “why” we do something.

“To lose weight” isn’t an intention; it’s a stepping stone into something bigger, more important. **Look for the deeper meaning, the “why” behind the need to lose weight.** To feel more confident? To become healthy overall and be able to hike and play with your kids, grandkids, family and friends - and not miss out on life? To feel attractive?

## WHAT IS YOUR INTENTION OF PARTICIPATING IN ESTROGEN RESET?

I invite you to set an intention for doing the program. What would you like to get out of it? To be cancer-free (unlike your family members)? Freedom from fear of a hysterectomy? To balance your mood so people around you can’t wait to spend time with you? To regain mental clarity and pursue a program, education, or dream job?

Now, your turn. **What is your BIG intention for doing the program?**

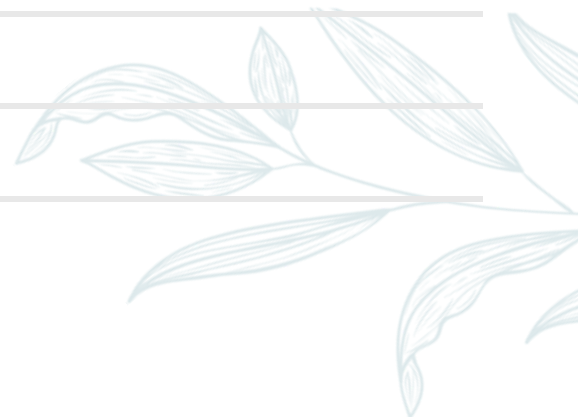
My intention for starting Estrogen Reset is:

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Making dietary and lifestyle changes may be easy but often it is not. We have found that setting daily intentions for yourself will: A: remind you why you're doing the program and making changes, and B: keep you motivated to keep going when obstacles occur.

Intentions are like your anchor - you can always go back to them to remind yourself why you are here and making all these wonderful changes.

Saying something out loud and putting words to our inner desires is powerful. Yes, you may have a specific goal, the reason why you signed up - but you don't want to lose sight of the smaller steps you'll take on the journey. Setting daily intentions will help you stay focused, present, and committed to this program and to YOU.

## WHY HAVING DAILY INTENTIONS HELP

Every journey starts with a step, and then another and another. I invite you to spend a minute or two visualizing how you want your day to go. What have you accomplished? How do you feel? Your intentions will keep you grounded AND move you forward to success.

### Here are some examples of daily intentions:

- *I will start my day with three thoughts of gratitude.*
- *I will be courageous in trying new things.*
- *I will control what I can control and let go of things that I can't.*
- *I will nourish, honor, and hydrate my body.*
- *I will focus on my journey and not let negative inner or outer voices distract me.*

# Estrogen Reset **LIVE**

USE THE REST OF THE PAGES HERE  
TO SET YOUR DAILY INTENTIONS

## Day 1 Intentions

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## Day 2 Intentions

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## Day 3 Intentions

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## Day 4 Intentions

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## Day 5 Intentions

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# Estrogen Reset **LIVE**

USE THE REST OF THE PAGES HERE  
TO SET YOUR DAILY INTENTIONS

## Day 6 Intentions

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## Day 7 Intentions

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## Day 8 Intentions

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## Day 9 Intentions

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## Day 10 Intentions

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# Estrogen Reset **LIVE**

USE THE REST OF THE PAGES HERE  
TO SET YOUR DAILY INTENTIONS

## Day 11 Intentions

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## Day 12 Intentions

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## Day 13 Intentions

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## Day 14 Intentions

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## Day 15 Intentions

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# Estrogen Reset **LIVE**

USE THE REST OF THE PAGES HERE  
TO SET YOUR DAILY INTENTIONS

## Day 16 Intentions

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## Day 17 Intentions

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## Day 18 Intentions

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## Day 19 Intentions

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## Day 20 Intentions

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# Estrogen Reset **LIVE**

USE THE REST OF THE PAGES HERE  
TO SET YOUR DAILY INTENTIONS

## Day 21 Intentions

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## Day 22 Intentions

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## Day 23 Intentions

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## Day 24 Intentions

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## Day 25 Intentions

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# Estrogen Reset **LIVE**

USE THE REST OF THE PAGES HERE  
TO SET YOUR DAILY INTENTIONS

## Day 26 Intentions

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## Day 27 Intentions

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## Day 28 Intentions

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## Day 29 Intentions

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## Day 30 Intentions

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# Estrogen Reset **LIVE**

USE THE REST OF THE PAGES HERE  
TO SET YOUR DAILY INTENTIONS

## Day 31 Intentions

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## Day 32 Intentions

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## Day 33 Intentions

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## Day 34 Intentions

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## Day 35 Intentions

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# Estrogen Reset **LIVE**

USE THE REST OF THE PAGES HERE  
TO SET YOUR DAILY INTENTIONS

## Day 36 Intentions

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## Day 37 Intentions

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## Day 38 Intentions

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## Day 39 Intentions

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## Day 40 Intentions

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USE THE REST OF THE PAGES HERE  
TO SET YOUR DAILY INTENTIONS

### Day 41 Intentions

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### Day 42 Intentions

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