

SUSTAINABLE CHANGE

Your goal is to continue to cultivate the new habits that will support your hormonal balance mission and ultimately your mission on this planet! We can't achieve our goals without a clear idea of how to go about making them a reality. Once that is in place, it's just a matter of making daily commitments to realize these goals.

5 STEPS FOR CREATING LONG-LASTING CHANGE:

1. Go back to the "Re-imagining Your Best Health" handout and re-read everything you wrote down in your journal. We began the program with creating a vision for your best health & life and it's time to take it to the next level! Think about what has changed in the last 8 weeks and what you would like to continue changing. **Remember, you are the designer/queen/leader of your life!**

2. Form Core Principle Habits. These are the habits that have positive snowball effects throughout all areas of your life. For instance, daily exercise gives you more energy, which leads to less cravings for sugar and caffeine, which then leads to a seriously improved quality of life. Start by defining what your core principle habits are, then come back to those habits whenever the need arises. E.g. When you feel like you've fallen off the wagon.

3. Start with short-term changes. People don't generally like long-term commitments. Instead, make 1-month commitments to yourself and renew those commitments at the end of each month. Start now and move forward one step at a time. Long-term habits are formed by performing an action repeatedly. Just commit to doing something every day for a month and at the end of each month take inventory.

4. Successful change comes in stages. You can't program yourself to create change and you certainly can't do it all at once! The business of hormones can be daunting so I recommend breaking your imbalances down into smaller chunks. For instance, if your biggest problem is high cortisol, follow the guidelines on the Adrenal Health Protocol. If your high cortisol is coupled with symptoms of low progesterone, get into the Low Progesterone Protocol next.

5. Celebrate your successes, no matter how small. Women are way too hard on themselves. Period. It's time to turn that around and give yourself kudos for all the amazing things you do every single day. I bet there are a lot of them, even if you don't think there are. Find a girlfriend who will be your biggest advocate and agree to share 3 or more brags a week with each other. This is such a simple yet powerful practice!