

28 Day Reset Diet



Week #1
Dr. Linda Marquez Goodine

Your Intentions

Date:

Notes

“Treat your body like a temple, not a woodshed. The mind and the body work together. Your body needs to be a good support system for the mind and the spirit. If you take good care of it, your body can take you wherever you want to go, with the power and strength and energy and vitality you will need to get there.”

– Jim Rohn

◆ My top THREE non scale health goals are:

1

Improved sleep quality

2

More energy in am's

3

wake up without alarm

◆ My THREE power words are:

1

disciplined

2

powerful

3

confident

◆ My I AM statement is:

I am powerful and grateful that I get to help over 100k/women/yr become the CEO of their health

◆ I can do anything I set my mind to & I am committed to this for 28 days

Your signature here:

LMG

28 DAY RESET DIET

DATE:

◆ For the next 28 days I am saying NO to:

- 1 **Sugar**
- 2 **eating out**
- 3 **negative conversations**
- 4 **anything that is not congruent with my I am statement**

◆ Health Disruptors

- 1 **diet**
- 2 **sleep**
- 3 **insulin resistant**
- 4 **poor digestion**
- 5 **chronic infections**
- 6 **toxins**
- 7 **poor adrenal & thyroid function**
- 8 **poor liver function**
- 9 **exercise - wrong type & too much**
- 10 **nutritional deficiencies**

◆ My top 3 action steps this week:

show up weekly

take action & do the work

connect with 3 women in the group :

Health Challenges

go to bed to late

lose weight

not crave sugar

Health Goals

get to bed early

release weight

crave healthy foods