

## ****Week #1 Action Steps****

**Congratulations!** You've just completed Week #1 of your 6-week transition program with me.

Now, you've got some homework to do! But don't worry, it won't be hard or even feel like "work."

Just follow along these 5 simple exercises below and complete within the week before Week 2. I look forward to hearing how your first week went by either leaving your comments below or via chat message. :)

|  |  |
| --- | --- |
| |  | | --- | |  | |

|  |  |  |
| --- | --- | --- |
| |  |  | | --- | --- | | |  | | --- | | **Exercise 1:** Establish anchors/reminders to keep you motivated every day **Exercise 2**: Clear the clutter in your life **Exercise 3:** Throw out all junk food from your pantry or hidden around the house **Exercise 4:** Eliminate the dairy by finding alternatives  **Exercise 5:** Drink 1-2 glasses of water every 2 hours (set a timer on your watch or calendar)  **Note:** You’ll need to refer to my previous lectures in order to do these. | | |

Leave your comments below and let me know how it went!

With Compassion,

Nafsika