



The Hormone Changes Making Women Wild

Banish the Beast Workbook

Make your life more beautiful, more effective and less stressed in just four weeks with this transformational workbook

In week 1 we'll be looking at how to manage your time really well, set goals and make an action plan. In week 2, I'm going to tell you about ways to assess stress, the common causes of stress and how to make yourself more stress proof. Week 3 and it's time to look at food and emotions, as they so often go together and derail the best of our plans to eat sensibly. By Week 4, I hope you'll be in the best shape to talk about finding your inner beauty and celebrating being a happy woman.

Week 1

- Work out why you never have enough time in your day
- Find out how to priorities your day
- Where should your commitments be
- How to set achievable and realistic goals for SUCCESS

Week 2

- Find out the causes of stress in your life
- Rate your stress levels
- Work out stress releases that you can incorporate into your everyday life

Week 3

- Do you know why you comfort eat?
- Find out why emotions can drive a lot of negative behaviours and how to change them
- Learn new ways of expressing your emotions
- Discover why exercise can be FUN and so beneficial

Week 4

- Do you know who the real you is?
- Find out how to change the inner chatter inside your head to work for you.
- How can you put this all together to help you move forward in life and lead a positive happy life

All this for only \$129

START TODAY

Purchase at the www.healthqueen.com.au shop.

This is a **FREE** sample of an activity that will turn your life around and help you banish the beast within.

GOAL SETTING

Here is another way of goal setting that relies more on your right brain (visual sense) than your left brain (verbal sense).

Look at the figures on the tree. Mark where you are on the tree with a 1. Now mark where you'd like to be with a 2.



What are the steps involved in getting from here to there? List them or draw them (stick figures are fine, and you may want to make multiple copies of this page before drawing on it):

Step 1

Step 2

Step 3

Step 4