Action Steps Checklist
Listen to the morning visualization: Get Thin or Get Eaten. Try 10 minutes of Get Thin Or Get Eaten exercises 2-3 times per week
Ongoing Healthy Habits During these five weeks, incorporate these healthy habits.
Drink 2 glasses of water w/ lemon or apple cider vinegar, and probiotic. Drink a green juice, upon rising or in late afternoon. Eat a great blood sugar balancing breakfast. Take additional probiotic supplement & digestive enzymes with meals. Eat frequent Gabriel Method friendly meals with the Big 3. Daily: Take an afternoon stress reduction break. Fit in a yoga, tai chi or meditation class. Drink a glass of water before each meal. Listen to evening visualization nightly.
Journal Keep a journal handy and, whenever you feel inspired, write down any thoughts you have about your health, your life, your dreams, your future or any questions you have about weight loss.