

### Action Steps Checklist

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- This week's morning visualization: Abundance
- Do mid-afternoon visualization
- Do evening visualization each night before bed

### Ongoing Healthy Habits

During these five weeks, incorporate these healthy habits.

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- 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.
- Try 10 mins. of Get Thin or Get Eaten exercises 2-3 times per week
- 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.

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