

# HORMONE HARMONY

## Action Plan



### Step 1: Mindset

**What am I telling myself, about myself, when I'm by myself?**

List the 3 most common thoughts that come up: \_\_\_\_\_

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Replace these thoughts with 3 kinder thoughts: \_\_\_\_\_

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### Step 2: Habit change

**What needs to change about the way I care for myself?**

List 3 ways I can care for myself in a more loving way: \_\_\_\_\_

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Which ONE of these things will I focus on first? \_\_\_\_\_

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What is one step I can take to move toward this goal? \_\_\_\_\_

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How will I know when I have succeeded? \_\_\_\_\_

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Who can support me? \_\_\_\_\_

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### Step 3:

#### Nourish and support your body

**Supplements:** Which supplements will I try to help balance my hormones? \_\_\_\_\_

*Good choices for perimenopause include: chasteberry, Vitamin C, magnesium, Vitamin D with K2, adaptogenic herbs, maca, multivitamin with minerals, fish oil*

**\*Consider hormone testing, contact Dr. Anna about this.**



### Step 4:

#### Educate yourself

Review Resources section and choose one to check out: \_\_\_\_\_

Join Hormone Harmony Club ([www.drannagarrett.com/hhc](http://www.drannagarrett.com/hhc))

Questions for my doctor: \_\_\_\_\_



### Step 5:

What else do I need to know? \_\_\_\_\_

**I'm so excited to share my book with women like you!  
Here are just a few of the things you'll learn:**

- *Perimenopause can start as young as 35*
- *Why perimenopause is very different from menopause*
- *How you CAN balance your hormones and find symptom relief*
- *Why you're not going crazy*
- *Tips for creating a healthcare team that gets you the care you deserve*

*I offer realistic, holistic solutions for diet challenges, sleep, stress reduction, supplements and more in her savvy sister's guide. Perimenopause is a revolutionary book focused on giving you the tools to navigate this transition with grace and ease so you can rock your mojo through midlife and beyond!*  
**[www.perimenopausebook.com](http://www.perimenopausebook.com)**

