



## Kitchen Sink Worksheet!

You should read the chapter "Rebuild your health" to help with this worksheet.

### Step #1

Write down at least 3 of your biggest stressors in each of the below categories.

Physical Stress:			
Chemical Stress:			
Emotional Stress:			
Electromagnetic:			

### Step #2

We all know it is no fun to just avoid things in our lives so we are going to start creating a list of good habits we can start that will help decrease stress and improve our health. Write down 3 things you can commit to doing to improve or increase the amount of stress releasers you are doing.

Posture/function improvement:			
Nutrition improvement:			
To improve Sleep:			
Exercise:			
Purposeful life / underdog curse:			

### Step #3

Using both the lists above, come up with an action plan to start implementing these changes into your life. Remember not to implement too much or you will create overwhelm and sabotage your success at rebuilding your health. We want to focus on small changes over the long term rather than a bunch of change for a couple weeks then stop and fall back into old patterns. Implement one change per week for 90 days. On the next page you can write up your action plane over the next 12 weeks.

## 12 Week health plan

Week 1 action plan:

Week 2 action plan:

Week 3 action plan:

Week 4 action plan:

Week 5 action plan:

Week 6 action plan:

Week 7 action plan:

Week 8 action plan:

Week 9 action plan:

Week 10 action plan:

Week 11 action plan:

Week 12 action plan:

Now celebrate completing 12 weeks of habit transformation