

PROGRAM GOAL SETTING

To truly be successful at this program you need to clearly outline what you are trying to get out of it and list your goals. Specifically, you want to list out the things you are committed to doing in the next 12 weeks in order to achieve your goals.

I recommend re-evaluating your goals on a week-by-week basis as it may change as you along the program, but at the very minimum once a month! Whenever you set goals, make sure they are **SMART: Specific, Measurable, Achievable, Relevant and Time-bound**.

For Example:

- 1 I commit to eating 5 servings of cruciferous vegetables per week to support my liver & estrogen detox for the next 12 weeks. I commit to cutting out carbs (bagels, muffins, bread) from my breakfast for the next 1 month.
- 2 I commit to taking the three supplement recommendations specific to my symptoms (Estrogen Detox 2 caps per day with breakfast, Adrenal support 2 caps with lunch and Magnesium 2 caps at bedtime) for the next 1 month.
- 3 I commit to spending 5 minutes every night to journaling and not using any technology 30 minutes before bedtime for the next 12 weeks.

Now go ahead and list out the goals you are committing to for the next 1 month:
