

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.
