



— YOUR HORMONE —

REBALANCING

journal

YOUR HORMONE

REBALANCING JOURNAL



REBALANCING GOALS + INTENTIONS

1. What is my motivation for learning about hormones / prioritizing my hormonal health?

2. What are the top hormone related symptoms I'm seeking relief from right now?

1 _____	4 _____
2 _____	5 _____
3 _____	6 _____


3. What are 1-2 improvements I'd like to make in each of the following areas?

 nutrition _____

 energy | clarity | mood _____

 movement _____

 stress management _____

 sleep _____

 relationships _____

4. How would it feel to experience relief from symptoms (physically, mentally, emotionally)
**visualization exercise – get specific!*

YOUR HORMONE REBALANCING JOURNAL




WEEKLY JOURNAL PROMPTS


PROJECTION | REFLECTION


1. How am I feeling in each of the following areas? (List one thing that could be improved, then describe 1 small step to take in each area to make progress / create positive change).


 nutrition _____

 energy | clarity | mood _____

 movement _____

 stress management _____

 sleep _____

 relationships _____

2. Of the top symptoms I listed when I started journaling, the following have improved:

- 1. _____
- 2. _____

- 3. _____
- 4. _____

3. These are the top symptoms I'm still seeking relief from:

- 1. _____
- 2. _____

- 3. _____
- 4. _____

4. How am I feeling since testing and/or focusing on my hormonal health? (Circle one of the following): GOOD | BETTER | WORSE || *Explain:*

5. What challenges did I endure this week or last?

① _____

② _____

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MONTHLY PROGRESS REPORT

REFLECTION


1. What positive changes did I make over the last month to celebrate? (List any symptoms that may have improved!).


2. What challenges did I overcome last month? (ex: chocolate cravings, making regular time for walks, eating balanced meals, etc.)

3. What supplements/herbs am I currently using or considering using?

4. What are my goals for the following areas of my life? What is one small change I can make next month to get closer to each goal?


 nutrition _____

 energy | clarity | mood _____

 movement _____

 stress management _____

 sleep _____

 relationships _____

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WE ENCOURAGE YOU TO:

Regularly check in with yourself and prioritize the habit of journaling how you're feeling *and how you want to feel!* Commit to managing your stress (*self care whenever possible*), focus on balanced nutrition, movement you love and rituals that bring JOY.

Follow [@yourhormonebalance](#) for additional hormone balancing education. Email us at info@yourhormonebalance.com with questions, and sign up for our newsletter [HERE](#).

