THE GABRIEL METHOD™

NEW YOU IN THE NEW YEAR 2019

Week 3 Action Steps

Action Steps Checklist

- ☐ Listen to the morning visualization: Safe, Strong, Protected.
- ☐ GM Break: every afternoon this week, take a stress-reduction break which can be a visualization, a short breathing exercise, a meditation, or a walk outside. Anything that allows you to relax and be fully present. Try taking your break in the sun!
- ☐ Try a Mind-Body practice this week: yoga, meditation, tai chi or Qi Gong.

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.
- ☐ Continue frequent water consumption.
- ☐ Eat meals featuring the Big 3.
- ☐ Listen to the 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.

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