THE GABRIEL METHOD™

NEW YOU IN THE NEW YEAR 2019

Week 4 Action Steps

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.

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