

SKILLS AND PRACTICE WORKSHEET

For each skill listed, there are four rating categories:

Used = Did you use this skill? Helpful = How often was it helpful?; Still use = Do you still use this skill?; Future use = Do you think you will use this skill in the future?

Rate each skill in all four categories using the following scale:

0 = Not at all 1 = Sometimes 2 = Frequently 3 = Most of the time

MODULE	Core Skills and Practice	Used	Helpful	Still use	Future use
Getting Started	<ul style="list-style-type: none"> Getting into the right mindset Setting intentions task 				
1	<ul style="list-style-type: none"> Gut healing meal plan Gut healing prep guide Consume fermented vegetables once per week Consume 25 grams of fibre per day Take a Probiotic 				
2	<ul style="list-style-type: none"> Include stress reducing technique from self-care plan Bone Broth Recipe for gut healing Quick n' easy meal plan/recipes Quick n' easy prep guide 				
3	<ul style="list-style-type: none"> Low Glycemic Meal Plan Low Glycemic Prep Guide Does Gluten free help you? Does dairy free help you? 				
4	<ul style="list-style-type: none"> Whole Foods Plant Based Meal Plan Whole Foods Plant Based Prep Guide 				

	<ul style="list-style-type: none"> • Does harnessing the mind or mastering emotions resonate with you? • How does eating without animal protein feel? 				
5	<ul style="list-style-type: none"> • Are you eating enough of the right type of clean protein? • Did you enjoy the high protein low carb meal plan? • Low carb paleo meal plan • Low carb prep guide 				
6	<ul style="list-style-type: none"> • Are you consuming enough of the right type of fat? • Ketogenic diet meal plan • Ketogenic diet prep guide 				
7	<ul style="list-style-type: none"> • Note changes in your mood during your cycle and if they are hormone related • Consider Vitamin D testing • Women's hormone balancing diet • Women's hormone balancing prep guide 				
8	<ul style="list-style-type: none"> • Take 5 Day Better Sleep Challenge • Healthy nighttime snacks • Eating for happiness meal plan • Eating for happiness prep guide 				
Wrapping up	<ul style="list-style-type: none"> • Change behavior concept • Print out this worksheet 				