

YOUR how TO habit WORKSHOP

IT'S TIME TO MAKE YOUR NEXT, BEST, #1,
ENERGY-GIVING,
INFLAMMATION-SQUASHING,
CELL-LOVING,
FEEL-GOOD,
AUTOIMMUNE HEALTH-CREATING,
DISEASE MODIFYING
HABIT HAPPEN

LED BY AMY BEHIMER
PHARM D
NBC-HWC
LIVES WITH MS

ACTION GUIDE

AMY BEHIMER COACHING

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how to get the *most* from today...



Minimize Distractions

Gift yourself this time and get what you came for! A chance to learn, connect, and take action towards your health.

"The true art of memory is the art of attention." Unknown



Think about YOUR WHY

What do YOU want your health for? Do you want more energy? Do you want to keep up with loved ones? Do you want to pursue a dream? Do you want to stop progression? Asked another way, Why are you here?



Jot down your questions

What questions do you hope I answer? We will be LIVE together and I'll leave time to answer all your questions at the end. Think of at least one and write it down!



Use this workbook (print or online)

Use it during our time together to stay fully engaged and take notes on the actions you want to implement right away.

Remember Learning + Action = Change? This is the Action!

can you relate?

YES

☐

You live with an autoimmune disease

☐

You want to feel better, starting **today**

☐

You also want to feel confident you are doing what you can to keep feeling good into **tomorrow**

☐

You're open to using habits to get there

☐

You're up for a little work...this is a workshop after all!

If you answered "YES" to ANY of the questions above, you are in the RIGHT place!



YOUR *how* TO *habit*

LEARNING

+

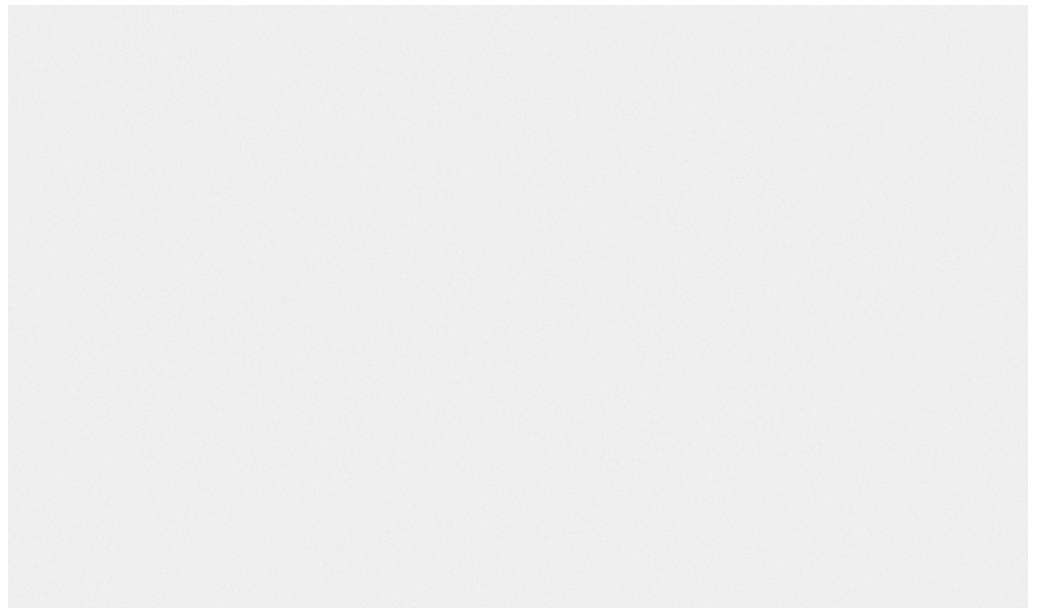
ACTION

=

CHANGE

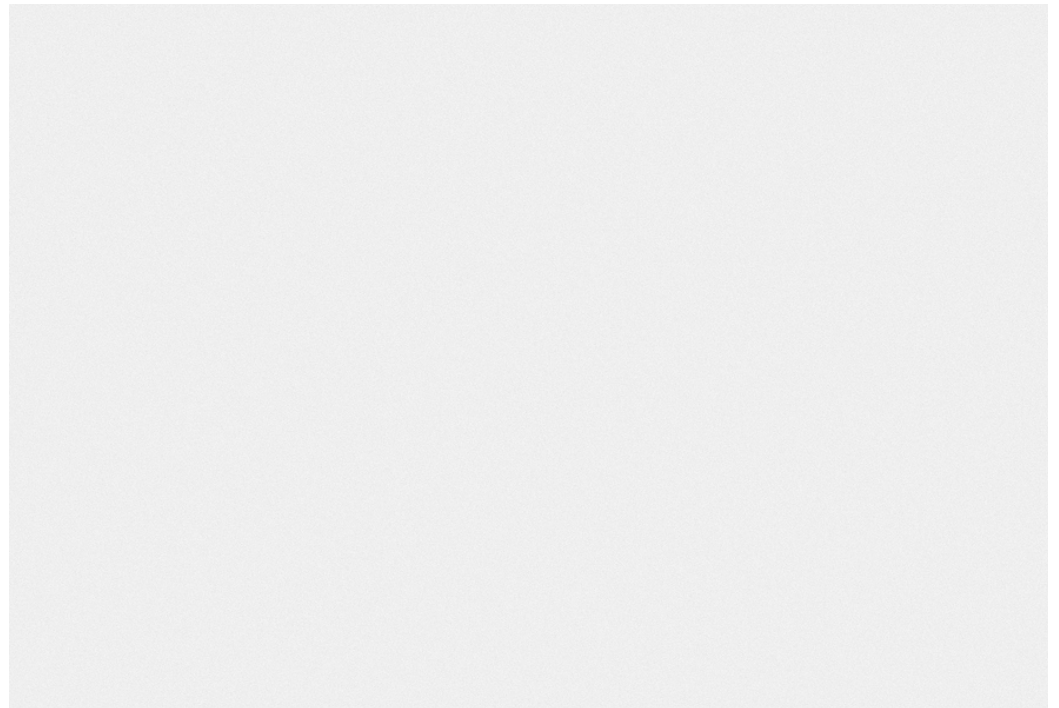
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WHAT'S YOUR SUPERPOWER?

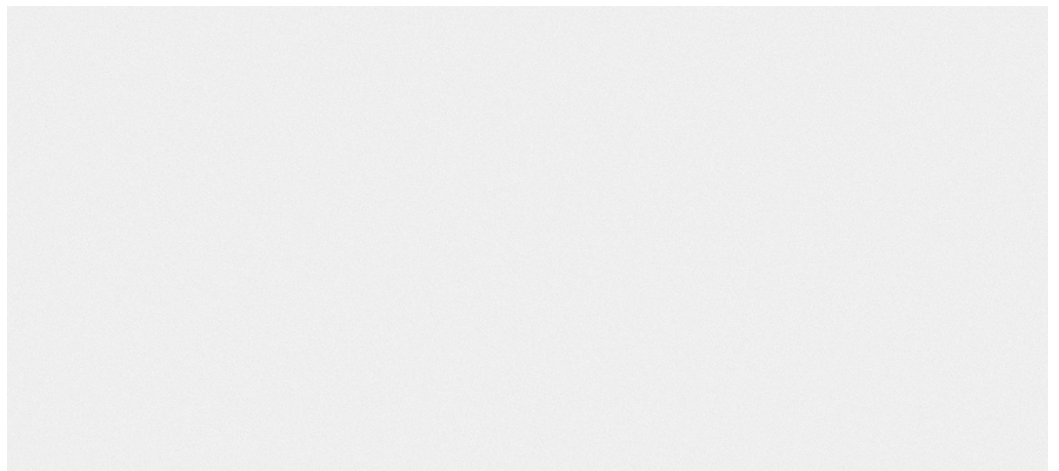


YOUR *how* TO *habit* WORKSHOP

KEY TAKEAWAYS ABOUT WHAT HABITS ARE
AND WHY THEY ARE SO AWESOME:

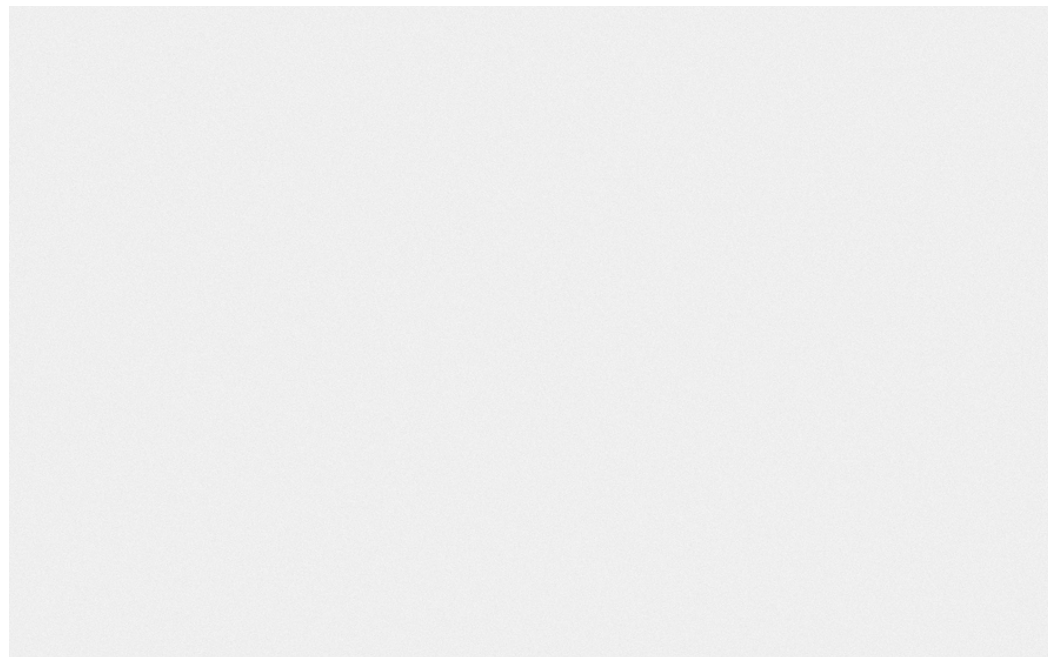


QUESTIONS:

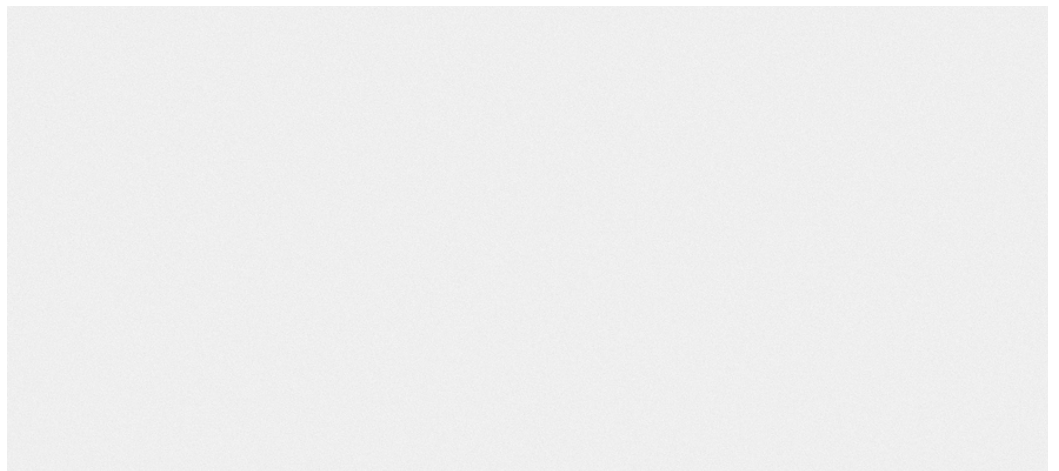


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KEY TAKEAWAYS ABOUT HOW TO MAKE
HABITS HAPPEN:



QUESTIONS:



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STEP 1: WHAT HABIT DO YOU MOST WANT TO MAKE?

STEP 2: WHY?

STEP 3: HOW DO YOU PLAN TO MAKE IT HAPPEN?

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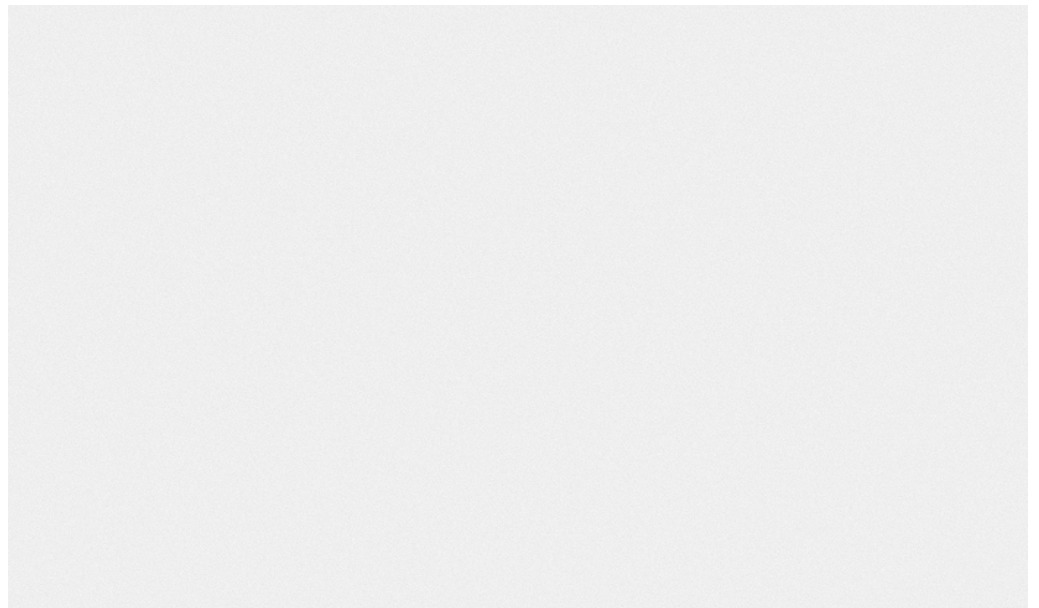


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I COMMIT TO...



do OF THE day

WANT TO KEEP IN TOUCH?

me, too!

SCAN ME



A podcast to help you shift from managing autoimmune disease to creating autoimmune health using the power of everyday habits.

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