



3 Step Roadmap

TO CONFIDENTLY STICK WITH

YOUR HEALTHY HABITS

DRKRISTINENEWMAN.COM

3 WAYS TO GET THE MOST FROM THIS WORKBOOK

1

PRINT this workbook and use it during our masterclass to stay fully engaged and take notes on the actions you want to implement quickly. If you want to save some ink, don't print page one since the title design is pretty fancy :-)

2

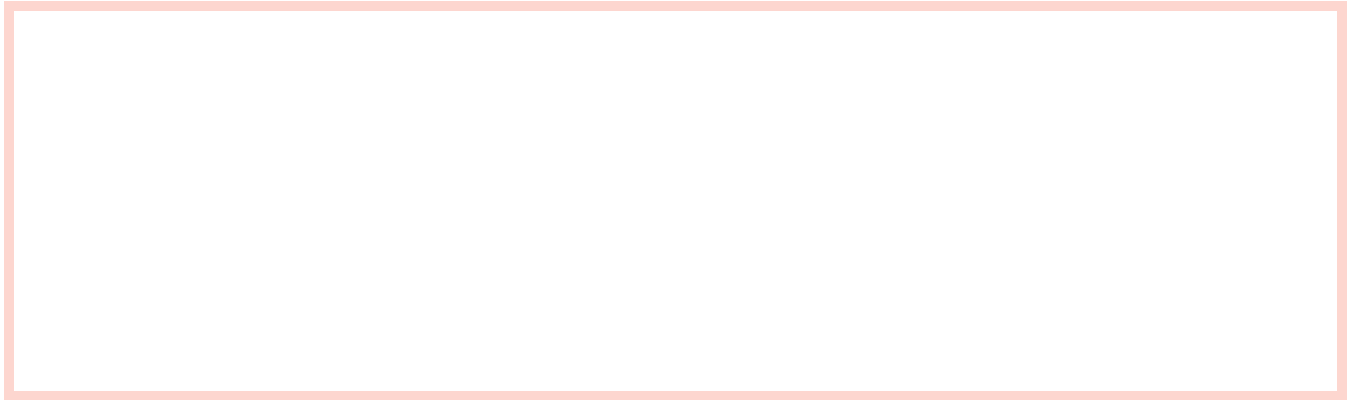
Think of **ONE QUESTION** you would like me to answer live while we are together. If I don't answer your questions during my training, you can ask me during the Q&A session.

3

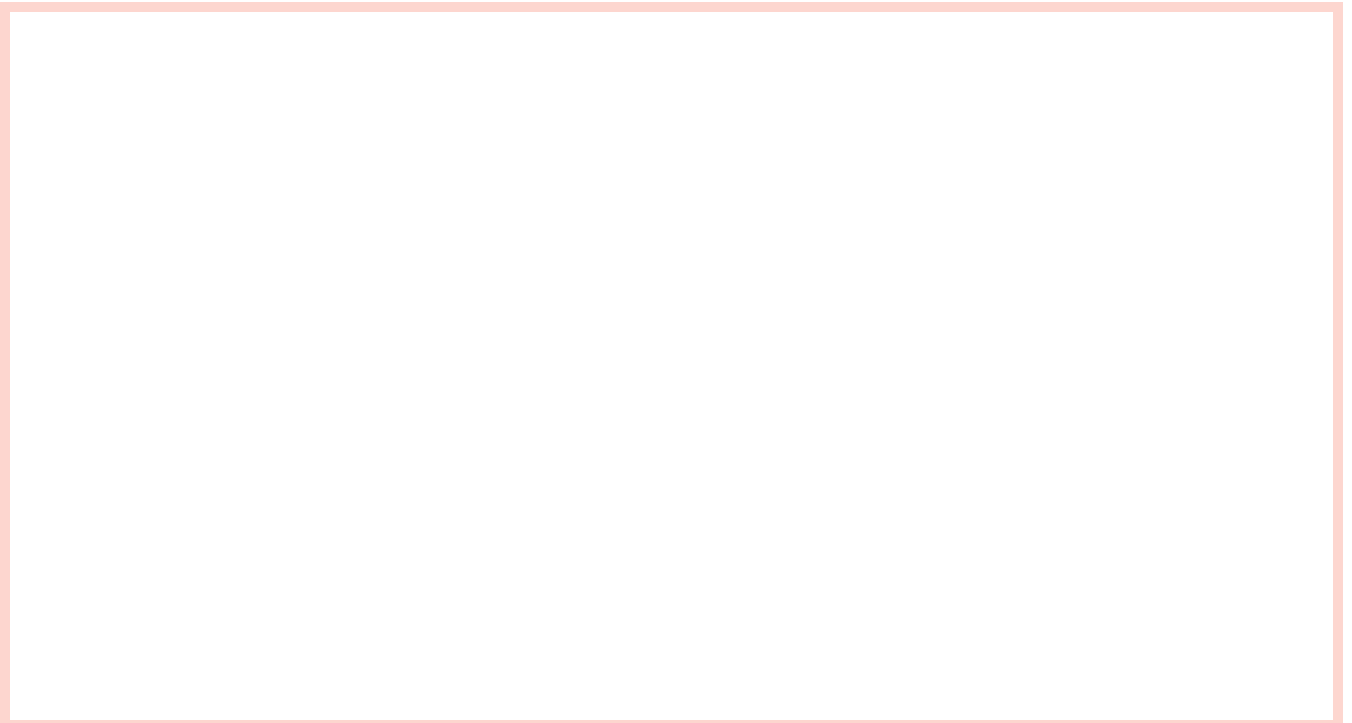
To maximize your time on this free training, at the end of the session decide on just one **ACTION** you plan to complete in the next 24 hours. Taking action right away will give you instant momentum to start seeing BIG results.

Step #1

Biggest Takeaway:

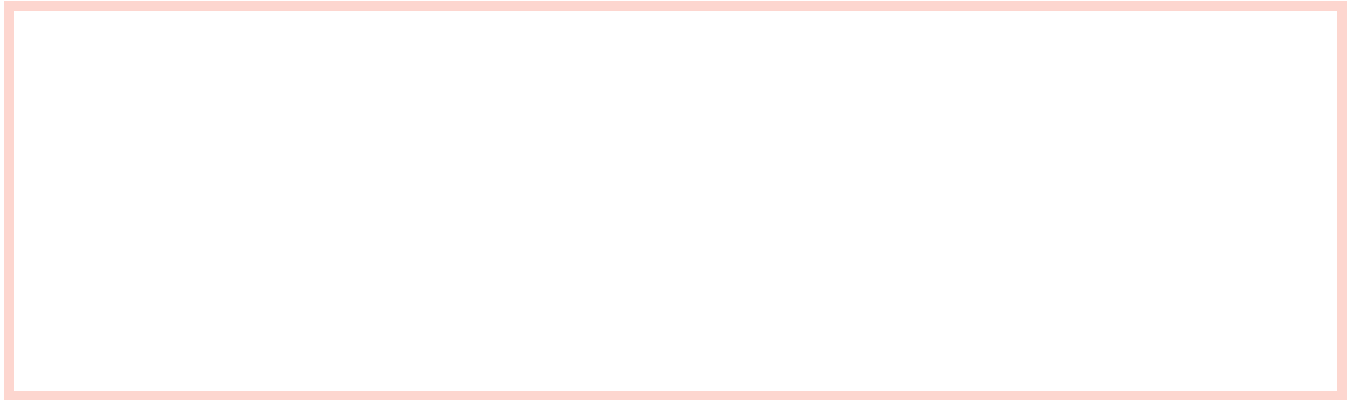


Notes/Insights/Ideas:

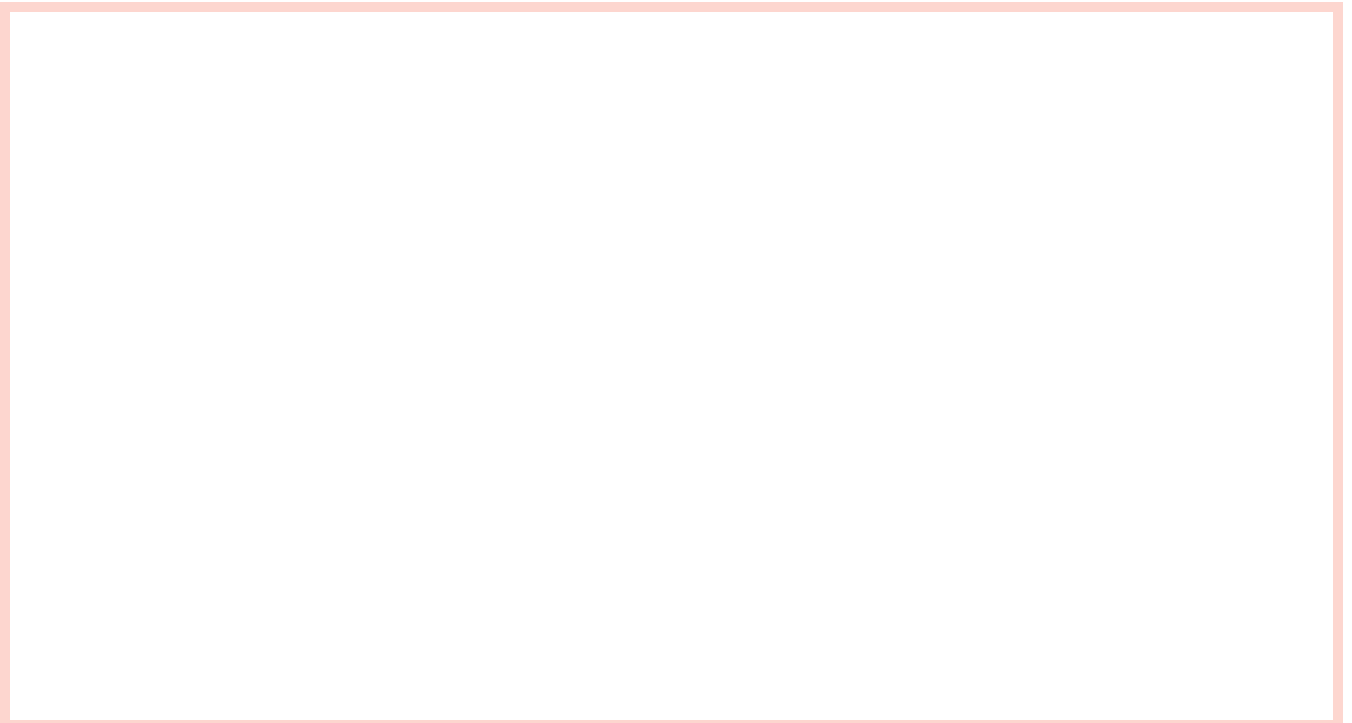


Step #2

Biggest Takeaway:

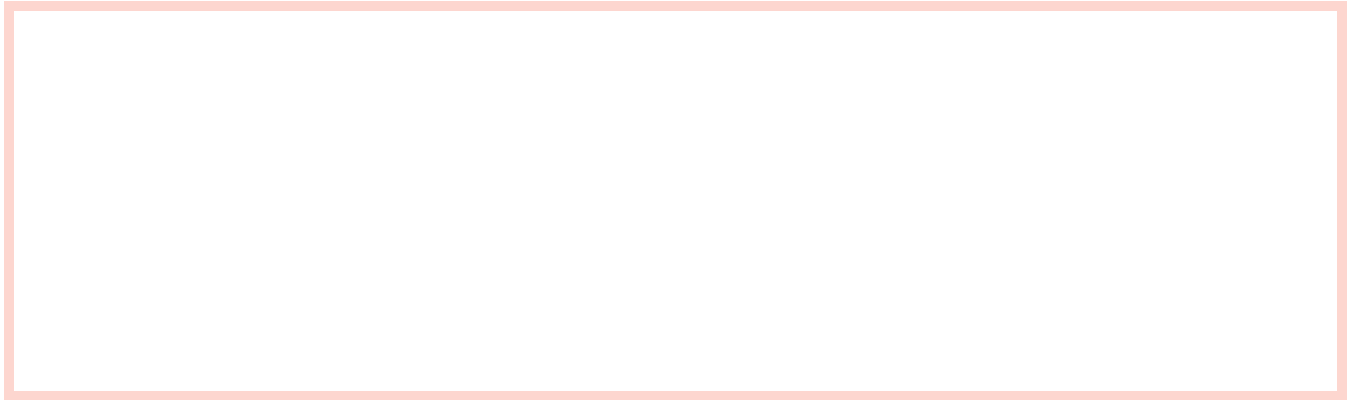


Notes/Insights/Ideas:

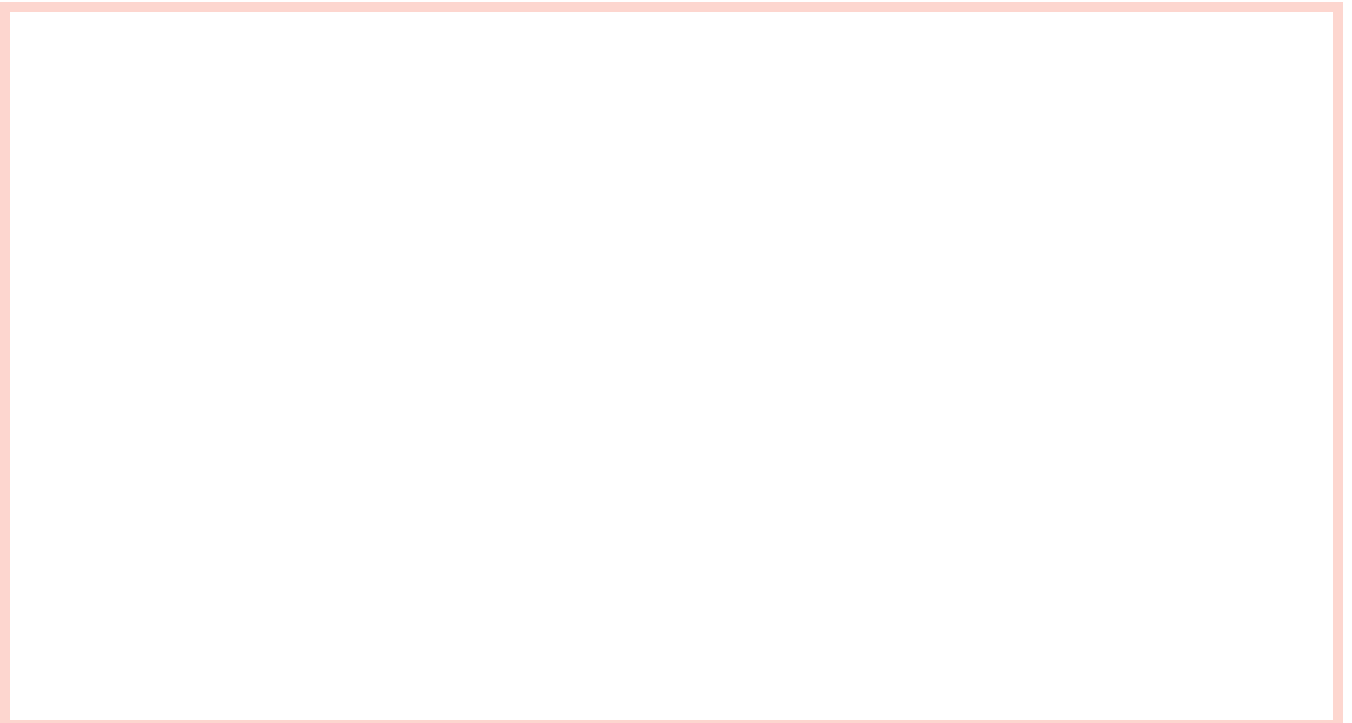


Step #3


Biggest Takeaway:



Notes/Insights/Ideas:



“
**You do not rise to the
level of your goals –
you fall to the level of
your systems**
”



Thank you so much for being a part of this
masterclass. Just by showing up, you've moved 1
step closer to reaching all your health dreams.

You've got this!

Dr. Kristine Newman