



## What You Can Do About PCOS!

As you watch the program today, fill this out...as your roadmap to healing.

1. You are becoming the \_\_\_\_\_ of your own health.
2. It takes \_\_\_\_\_ to heal and feel well.
3. The biggest things holding me back right now are: \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
4. I PROMISE to figure out how to \_\_\_\_\_ these roadblocks!
5. There are FIVE primary steps to healing from symptoms of PCOS. They are: 1)  
\_\_\_\_\_, 2) \_\_\_\_\_,  
3) \_\_\_\_\_, 4) \_\_\_\_\_, 5) \_\_\_\_\_
6. \_\_\_\_\_ changes over time equals \_\_\_\_\_ results!
7. I am \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
8. I \_\_\_\_\_ to feel well and live a fabulous life.
9. My \_\_\_\_\_ doesn't thrive when I don't take care of myself.
10. The top 3 things I can do for myself starting right now are: 1) \_\_\_\_\_,  
2) \_\_\_\_\_, and 3) \_\_\_\_\_.