

FREE 5-DAY HEAL YOUR GUT C H A L L E N G E

DAY 5:

FOUR ESSENTIAL PHASES FOR HEALING

If you are reading this, that means you've made it!

You started our 5-Day Heal Your Gut Challenge and followed through with your commitment. Congrats! That's a huge win. So be sure to pat yourself on the back.

But now, you might be asking, *"how do I apply the things I learned? How can I continue this momentum and keep making progress?"*

That's what Session 5 is all about, so I highly encourage you to tune in because I'll show you how to do just that.

Day 5 Assignment: Complete the prompts below to outline everything you've learned this week AND create your own step-by-step process based on your health goals.

#1 CLARITY

What do you want? What are your goals for healing your gut? What does ideal health look like to you? What would having ideal health give you? (Aka, what's the ripple effect it would have in every other area of your life?) How would you feel as a result of having your ideal health?

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#2 AWARENESS

What are your stressors? What ANTs do you struggle with? What are some ways in which you tend to sabotage yourself? What are your tendencies when it comes to food? What are your tendencies when it comes to taking action or making healthy efforts? What do you have to give up in order to get where you want to go?

#3 STRATEGY

What do you believe you have to do RIGHT NOW in order to take that first step forward towards where you want to go? What do you believe will make the biggest difference in your healing right now?

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#4 PLAN

Take what you wrote for #3 STRATEGY and break it up into a step-by-step plan that you can follow. Think of climbing up a ladder, one rung at a time. What do you need to do first in order to step on that first ladder rung...then the next rung...then the next rung, and so on. You can also think of a monthly goal, then break that monthly goal into 4 weekly goals, and break each of those weekly goals into 7 daily goals.

#5 ACTION

Now that you know exactly what to do based on what you wrote in #4 PLAN, start taking action! Don't get in your head about it. Schedule in your calendar or write in your agenda when you will do your very first action step, and commit to doing it! And if you're struggling to start taking action, revisit #2 AWARENESS and uncover what thoughts you're having that are preventing you from taking action.

Check in with the [DAY 5 ACCOUNTABILITY POST](#) in our Heal Your Gut Facebook Group, and tell me your biggest takeaway or what you enjoyed most about the challenge this week!