



Hello,

You made it to day 2! If you are reading this email, then you are one of the motivated ladies that we love to work with!!

The majority of people quit on Day 2 of a challenge like this.

Why? Well, implementing new habits feels hard!

Going beyond your daily rituals requires you to form new neural pathways in your brain.

In our opinion, this makes completing this challenge even more exciting, because not only is it going to help balance your hormones, it is going to help your brain!

Are you motivated to stick out the rest of the challenge? Good!

Today, we have a little extra brain candy for you. Journaling can be a fabulous way to tap into fears and ideas that are swirling around in your subconscious that are ruling the way you run your life without you even knowing it.

**Challenge Day 2! Let's work on what going on in between your ears**



### **Ladies in Phase 1 & 2 - Future Journaling!!**

In phase 1 specifically, the 2 halves of the brain are more interconnected than ever. This is incredibly beneficial for planning for the month, but If you don't direct your brain at this time, it'll STILL go to work, diligently picking out and categorizing everything that needs to be done.

Does this feel good?

No, it does not! Nitpicking at this time is usually turned on yourself. Hello, anxiety and ruminating on everything wrong with you and your life.

How do you turn this around? You gotta give that brain some direction. This is the time to get quiet, connect with yourself, and figure out what's most important to you right now. Because you end up doing this cycle by cycle, these aren't goals where you're going to save the world in a month or get 100 clients. These are tangible, concrete goals for ways you're going to fuel yourself, move your body, quiet your mind, and connect with your passions

A resource that we love during this time is the Future Journaling worksheet from The Holistic Psychologist.

Sign for her free Future Self journal on <https://yourholisticpsychologist.com/> and complete it every day for the first 2 week of your cycle (bonus points for following through for 28 days!)

### **Ladies in Phase 3 & 4 - Judge your neighbor worksheet!!**

Phase 4 of the cycle comes right at PMS time. It's when we tend to get irritated with everyone and everything around us. So how do we flip the script in order to turn this mess into an actual superpower?

Every time we are angry or triggered by a situation brings awareness to our belief systems about the world. It is an opportunity to peel back another layer of the onion.

Using Byron Katie's Judge Your Neighbor Worksheet will quickly help you reframe what is going on and help you realize that you only struggle when you believe the thoughts in your head. But what if your thoughts aren't true and you are struggling for no reason?

[Check out the worksheet from Byron Katie here.](#)

And for more resources from her visit <https://thework.com/>

**Want to hear more about this?! Want to understand WHY and shift this from something you "have heard of" to something that you start doing?**

**Go watch today's video inside the program!**

Make sure to take notes on how to enter to win the \$100 Visa gift card! Stock up on supplements for every phase with 30% off on Fullscript.

**Here is how you participate:**

1. Take a picture of yourself participating in Day 2 of the challenge
2. Share on [Instagram](#) and use #Zestier
3. Tag us [@zesty\\_ginger](#)

4. **5 Bonus entries** for referring a friend who joins Zestier. Just email us the name of your friend after they have joined.

We are so excited to have you join us in this challenge!

Pay attention if you have resistance to these activities. The more resistance, the more likely you need this in your life :)

XOXO,

*Dr. Alex & Megan*