

How to use this Action Guide

Page 1

Watch the video lesson for your #1

habit

Page 2

Capture key takeaways to learn and take action on

Page 3

Watch the video lesson for The Habit Hub for Autoimmune Health™ to get a preview of what you can do to create a healthy mind and body

Page 4

Make your #1 habit for autoimmune health happen starting with these 3 steps

Page 5

Dive deeper

Your #1 *habit*
for Autoimmune Health

—
The “Good” Stress

WATCH VIDEO





Your #1 *habit* for Autoimmune Health

VIDEO LESSON (4 MIN)

WATCH VIDEO



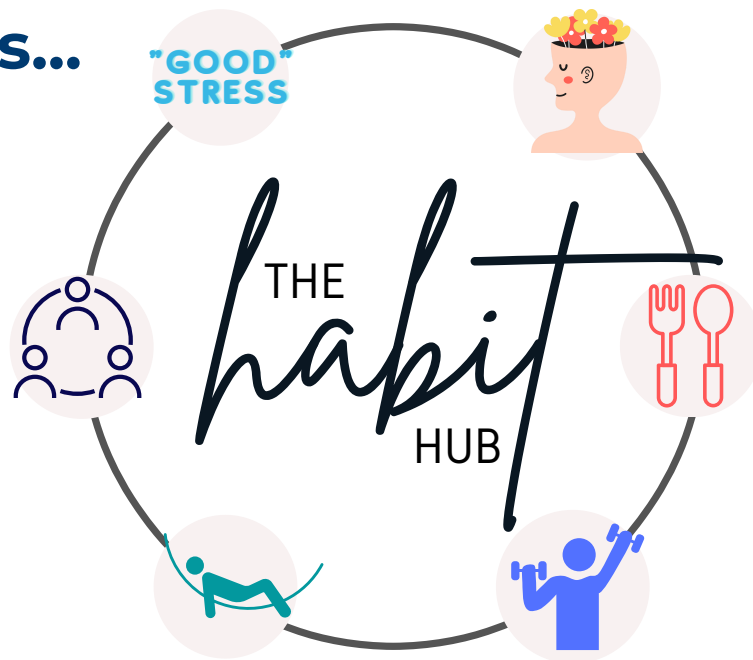
My Notes



**Stress yourself in
“good” ways:**

**Physical
Emotional
Cognitive
Metabolic**

What is...



FOR AUTOIMMUNE HEALTH™ ?

VIDEO LESSON (6 MIN)

WATCH VIDEO



My Notes

AMY BEHIMER COACHING

What's Next?

It's time to make your #1

habit

happen.

*here's
how...*



Schedule your complimentary
“How to Habit” session w/ Amy



Follow The Habit Hub for
Autoimmune Health™ Podcast



Celebrate yourself for turning
“one day” into “day one”



AMY BEHIMER COACHING

Dive Deeper



Get to know more about your coach [here](#).

Ready for your next habit?

Email amy@amybehimercoaching.com

"I'm ready for my next habit!"

Check out the CLUB [here](#) to experience
the *coaching, community, & curriculum*
waiting for you inside.

More free resources [here](#).

AMY BEHIMER COACHING