



create a loving support system as you go through your healing journey. Take a minute and write a letter to a loved one. Include in the letter all the things you'd like to share with them about your diagnosis and the journey you are embarking on to find healing. Write down the ways you are seeking their help and support as you take this journey. Then either give them the letter or discuss it with the individual this was intended for.				







	take those same experiences and feelings and write about how you are happy and grateful for
them	. Be sure to start your journal entry with "I am happy and grateful for…"







have or	may currently be ser	ving as triggers t	to the underlyin	ng virus that has	raised your thyroi	id antibodies
	he root cause of your					







Mindset is key to success when it comes to building a sustainable healthy lifestyle and that includes how you think about and view fitness. Take a few minutes to create your own fitness program/schedule. Things to consider when shifting your mindset regarding creating a successful fitness routine are:

Vhat does fitness mean and look like to me?
Лу fitness goal is to
Ny short-term fitness goal is
Лу long-term fitness goal is







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