ASSIGNMENT ONE

Make a list of all your stories. Watch this video for further information and instructions. The information you provide will be used in session 1.

On the left-hand side list the result or solution achieved. This could be a supplement, food, revelation, mindset change, lifestyle change, etc.

On the right-hand side list in point form the circumstances that allowed you to discover this result or solution. The video will clarify these instructions. Try to think of something you discovered that made you think "aha." Don't be intimidated by the number of boxes below – it is enough to have just one

Result or Solution	Circumstances