



Welcome to Week 1 of Mission Ignition: Energy!
with Dr. Sara Gottfried, M.D.

You may access all of the worksheets, week by week, right here:
<http://www.saragottfriedmd.com/worksheets>

Here is your homework for this week.

1. My top 3 obstacles for feeling my most vital, energized, Highest Self, are as follows.

a.
b.
c.

2. "Clear the decks" -- What are 3 things you can stop doing this week, to make room for the new information, practices, and life habits that we are implementing?

a.
b.

c.

3. My “Just One Thing” that I will begin this week from the Jumpstart is the following. Please also share on the Private Facebook Page (info given in the Kickoff about how to access this week).

4. My question this week for Dr. Sara is this (please email to MissionIgnition@SaraGottfriedMD.com by Wednesday at 5pm to be included in our Q&A).

5. My “gem” this week from the following sessions really landed with me. Here they are. (Please also share them on the private Facebook page).

Kickoff
Q&A
Interview with Sara Avant Stover