



Lesson 16: Homework

- 1) Examine your daily skincare routine. Do you have one? What do you do now? What can you add and/or change to do better? (Worksheet 1)
- 2) Review the “shoulds” and “should nots” of skincare. Which “shoulds” could you be better at? What are your worst “should not” habits and what can you do to change? (Worksheet 2)
- 3) Try replacing some of your toxic skincare products with Solutions4 non-toxic alternatives.
 - a. For example, consider replacing your face cleanser (that probably has toxic ingredients like parabens, phthalates, and sulfates) with the non-toxic Solutions4 Green Tea Cleanser! You could also replace a toxic skin exfoliator with the non-toxic Solutions4 Apricot Exfoliator.
- 4) Continue to follow the Club Reduce nutrition and lifestyle guidelines.
- 5) Download and listen to the Self-Mastery Technology (SMT) session for this week.

Learn it Live it Lose it

Worksheet 1: Establish a Routine!

Examine your daily skincare routine. Do you have one? What do you do now? What can you add and/or change to do better?

For the next month, use the chart below to track your habits:

My Skincare Routine

1	2	3	4	5	6	7
8	9	10	11	12	13	14
5	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Worksheet 2: “Shoulds” and “Should Nots”

Review the “shoulds” and “should not” of skincare in this week’s lesson.

You Should: use organic skincare, stick to a healthy diet and lifestyle, stay hydrated, wash your pillowcase often, avoid wearing makeup to bed, and apply skincare products to your neck area.

You Should Not: touch/rub/scratch your face, forget sunscreen, skip exfoliation, take burning hot showers, or buy big name brands simply for their fame.

Which should you be better at? _____

What are your worst “should not” habits? _____

What can you do to change? _____
