

# THE 7 DAILY HABITS

*That will have you feeling vibrant,  
happy & healthy, everyday*

*"the secret  
of your success  
is found in your  
daily routine"*

John C. Maxwell

BY KATE DRUMMOND



Thank you for downloading this guide and congratulations on taking the first step towards creating positive habits for life.

My own experiences of feeling lost, and wanting to do more and be more with my life, led me to discover my why, it only took 42 years but I got there in the end.

My why is to be able to do 10x what I can do today and more.

Yes, a lot of people laugh when I say that, but if others don't laugh at your dreams then your dreams simply aren't big enough.

I intend to live a long, healthy and happy life full of adventure but above all I want to have the choice to do that.

So many of my family members have had that choice taken away from them.

your genes are not your destiny!

This really hit home, it was down to me to make the change.

**Change your habits change your life I kept hearing over and over again.**

The life lessons I learned and the habit changes I made led me to create **The Purposeful Life**, my purpose is to pay it forward.

I've coached hundreds of women across the world who are experiencing significant life changes, from leaving university, starting a family, a business or changing career, to embracing menopause and beyond.

Over the following pages, I share the same 7 simple habits that changed my life.

When practised daily they will allow you to see a positive shift in your life, leaving you feeling, vibrant, healthy and happy,

"The future belongs to those who believe in the power of their dreams."

Eleanor Roosevelt

There is no wrong or right way to begin, you may choose to jump straight or simply build, one habit at a time, start where you are, take one day at a time.

As always I'm here for you

# DAILY HABIT

# #1

## Rise at 5 am

Whether you live in a busy household or live alone, this is a game-changer! the magic hour, the time to meditate, write down your intentions and goals for the day, the time for learning and moving your body.

*This is your time.*

Seeing the sunrise is a blessing in itself, a beautiful reminder that no two days are the same.

**So let's look at the benefits of rising at 5 am, rising with the sun or simply rising an hour before you normally do.**

- You'll have time to be peacefully productive before your day begins.
- Planning your day, rocks first, pebbles next then sand
- Time just for you, to mediate, move and grow educationally and spiritually.
- You say farewell to living a groundhog day
- You'll become more productive and your day will run smoother.
- You'll feel happier and have more clarity.
- You'll feel a greater connection with yourself.

Generally, when you wake up late you can end up rushing round, stressing out, getting frustrated, possibly have cross words or raising your voice, before the day has even begun, you already feel exhausted, depleted with negative undertones.

This habit will change this.

There are many articles on the number of successful people who rise at 5 am – Tim Cook of Apple actually rises at 3:45 am, Bob Iger former CEO of Disney rises at 4:30, Oprah and Michelle Obama are huge fans as well.

*Early to bed and early to rise makes a man healthy,  
wealthy, and wise.* Benjamin Franklin

It's not the hour that they rise that makes them successful it's what they manage to do in the hour that most people still regard as 'the middle of the night'

#### **How to achieve this:**

- Set an alarm – a sunrise alarm clock is a great idea, gently filling the room with light 30 minutes before your alarm is set to go off.
- Place your alarm away from the bed
- Turn the light on Immediately
- Remind yourself, it is going to be a great day
- Have everything you need for your morning ritual laid out, exercise gear, journal, book etc
- Take baby steps, if you only manage a day this week, do two next week.
- Set your alarm half an hour earlier each day until you reach 5 am, or the optimal time for you.

# DAILY HABIT

# #2

## Make your bed

Simple yet incredibly effective.

Task one of the day completed before you've left your bedroom and if you end up having a day of curveballs and not completing much else then at least you'll have a beautifully made bed to get into.

Yet making your bed is so much more.

It's the attention to detail, the discipline, if you get the little things right, you have a better chance of getting the big things right.

*How we do one thing is how we do everything.*

**Admiral William H McRaven – delivered the Commencement Speech at the University of Texas in 2014 – [click here to watch](#) – it is 19 minutes well spent.**

Admiral McRaven points out:

*"That life is hard and that sometimes there is little you can do to affect the outcome of your day. You search for something that can give you solace, that can motivate you to begin your day, that can be a sense of pride. Nothing can replace the strength and comfort of one's faith, but sometimes the simple act of making your bed can give you the lift you need to start your day and provide you the satisfaction to end it right."*

**If you want to change your life and maybe the world—start off by making your bed!**

**What are the benefits:**

- You'll begin the day positively
- Sense of pride and achievement
- Increased productivity
- A beautifully made bed to slide into - bliss

# DAILY HABIT

# #3

## Exercise

You know you should, but it's finding the time, finding something you actually enjoy doing.

There is nothing worse than dragging yourself to a gym you don't want to be at, to do a routine you don't want to be doing.

### **It's time to get creative**

Think about what you enjoyed as a kid, what left you rosy cheeked and breathless?  
Ask yourself, Is there something that you always wanted to be able to do?

The key to maintaining a successful morning exercise routine is finding something that you enjoy and something you can possibly do at home.

### **This sets you up for success.**

The aim here is to fit a 20 to 30-minute session in before you go to work or before your day begins, think about what suits you best, Yoga, Bouncing, Skipping, HIIT or dancing around the kitchen.

Making this a morning habit will leave you feeling energised and inspired for the rest of the day.

Just like making your bed, if your day becomes unexpectedly busy you would've achieved an important task.

Now more than ever there are so many fantastic free online workouts like Joe Wicks [TheBodycoach](#) and [Fitness Blender](#) and paid programmes such as [Body By Simone](#) and [Beachbody on Demand](#) which caters for all levels of fitness.

Best of all most of these workouts can be done with little or no equipment

Exercise is so much more than just how you look. what it does for you mentally and emotionally is equally important. It's self-love.

### **So what are the benefits:**

- **You will feel happier** - decreasing feelings of anxiety and depression. Exercise increases the production of endorphins which produce positive feelings and reduce the perception of pain, this is why exercise is great to combat period pain.
- **Helps with weight loss** - your body burns energy (calories) 3 ways, through exercise, digestion and existing (breathing, blinking, general functioning)
- **Builds muscles and strengthens bones** – which is especially important for us women as we begin our journey into peri-menopause and beyond.
- **Increased energy levels** – when I was diagnosed with ME at 23 I was told the moment I could walk again I had to begin exercising. When we exercise the increased blood flow carry's oxygen to the muscles which in turn give us more energy.
- **Improves sleep quality** – when you use energy during the day your body knows instinctively that it needs to rest and repair, so the better you sleep, it then becomes a perfect cycle, sleeping better, allows more energy to exercise, which gives you a clearer head and more energy throughout the day ... it's a win win
- **Reduces chronic disease** – it reduces body fat which in turn takes pressure off of your organs and strengthens your heart. Your internal motorway runs smoothly without any road blocks
- **Improves brain health and memory** – again as the blood flow increases it carry's the oxygen to the brain and stimulates the production of hormones that enhances the growth of brain cells. This changed my life as my menopausal brain fog got seriously scary.

A short exercise in the morning doesn't mean you can't do something else later in the day.

Remember

"Exercise is a celebration of what your body can do not a punishment for what you ate."

Do what you love:

*Running*      HiIT  
*Dancing*      *Swimming*      Yoga  
BOUNCING      GYM  
*Hula Hoop*  
WII FIT      Mountain Climbing

The trick is whatever you choose just keep doing it. **Be consistently consistent.**

**Top tip:**

**Exercise Snacking:** Choose a small box and inside write on separate coloured Post-It notes exercises that can be done in 5, 10, 15 and 20 minutes... running on the spot, sit-ups, squats dancing in the kitchen.

Your mind-body and spirit comes alive when you exercise.



# DAILY HABIT



## Eat Clean

Fuel and nourish your body.

*"Let food by thy medicine and medicine be thy food"*

Hippocrates

I promote a Whole Food Plant Based diet (WFPBD) as this provides everything our body needs while also protecting our planet.

This lifestyle doesn't suit everyone, but making small changes and eating cleaner is a great beginning.

My parents and grandparents all battled various diseases such as bowel and prostate cancer, strokes, heart disease, rheumatoid arthritis and diabetes to name a few.

**Yet, your genes are not your destiny.**

Eating a WFPBD may not only prevent future diseases, such as heart disease and diabetes but is able to reverse existing ones.

**Where to begin?**

Start by reducing the following, alcohol, refined sugars, salt and processed foods and unhealthy fats from your diet.

I know this sounds hard, and I'm going to be a little tough here, but choose your hard – a nourished and healthy body or diabetes type 2 - makes it an easy choice right?

Then welcome in the rainbow; fruits, vegetables, wholegrain, legumes and beans. Your body will literally begin to sing with happiness.

**Rule of thumb: When looking at ingredients while shopping If you need a degree or a dictionary when looking at an ingredient list the odds are it isn't healthy, if you don't recognise the ingredient, your body won't either.**

Next, plan your meals, when you plan ahead you are more likely to make healthy choices.

If it's available to you, place an on-line grocery order, this will help by saving time, loading the trolley, unloading the trolley, loading the car, unloading the car... you get my drift.

It also stops hunger shopping and it saves money.

**Make sure that your plate is balanced:**

**Complex Carbohydrates**, - Vegetables, Fruit, Grains and Beans - this is our bodies main source of energy about 70% of your plate

**Protein**, - Chia, Oats, Broccoli, Tofu, Beans & Lentils - Helps build and repair and fight infection - 15 % of calorie intake

**Healthy Fats**, - Avocado, Flax Seeds, Almonds and Walnuts - Dietary fats are essential to give your body energy and to support cell growth. They also help protect your organs and help keep your body warm. Fats help your body absorb some nutrients and produce important hormones, too. 15% of calorie intake

*'The key to a long, healthy life lies in three things:  
breakfast, lunch and dinner'*

# DAILY HABIT

#5

## Drink water

Now I know this sounds like a silly habit but you would be surprised and how many people don't drink enough water, some none at all.

**It's essential to our health.**

A secret weapon that many dismiss - here is a list of the benefits:

1. It lubricates the joints
2. It keeps the mouth clean and reduces tooth decay
3. It delivers oxygen throughout the body, our blood is about 90% water
4. It boosts skin health (less wrinkles - woohoo)
5. It regulates body temperature
6. It's great for brain health – it keeps it nice and plump
7. Assists in weight loss – we sometimes mistake thirst for hunger
8. It helps maintain and reduce blood pressure
9. It prevents kidney damage
10. It boosts performance during exercise

How much? a good rule of thumb is 8oz x 8 times per day - but check out [Hydration for Health](#) - there you can calculate based on your gender, age, geographical location etc.

Then, as everyone on our beautiful planet deserves to have access to fresh water please follow [@charitywater](#) and make a difference.

# DAILY HABIT

# #6

*Be happy, positive & kind*

Just be you, your value to this world is a special gift, believe in yourself and the impact you have.

## **Be the energy you want to attract**

Our lives consist of the choices we make

Being yourself takes commitment, courage and faith. It takes strength to stand up for your beliefs and let your personality shine through.

You can have bad mornings, you hear something awful on the news, you get stuck in traffic and it puts you in a bad mood. That's the moment you need to reframe, no person or situation can make you angry, you choose that emotion.

## **Count to 10, breathe and choose positivity.**

Being negative NEVER breeds positive results. ....EVER

If you knew for absolute certainty that your thoughts and your actions along with what you say determined your reality - Would you think, speak and act differently?

When speaking to yourself, think carefully about the words that follow I AM.

This simple habit has changed the life of so many, your self talk, determines your day.

## **I AM feeling vibrant, I AM enough, I AM strong**

Be kind, to others and yourself, be compassionate, be patient, be loving, be adventurous, be brave, be bold, be strong, be the person you dream of being.

**Just BE YOU**

Daily acts of kindness, such as a smile, an encouraging word can not only change someone's day but even their life.

It can do the same for you too, talk to yourself in the mirror, take note of your feelings, it's a great way to connect with yourself.

**"Be mindful of your self talk it's a conversation with the universe."**

## The Little Things

**Gayle McMillan**

It's the tiny acts of kindness  
All the little things we do  
That truly mean the very most  
When they show up out of the blue  
A little touch of compassion  
A little wink, a smile  
Going the distance, out of your way  
Going the extra mile  
It's those small little gestures  
Like opening and holding a door  
It's just the little bitty things  
You never thought of doing before  
The little things we choose to do  
To make the world a better place  
To ease and lighten burdens  
And leave a smile on someone's face  
If we gathered all the little things  
Never thinking they were much  
We'd see that the world was held together  
by compassion and the human touch

# DAILY HABIT

# #7

## Power down sleep well

The beauty of a power down hour is as magical as your 5 am start.

You begin your day focusing on you and preparing for the day ahead, now is the time to wind down and prepare to rest and repair.

Your bedroom should be a place of calm, a tidy, electronic free zone.

Be consistent – keeping a regular time helps your body clock

According to our circadian rhythm our bodies naturally release melatonin at 9pm, so we begin to get sleepy, that is why 9pm is a great time to begin a power down.

Turn off all electronics – the blue light tells our bodies that it is daylight

The rest is down to you – but whatever you choose let it be relaxing

### **Some ideas are:**

- Have a relaxing bath or shower
- Gentle stretching or a relaxing yoga routine
- Meditation
- Read for fun and growth not work
- Journal and write down thoughts from the day, when we release any worries or negativity onto paper you're decluttering your mind allowing you to sleep more soundly.

### **Remember to finish on a positive.**

3 good things that happened and 5 things you are grateful for and set your positive intentions for the following day.

Dr. Matthew Walker aka the Sleep Diplomat has written a book titled Why We Sleep, it is a must read.

Dr. Walker earned his degree in neuroscience from Nottingham University, UK, and his PhD in Neurophysiology from the Medical Research Council, London, UK. He subsequently became a Professor of Psychiatry at Harvard Medical School, USA.

Currently, he is Professor of Neuroscience and Psychology at the University of California, Berkeley, USA.

He is also the founder and director of the Center for Human Sleep Science.

In Dr. Walker's book - the following is laid out as an advert, it reads...

### **AMAZING BREAKTHROUGH**

Scientists have discovered a revolutionary new treatment that makes you live longer. It enhances your memory and makes you're more creative. It makes you look more attractive. It keeps you slim and lowers food cravings. It protects you from cancer and dementia. It wards off colds and the flu. It lowers your risk of heart attacks and stroke, not to mention diabetes. you'll even feel happier, less depressed, and less anxious. Are you interested?

The advert isn't describing a new wonder drug but the **proven benefits of a full night's sleep.**

All of **The 7 Daily Habits** I've shared with you are habits that can be implemented immediately, they are the foundations to living a happy, healthy and purposeful life.

Be patient with yourself, remember progress not perfection. Small daily improvements.

We become what we repeatedly do.

*All change is hard at first, messy in the middle and  
gorgeous at the end*

Robin Sharma

Don't be too hard on yourself, life will always throw you curve balls and there will be some days where your body tell you that you need more sleep, or rest from exercise... **listen.**

Listening to ourselves is something we forget to do, but when we do, our body, heart and mind reveal so much.

So what does the most brilliant version of yourself look like?

Would you like to go deeper into these daily habits and rediscover just how strong, brave and amazing you truly are?

[Click here to  
book your FREE 30 min  
Discovery Call](#)



*Let your journey begin and your story unfold.*

*Love & light  
Kate pp*