



Journey of

Rediscovery

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

Eleanor Roosevelt

BY KATE DRUMMOND

The *Purposeful* Life

Welcome

Congratulations on taking the first step on your new Journey,
a Journey of Rediscovery

You've made an important commitment to yourself, you have chosen to take charge of
your life and begin writing your story.

You'll be stretched and challenged, yet supported and encouraged throughout.

You'll learn the art of listening to yourself, re-connecting with your life's purpose and
identifying your true desired outcomes and feel empowered to follow
your biggest dreams.

Remember if you can dream it you can achieve it.

Let your Journey begin and your story unfold

Preparing for your journey

Before you begin, preparation is key. I invite you complete the following to allow yourself to gently reconnect.

- I am making this Journey because
- My 10 intentions
- Self-love techniques
- Journaling

I'm making this journey because...

Take a breath, close your eyes and listen, what can you hear?

Use this space to write a letter to yourself. Share why you are beginning this journey, what you are going to achieve? how you will feel once you have achieved it?

Re-read this daily to remind yourself why you are here and why you are going to show up for yourself every day.

Dear

Yours truly,
My amazing self

My top 10 intentions

Use this space to write down your top 10 dreams, your intentions. Don't panic if you can't think of 10, just focus on the ones that are filling your head and holding your heart.

Consider time-frame – eg. You may want to walk on the moon, possible, YES, achievable, YES, it just may take a little longer.

I invite you to add a desired date beside your intention

Remember this is your story be bold.

1:

2:

3:

4:

5:

6:

7:

8:

9:

10:

Now choose the top 3 intentions that you want to bring into reality first.

1:

2:

3:

Self-love

The journey that you are about to begin is one of the greatest gifts you can give yourself, the gift of remembering who you are.

It's a beautiful investment in your happiness and health.

It requires 100% commitment and you should expect to show up for yourself everyday.

To prepare, i invite you to begin a self-care, self-love routine.

What is Self-love?

Self-love is you looking after your well-being and happiness.

You can't pour from an empty cup

Over this next week try to incorporate as many of the following as possible.

Disconnect and pick up a book or three.

Read at least a chapter a day.

Do something you love. Skipping, swinging on a swing, painting... whatever it is DO IT and SMILE A LOT.

Social Media Free Evenings. 8 pm cut-off

Nourish - drink plenty of water and eat well.

Take time to be barefoot in nature

Have breath breaks - close your eyes, hand on your chest and take a slow inhale for the count of 4, hold for 4 and release for 5 - repeat at least 5 times - use this when needed.

Add any other self-care activities that help you relax and be calm.

Journal Day One

For the next 7 days I invite you to complete the pages laid out ahead, this is best done in the evening before sleep.

How did I feel today?

Today I am grateful for?

What went well today?

What would I change about today?

My intentions for tomorrow are?

Journal Day Two

How did I feel today?

Today I am grateful for?

What went well today?

What would I change about today?

My intentions for tomorrow are?

Journal Day Three

How did I feel today?

Today I am grateful for?

What went well today?

What would I change about today?

My intentions for tomorrow are?

Journal Day Four

How did I feel today?

Today I am grateful for?

What went well today?

What would I change about today?

My intentions for tomorrow are?

Journal Day Five

How did I feel today?

Today I am grateful for?

What went well today?

What would I change about today?

My intentions for tomorrow are?

Journal Day Six

How did I feel today?

Today I am grateful for?

What went well today?

What would I change about today?

My intentions for tomorrow are?

Journal Day Seven

How did I feel today?

Today I am grateful for?

What went well today?

What would I change about today?

My intentions for tomorrow are?

"Breathe, Darling. This is just a chapter. It's not your whole story."

- S. C. Lourie