

"A Time for Reflection"

Being a therapist is not always about the hands on work
that we love doing.

Sometimes it is about YOU



Kp

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Firstly THANK YOU for downloading:

"A Time for Reflection"

Being a therapist is not always about the hands on work that we love doing.

It is also about the hands off work we do, for example, the business side of running a successful business and the mindset we need to apply to ourselves to enable the hands on work to flow freely and enjoy.

Here is a little about me and why I realise this is just as important as the hands on work. I had a wobble in 2019, I had lost my way, I was not enjoying the "job". I found a business coach who suited me, I found "myself" and I found that I have loved every minute of my business ever since.

My business has grown, I have written a book, I have created a new business "Katie Page".

My daily routine includes meditations, visualisations, getting outside, reflection and gratitude. Including these into my routine has helped me grow as a person and as a Reflexologist.

Please enjoy a "Time for Reflection"

Katie x



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Journaling

What is journaling?

I love journaling, getting all my thoughts out on paper. You can journal about anything you want.

Personal, Business and / or Dreams

You can journal about your goals, and how you wish, and want, to achieve them, and by when.

Journaling could also be a diary of your day. What has happened, the highs and the lows? The fun and the not so fun! Your stresses, your trials, and tribulations. Something to look back on in a few years' time.

Business wise, I journal about my day, my worries, my goals, and my vision of the future.

Whilst on a journaling session in Thailand way back in October 2019, I mapped out that I wished to do more mindset and positivity work. I wanted to be able to share my journey with others. I looked forward to realising my dream. Since returning I journal most days. My day-to-day activities, who I have met, what we did and our memories of the day.

In the years to come I will look back at my journal with love and affection remembering all the fun and laughter I had. All the plans, dreams and aspirations and will they all have come true? Only time will tell.

Reflection:

Do you Journal?

If you struggle with a Journal prompt please ask...



Who is your biggest supporter?

My husband is my biggest supporter!

He would slay any dragon or demon for me if I asked him to.

We laugh, we giggle, we take the p:\$\$, we argue, we bicker, we enjoy each other's company; we have joint interests but also our own, we are competitive; we are individuals; but together we are strong.

Reflection:

Who is your biggest supporter and why?

I have learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

By Maya Angelou

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Affirmations

An affirmation is a process or an action of re affirming simple phrases, that are usually short and are very positive to yourself.

An affirmation also could be, and usually is for me, there for emotional strength and / or encouragement. I use affirmations for many things. I first found affirmations when my self-esteem was low.

Many see me as a strong lady, with a wall of confidence and go do attitude. Well, there is a soft side too, one not many see.

When I was working part time and being a reflexologist, I was told I had a new reporting structure. Nothing new here really, we had a change in reporting structures quite a lot. This one lady boss changed me as a person, she affected my self-esteem, she destroyed my confidence and for the first time I started to hate a Monday. I allowed her to dampen my sparkle, I allowed her to destroy my self-confidence and I allowed this unhappiness to happen. I made myself very unhappy.

Do not let anyone dampen your sparkle.

I found some small changes in my life helped me. I found an online audio book by Louise Hay, "Self Esteem", I used to listen to this every evening before bed. If I had a meeting with my boss, I would listen to it beforehand.

I was made redundant in August 2018, and I have never looked back. It was the best thing that ever happened to me in my working life.

Affirmations now, to me, are a huge part of my daily self-care. I use them for whatever I am doing that day or that week.

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Affirmations

I find the easiest way is to write the affirmation out 10 times.

Occasionally I write them out on a sticky note a few times and dot these around the house, as a reminder throughout the day.

If you fancy something different, record it on your phone, saying it over and over, and, then message the video to yourself.

If you are wishing to change your life into a positive one here is your affirmation for today:

*Today is the beginning of a positive turning point for me.
I am grateful and happy for this change to start.*

*Today is the beginning of a positive turning point for me.
I am grateful and happy for this change to start.*

*Today is the beginning of a positive turning point for me.
I am grateful and happy for this change to start.*

Now you have read this 3 time, write it out some more

Happiness is an inside job 
Sylvia Boerstein

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Benefits of Colouring

Colouring books for adults have hit the bookshelves, I have a couple of gorgeous books. So, if you think colouring in is just for children, time to think again. I have pencils, water pencils, felt tips, paints; there are some lovely mediums out there we can use. I spend time colouring in to help relax my busy mind.

As I focus on the colouring, I forget the day-to-day life worries I have rolling around my head. This helps me sleep at night because my brain is quieter, and I have not been on my iPad and phone quite as much.



Grateful

Being grateful is the act of being thankful, a willingness to show your appreciation and to return kindness.

There are so many things in life to be grateful for; we should all practice daily gratitude. Today I ask you to name some things you appreciate in your life that start with the following letters:

R

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E

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F

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L

.....

E

.....

P

.....



Having a dither or a wobble

We all have them, do we not? If anyone says they do not wobble then, pah, pah, pah, they are not telling the truth!

We all dither and wobble differently, we all cope with a wobble in different ways, but I assure you, we all wobble.

My coping ways are simple: Wallow (short time only!), Focus, Let Go, Grounding, Exercise, Talk.

I let myself wallow in the anxiety of the wobble, this might sound odd, but it works for me. It is ok to sit in your wobble, but make sure you think about your wobble and why it has happened.

I focus on what things I CAN control. I think about what these are... and then I make a list (I love a list or a sticky note!). On my list are all the things I can control, the things I can effectively change.

I let go of all the things I cannot control, as these will happen regardless; no need to stress about these, they are inevitable. I might not agree with them, but I must accept that they are beyond my control.

I ground myself regularly too; in the summer I do this outside. I slip off my shoes and socks and enjoy the feeling of the grass between my toes as my feet are firmly planted on the ground. I imagine, my feet as the roots of the tree, growing down into the ground and anchoring you to the earth. I also know that exercise, walking, helps me 'stomp' out my frustrations.

Reflection:

Do you wallow in a wobble? Who do you turn too in your hour of need?

I use my friendship pillars to talk it through, the ones that will tell you to stop being silly if needs be!

Talking things through is always good. Talking to someone, whoever you use to gain a deep sense of calm and wellbeing.



The most important person is YOU

The most important person who you need to believe in you, is you.

How does anyone have faith in you if you cannot even do that for yourself?

When you believe that you can reach your dreams, courage comes naturally.

Oh my goodness, it was time to ignore my doubters and reach for the stars.

In life, there will always be people that will doubt our ability to reach our goals.

It is

important to ignore their comments and continue towards your dream. Time to be strong. Be brave.

Writing in my journal daily helped me recognise how far I had come. The brave steps I was making.

Time to:

♡ Be fearless

♡ Be positive

♡ Be able to face your doubters

♡ Commit to writing your journal!

Making these little/big changes could really make a big difference, they did for me. Being courageous and chasing your dreams is not easy.

It can be difficult. Believe me I have been there. I came out the other side.

Kp

Happy Place

We all have a happy place. A place where you feel completely at peace. A place you can be creative. A place you can rest and revive your soul.

Mine is by water or somewhere peaceful and warm. I love my holidays and being by the sea.

I love early mornings, especially sunrises. Sunrises are extremely beautiful to watch and are extremely energising.

Reflection:

Where is your happy place?

Do you have happy places for different stages of your day, week, life?



Getting Outside

Getting outside helps me clear the fog of so much happening in my busy mind.

I am usually found out early in the morning, watching the sunrise or meditating outside.

In January 2018 I thought this was a stupid suggestion by a friend of mine. I now regularly, 5 out of 7 days a week, walk around 5 miles a day! I must say I miss it if I do not do it. Come rain or shine, frosty or warm, I go out.

I now have a list of my favourite walks, I know where I can sit and meditate, where I can stop and enjoy the sunrise, where I can breathe in the fresh air and where I can be at peace with my thoughts.

There are many health benefits of walking regularly too. I have lost 2 stone in 20 months, whilst I have watched what I eat I am not "dieting".

After a walk you will catch me grounding myself ready for the day ahead. Off with the walking boots, off with the socks and slowly walking around my garden grounding myself. Imagining the roots growing from my feet deep into the earth. If you do not already get out, why not try it for a month?

**Make walking, for say 20 minutes minimum,
part of your daily routine**

If you think it is boring going out for a walk, I can assure you, you can still multitask out walking. You can listen to motivational podcasts, affirmations, uplifting music, walking meditations and the list goes on.

Reflection:

Do you get out and walk?

Do you enjoy this quiet time?



Gratitude again...

All of us forget the good things and remember the mishaps!

Today, and going forward, let's change these thoughts for you!

At the end of every day, I write into my journal all the things I achieved in the day and then 5 things I am grateful for. Sometimes one or two thoughts of gratitude are the same for a couple of days on the trot; this is ok.

Being grateful could have many benefits on you, including:

- an increased happiness and positive mood,
- feeling more satisfaction with life,
- possible less materialistic thoughts,
- less likely to experience burnout, exhaustion,
- better physical and
- mental health,
- better sleep patterns, less fatigued,
- greater resiliency.

What are you grateful for today?

1)

2)

3)

4)

5)



Thank you

Thank you for the giving me the time to share with you:

A Time for Reflection

Hopefully we can work together again soon and I look forward to this.

Katie x



Facebook Page: <https://www.facebook.com/katiepagereflexology>

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Facebook Group: <https://www.facebook.com/groups/findingmyfeet>



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