

The Purposeful Note



CO

Page 3:
Message from me

NT

Page 4:
Vision Board & Goal
Setting

EN

Page 6:
Veganuary

TS

Page 7:
Dry January

Page 9:
Clear the Clutter

Page 11:
Your thoughts & ideas



Woohoo, you did it

You've successfully graduated from 2020 and made your grand entrance into 2021.

It's now up to you.

Are you ready to show up for yourself?

(I wrote this before the UK went into another National Lockdown - we have still graduated from 2020, we now need to put all we learned into this year.... You've got this xx)

Normally, I share what has happened in the past month. But I think we can all agree that we shall leave 2020 where it is and begin with fresh eyes and an open heart.

So this month's Purposeful Note is all about looking towards the future.

The beginning of a New Year is a clean slate for so many, so what greatness have you got in mind to achieve this year?

We are a few days into January so you may have already begun developing new healthy habits.

Over the next few pages, I share some ideas that will help January and beyond be a huge success.

I'll cover how to create a Vision board & Goal setting, how to enjoy Dry January and Veganuary. I'll also share why NOW is a great time to clear the clutter and make way for the new.

Wishing you a healthy, happy & inspired January

love & light

Kate xxx



Vision Board & goal setting

A vision board is where you're able to see all your dreams in glorious technicolour. That dream house, the perfect handstand, the dream job, the list is endless. Also on your vision board are images, words and quotes that inspire you, make you feel amazing.

When you are visualising your dreams every day your brain is registering them as existing, therefore any opportunities that will arise won't pass you by you'll be ready to accept them. It's a frequency bias, I'm sure it has happened to you a million times without you realising it.

For example, you may have a conversation with your friend about yellow cars, then you see yellow cars everywhere.

Your programming your mind to what you want in your life..... exciting right?

This is one of the most fun and inspiring things you can do.

So grab yourself a coffee, green tea, or beverage of choice, a quiet room and an hour or two.

Begin with a notebook and write down your dream life, what does your finances, relationships and career look like. How is your health and what do you do for fun and personal growth?

The answers will enable you to create an image.

Check list

Any kind of board, if you're new maybe start with a cork board or poster board



Scissors, tape, pins, and/or a glue-stick



Markers, gel pens, decorative tape, gems



Magazines (lots of them) that you can cut images and quotes from



Most importantly your dream images, your dream home, job, etc



Lastly, gift yourself some quiet time.. don't rush





Are you bored of waking up with a dry mouth, a headache, lacking in energy and motivation?

Maybe an alcohol holiday is just what you need.

Stopping drinking alcohol for me was a choice yet in reflection it was very close to being a necessity

It was becoming a habit more in control of me than me of it.

Every year I would have at least two months off of drinking normally October and February

2017 had been a particularly heavy drinking year socially and me and my husband had decided not to drink for November

After a heavy Sunday lunch with friends, the 23rd October marked the beginning of no alcohol

I didn't think at that moment I would stop altogether but what began happening made me realise it was the right time

Apart from my notoriously high blood pressure dropping, I went on an extreme emotional journey of the soul

It was like I had signed up to review my life in full especially alcohol-related moments ... it wasn't always pretty and there were also a lot of moments where I felt huge disappointment in myself

It was worth it, as I sit here today 38 months later I can honestly say it's one of

As always I'm here for you, if you're dancing with the idea of a sober lifestyle then please get in touch and ask as many questions as you have

If you would like to join a community of others who are going Dry for January look no further, click below for more details.



If you're ready to take it one step further, check out OYNB - One Year No Beer - Change your relationship with alcohol and watch your whole world change.

These are paid challenges of 28 days, 90 days or 365 days but the support you get is outstanding along with private Facebook communities supporting each other.



Clear the Clutter

Before you begin your new exciting & healthy habits you'll need to clear away all that no longer serves you.

Why is decluttering important to overall health

Our bodies work better in balance, when we clear the clutter we clear our minds, reduce stress , increase clarity & calm

As we know stress is a catalyst for health problems such as heart disease, obesity and depression to name a few.

How do decluttering & organising relate to each other

Decluttering is the clearing away of things and sometimes of people from your life, these things no longer benefit you in a positive way, as Marie Kondo asks does it bring you joy?

Organising is lovingly arranging things so they can be touched, seen and used as and when needed.

Where should I begin?

My simple guide to Decluttering our Life is a great place to begin.

My belief is we start with the inner work first, this makes the outer work easier.

Begin by exercising – yoga is great when you are doing a declutter, allowing any blockages in the body to open, while raising energy and increasing positivity

Meditation & journaling – connecting with yourself, decluttering your mind – getting thoughts onto paper is the best way to do this.

Sleep – when we have a great sleep routine, our mind, body and spirit are rested. So many think of sleep as something we do at the end of the day, it is so much more than that its an amazing act of self-love.

Diet – the food we eat affects, how we move, think, behave. Use the food journal attached to discover what foods make you feel great and not so great.

Schedule – make time for your rocks, pebbles and sand. How many people, have more than one diary? One on their phone, computer a paper version.

Relationships – I know this sounds brutal, but decluttering negative vampires from your life is liberating. Begin with social media, then your contact list, who have you not spoken to in over a year? Then with the people that have to be in your life, but don't bring you joy start a conversation.

Then lastly your environment – you should now feel in the right place mentally, physically and emotionally to tackle the Monica closet.

Declutter your

LIFE

*Clearing the way for a happy,
healthy & purposeful life*

*"The first step to crafting
the life you want is to
get rid of everything you
don't"*

Joshua Becker

BY KATE DRUMMOND

The *Purposeful* Life

Download here

Download here

7 Day Food

Journal

BY KATE DRUMMOND

The *Purposeful* Life

The Purposeful Note is a monthly newsletter, for you.

I would therefore love to hear your thoughts and ideas of what you would like to see in it for 2021.

email me by [clicking here](#)

Thank you



“What a wonderful thought it is that some of the best days of our lives haven't even happened yet.” - Anne Frank

May January and your
year ahead be filled
with love, laughter &
adventure

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as always i'm here if
you would like to
talk; habits, health,
life Kate x

Let's Talk

The *Purposeful* Life