

The Purposeful Note



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dear gorgeous soul

The Christmas decorations are up, and although things are going to be a little, well a lot different in our house this year. It has bought a sense of calm.

I would like to thank you for your support this year, thank you for subscribing to newsletters, journal posts, and guides on **Clearing the Clutter** and **The 7 Daily Habits**.

My hope is that through these things you've been able to begin and move through your own Journey of Self Discovery.

You would've discovered **The Purposeful Life** because you were searching for 'more' maybe inspiration, guidance, support, accountability.

Sometimes, when this shift begins, you're not even sure what it is you're looking for, you just know instinctively that the time is now to find out.

As always I'm here for you, I hear you.

I hope your Christmas is filled with love, warmth, happiness, and peace. May 2021 bring new hope, possibility, and calm.

Love Kate x

Life Lessons 2020

This months life lessons area little different, a reflection of the year, that has been, without a doubt the strangest, most unexpected year yet

If you would like to share your Life Lessons from 2020 with others in **The Purposeful Life tribe** then please email me

kate@thepurposefullife.com

by Friday 4th December

the lessons will then be shared via my journal next week. x

Life Lessons from 2020, where do I begin? I think this year more than any other has taught us all so much. About ourselves, others, and our planet.

This month is the perfect time to get comfy, cozy pull out your journals from the year, and see what you've learned. I'd like to share with you my lessons of 2020

January

As you begin to listen to yourself and follow your InG, the Universe rejoices "She's remembering" - I began Transcendental Meditation this month and it reconnected me on a deep spiritual level.

The lesson here for me was TIME - Time for me, I was wasting this precious currency at the rate of knots. TM gave me back the structure and the control to stop squandering it away. Having a daily meditation routine was for at least 20 mins in the morning and again in the late afternoon, you stop and realign, reconnect and listen. Through gifting myself the TIME to practice my TIME has become better spent on others.

When we fill our own cup it is able to overflow to others.

February

"The best investment is the one you make in yourself" Warren Buffett - I'm a lover of learning, it makes my heart incredibly happy, I could spend my days easily consuming information then used to create change.

This month I expanded my learning by completing a Plant-Based Nutrition Course with eCornell University. Changing to a plant-based lifestyle, for me was a game-changer in so many ways, health-wise. I am able to hear what my body needs for energy and repair, it's truly magical.

The unexpected Lesson was - MINDFULNESS - the deeper the research and learning took me on my plant-based journey the more MINDFUL I became, not just around food, but the planet, consumption, and the power of healing ourselves.

Mindfulness means being awake. It means knowing what you are doing. Jon Kabat-Zinn

March

The Lesson from the month was simple - CONTROL - life will always throw curve balls but how we choose to respond to them is what matters.

This month taught me that I don't have control over everything that happens around me, BUT I do have control over everything that happens to me.

I can choose, my reactions, my emotions, my thoughts, my words - this is powerful stuff.

"No one is in control of your happiness but you; therefore, you have the power to change anything about yourself or your life that you want to change." Barbara de Angelis

April

Exercise, mushroom & Brussell lasagna, sunshine, working outside, family, grocery delivery, dog walks, meditation, tarot, music, birds singing, patio therapy, my first Sunbow, spiritual gifts

The Lesson this month was definitely - GRATITUDE - my pages were literally overflowing, This is one of the reasons I love looking over previous journals the reminder of everything that we have to be grateful for. When times get tough as they often do, it reminds us how lucky we are to be alive.

May

Quizzes, karaoke, game nights, family movies, long walks and bike rides, we did more this month as a family than we probably have ever done with surprisingly little arguments. Apart from the Monopoly night, honestly, that game should have a warning on the box WARNING: May Cause your family to implode - I would love to hear if anyone family playing Monopoly has ever survived without tears or an argument.

The Lesson here was definitely - BE WHERE YOUR FEET ARE - Giving yourself 100% to every moment that your in, is not only magical but so realigning.

From cooking, talking, playing games, be there 100% you realise how much you miss when you're not PRESENT

June

“Embrace uncertainty, some of the most beautiful chapters in our lives won’t have a title until much later”
Bob Goff

Do what you can, with what you’ve got. This month the realisation was hitting home that uncertainty was here to stay for a while. I’m a planner, I love schedules, but also love being a fly by the seat of my pants type of girl - I’m a Gemini I’m allowed to be both. So it was beginning to feel a little weird that I couldn’t plan more than a week ahead, with anything or anyone.

The Lesson was this - GO WITH THE FLOW - it's actually really nice to move organically through life, barefoot and happy, I think I've adopted this forever now. Yes, i know some things need to be planned, but I've learned to love and appreciate the Universe has her own schedule and I actually like it....its exciting.

July

The bottom step of my stairs had a few visits this month. The realisation that we weren’t getting away for the Summer had hit, groundhog day and cabin fever were at an all-time high and my head according to my journal felt very full all of the time.

My Lesson this month was - IT’s OK NOT TO BE OK - you’re allowed to feel crap, emotional, exhausted, frustrated, and all of the other things that aren’t exactly joyous and fun, just don’t let them stick around too long. I get asked a lot, ‘do you believe in faking it until you make it’ regarding being positive and my answer is NO. I believe in acknowledging every emotion the good, the not so good, and giving myself the time to deal with that then reframing and moving on.

Simon Sinek author of Start with Why said it best **“There is a difference between being positive and optimistic. Positivity is telling ourselves and others that everything is good, even if it isn't. Optimism accepts the truth of reality and looks forward to a brighter future.”**

See, it's ok to have a yuk day, just remember tomorrow is a new day.

August

I missed not being on holiday so much, I love sunshine, sand between my toes, and the ocean (definitely a mermaid in one of my past lives)

But the tone of the Lessons I learned this month was WE ARE NOT ALONE - sometimes it really feels like it, yet we never are, there is always someone somewhere on hand to be an ear or a shoulder to rest your head-on. I wrote in my journal this poem so I thought I would share.

Footprints in the Sand

One night I dreamed a dream. As I was walking along the beach with my Lord. Across the dark sky flashed scenes from my life. For each scene, I noticed two sets of footprints in the sand, one belonging to me and one to my Lord.

After the last scene of my life flashed before me, I looked back at the footprints in the sand. I noticed that at many times along the path of my life, especially at the very lowest and saddest times, there was only one set of footprints.

This really troubled me, so I asked the Lord about it. "Lord, you said once I decided to follow you, You'd walk with me all the way. But I noticed that during the saddest and most troublesome times of my life, there was only one set of footprints. I don't understand why, when I needed You the most, You would leave me."

He whispered, "My precious child, I love you and will never leave you. Never, ever, during your trials and testings. When you saw only one set of footprints, it was then that I carried you."

September

I was getting power back and feeling a little bullish against COVID and all that it had brought us.

My Lesson this month was GROWTH - you grow through what you go through, so very true. My life, like many, has changed in so many ways, not being able to see clients face to face, not being able to hug my parents, adapting to living in a different way.

But I have grown spiritually and emotionally more than any other chapter in my life to date. Healing happens by feeling.

October

A flare-up of CFS took me by surprise, I felt weak, tired, and emotional.

The Lesson this month was LISTEN - our bodies are wise, if we pay attention great things come to light. When I was first diagnosed with Chronic Fatigue in 1997 the specialist at the time said to me, listen to your body when you're hungry eat, tired sleep, thirsty drink... wise words, which for many years after I choose to ignore.

Reconnecting with myself and learning the true art of listening has helped tenfold, mentally, emotionally, and of course physically.

We so often go through life at break-neck speed and spend so much of our time listening to others, wants, needs, and opinions we forget to listen to our own.

"The word listen contains the same letters as the word silent" Alfred Brendel

November

Through November, I had a lot of thoughts of the past. Not in a yearning to be back there kind of way but in a being thrown back to acknowledge kind of way. There are many times in my life I can honestly say I'm not proud of, many times I could've been a better person a better human. My actions, words, and thoughts have not always been, well, nice.

When I looked back over these chapters of my life this month the Lesson I learned was FORGIVENESS - to be able to move forward I have to release the past. I am no longer that person so:-

To the girl I was - I FORGIVE YOU.

December

Darling December, you are just beginning, you are different from the Decembers I've known before, yet I know that you will still hold some magic, joy, and love. I am showing up for you December in my full sparkly glory - I'm excited to see what's in store.

4-weeks until 2021

How do you want to begin 2021?

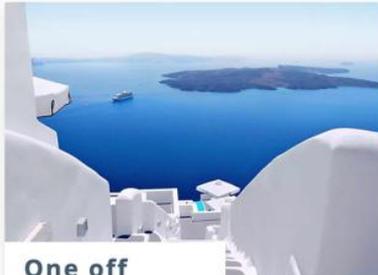
Do you want to lose weight? have more energy? find balance? feel healthier?
OR
would you like to discover your vision of what your dream life looks like and
make a plan to achieve it?

"Tell me what is it you plan do with your one wild & precious life"

Mary Oliver

Because we are all at different stages of our journey I'm offering 3 different options for you.

So I can meet you where you are.



One off Motivation Session

One off sessions as and when needed

Included:

- 1 x 1:1 coaching session (60 mins)
- Worksheet & resources
- Personalised Lifestyle Prescription



Get me Started Package

4 Sessions to be taken weekly or fortnightly

Included:

- Lifestyle questionnaire -this enables me to meet you where you are.
- Pre-coaching workbook - getting you ready to begin your journey
- 4 x 1:1 coaching sessions (60 mins)
- Worksheets & resources
- Personalised Lifestyle Prescriptions
- Unlimited email support
- Bespoke fitness & nutrition support



Journey of Rediscovery Package

12 Sessions to be taken weekly or fortnightly

Included:

- Lifestyle questionnaire - this enables me to meet you where you are
- Pre-coaching workbook - getting you ready to begin your journey
- 12 x 1:1 coaching sessions (60 mins)
- Worksheets & resources
- Personalised Lifestyle Prescriptions
- Unlimited email support
- Bespoke fitness & nutrition support

[Click here to book my gift to you of a
30-min Clarity Call](#)

Must have for *December*



Meditation



Barefoot in Nature



Laughter



Christmas Day *Menu*

The stems of King Oyster Mushrooms are cut into half an inch slices, to mimic the size and shape of scallops. The 'scallops' are marinated in traditional seafood flavourings and pan fried with shallots and garlic. The cooked 'scallops' are great served with seasonal creamed maple parsnips and garnished with toasted hazelnuts and watercress to add texture and a flash of colour

Ingredients for garnish:

50g hazelnuts, toasted
Hazelnut oil
Watercress

Ingredients for scallops

4 King Oyster mushrooms
1 tsp of salt
Juice of 2 lemons
½ litre warm water
2 tbsp olive oil
Salt and pepper to taste
A splash of white wine
3 parsnips
2 tbsp extra virgin olive oil
Salt and pepper to taste



Method

Preheat oven to 180°C

First Course

1. Cut the caps off the mushrooms and the stems into 2cm thick slices.
2. Slice the lemons in half and squeeze the juice into a mixing bowl, catching any pips in your other hand. Add the salt to the mixing bowl. Put the slices of mushroom in the mixing bowl, cover the mushrooms with warm water and leave the mushroom slices to soak for 2 hours.
3. Peel the parsnips and chop them into 2cm chunks. Put the chunks of parsnips into a pan, cover with water, season well and put the pan on the stove over a high heat, bring to the boil and cook for 10 minutes until the vegetables are tender. Drain the vegetables and let them steam dry in a colander.
4. Put the parsnips in the food processor, add the olive oil and seasoning and blitz to a smooth purée. Taste the purée, adjust the seasoning if needed and transfer to small saucepan.
5. Spread the hazelnuts out over a baking sheet, put the sheet in the oven for 8-9 minutes to toast the nuts. Take the nuts out of the oven, roughly chop them and set to one side.
6. Drain the Mushroom Scallops. Warm the olive oil in a frying pan, add a splash of white wine and fry the Scallops for 4 minutes on each side until golden in colour with a slight crisp around the sides. Turn the heat right down and leave the scallops to keep warm.
7. Put the parsnip purée on the stove over a medium heat and warm it through, stirring constantly. Artfully flick a dessert spoon of parsnip purée over a plate.
8. Place 4 'scallops' across the purée. Sprinkle over some toasted hazelnuts. Drizzle over a little hazelnut oil. Sprinkle over a few sprigs of watercress and serve immediately.

The centrepiece of the Christmas dinner is a Mushroom Wellington. It is decorated with pastry letters spelling out 'Vegmas' and made with short crust pastry

Ingredients

Olive oil, for drizzling

3 tbsp oil from sun dried tomato jar 4 long shallots 8 cloves garlic 4 sun dried tomatoes 1 carrot 1 stick celery

8 sprigs thyme

4 sprigs rosemary 2 sprigs sage 500g chestnut mushrooms 200ml red wine

2 ½ tbsp cranberry sauce 1 bay leaf

½ tsp nutmeg ½ tsp cinnamon 200g chestnuts 200g pecans 100g dried breadcrumbs

2 320g pre-rolled sheets plant-based puff pastry 2 tbsp plant-based milk

1 tbsp maple syrup

Main Course



Method

Preheat oven to 180°C

Roast your mushrooms:

Lay 10 nice-looking chestnut mushrooms in a row down the middle of a sheet of tin foil.

Drizzle over a little olive oil, sprinkle over a little salt and pepper, lay 4 sprigs of thyme, 2 sprigs of rosemary, 3 cloves of garlic and a sprig of sage on top of the mushrooms.

Wrap the mushrooms up tightly in the tin foil, put the parcel in the roasting tin, put the roasting tin in the oven and bake for 30 minutes.

Prepare your filling:

Whilst the mushrooms are roasting, peel and finely slice the long shallots.

Peel and finely grate the carrot. Finely dice the celery. Finely slice the sun-dried tomatoes.

Peel and finely grate the garlic.

Pick the leaves off 4 sprigs of thyme, 2 sprigs rosemary, 1 small sprig of sage and finely chop.

Blitz 300g of the mushrooms in the food processor to form a mince.

Blitz 100g chestnuts and 200g pecans in the food processor to form a meal.

Roughly chop the remaining chestnuts.

Warm the sun-dried tomato oil over a medium heat in the deep-frying pan.

Add the shallots to the pan and fry for 5 minutes until soft.

Add the sun-dried tomatoes and garlic and stir for 1 minute.

Add the carrots, celery, rosemary, thyme and sage to the pan and stir for 4-5 minutes.

Add the minced mushrooms to the pan, increase the heat to high, and cook for 10 minutes until well sweated.

Pour the red wine and cranberry sauce into the pan, add the bay leaf, simmer for 6-7 minutes until most of the liquid has evaporated.

Turn the heat down, add the nutmeg and cinnamon and stir for 1 minute.

Take the roasting mushrooms out of the oven and open the foil. Put the mushrooms on a plate and pour the liquid from the tin foil into the mixing bowl.

Pour the breadcrumbs and nut meal into a mixing bowl and mix them together with a spoon.

Pour the mushroom mince into the mixing bowl, remove the bay leaf, fold everything together to form a thick, textured dough and leave to cool to room temperature.

Prepare your wellington:

Lay one sheet of puff pastry out on a baking sheet. Spread half the mushroom mixture lengthways down the middle of the pastry.

Use your hands to mould it into a rectangle shape with a flat top, leaving at least a 5cm gap on both sides.

Place 2 neat lines of mushrooms down the middle of the mixture, you will have 5 lines in total. Layer the rest of the mixture over the top, encasing the mushrooms.

Smooth and shape into a neat, long, rectangular mound. Using a pastry brush or your finger, brush a little of the plant-based milk around the exposed pastry edge.

Lay the second pastry sheet over the filling and press it all down well, ensuring there are no air bubbles. Seal the edges by pushing down all the way round the filling with your fingers.

Trim any excess pastry from the edges, making sure you leave a 1½ cm crust around the base of the wellington. Put the excess pastry to one side for later.

Use a fork to crimp all around the edges of the pastry to firmly seal the wellington in a decorative fashion. Take a sharp knife and score a criss-cross pattern across the top of the whole wellington.

Pierce a few air vents in the top of the pastry.

Place in the fridge for 20 minutes. Put the baking sheet in the oven and bake the Wellington for 25 minutes.

Remove from the oven, mix the maple syrup and plant-based milk in a small bowl to make a glazing liquid and brush the whole wellington, place back in the oven until golden brown and crispy, for around 25 minutes.

Cut the wellington into equal slices and serve immediately with all the trimmings

Buttery short crust pastry will encase a rich and fruity homemade mincemeat. The tart is served with a thick, brandy-infused cashew cream to make a truly scrumptious traditional Christmassy dessert



Dessert

Ingredients for the mincemeat

1kg cooking apples
250g light muscovado sugar
100ml medium dry cider
1 tsp mixed spice
½ tsp ground cinnamon
Generous grating of nutmeg
Pinch of cloves
100g sultanas
100g raisins
100g currants
100g dried cranberries
100g glace cherries, roughly chopped
50g stem ginger, roughly chopped plus 1
tbsp of syrup
100g blanched almonds, roughly chopped

Ingredients for the pastry

125g plain white flour
75g ground almonds
100g golden caster sugar
½ tsp of salt
½ tsp baking powder
Zest of 1 orange
75ml of extra virgin olive oil
1 tsp of apple cider vinegar
1-2 tbsp of ice water
1 tbsp demerara sugar 1 tbsp icing
sugar (garnish)

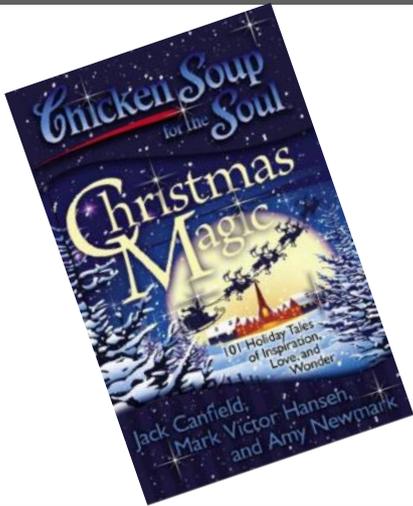
Ingredients for the cashew cream

300g soaked cashews
100ml of coconut milk in a can
1 tbsp of vanilla extract
4 tbsp icing sugar
2 tbsp soft brown sugar
3 tbsp of brandy

Quote:

Friendship ... is born at the moment when one man says to another "What! You too? I thought that no one but myself

C.S. Lewis



Read

Chicken Soup for the Soul: Christmas Magic: 101 Holiday Tales of Inspiration, Love, and Wonder

Health Tip

We generally give little thought to sleep and its importance. Believing it to be just something that happens at the end of each day instead of the game-changing key to health and happiness that it actually is.

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.

"True silence is the rest of the mind, and is to the spirit what sleep is to the body, nourishment and refreshment".
~ William Penn

I am a huge advocate of 'The Power Down Hour' preparing yourself for sleep, the time where your body can rest and repair.

Here are the Twelve Tips for Healthy Sleep

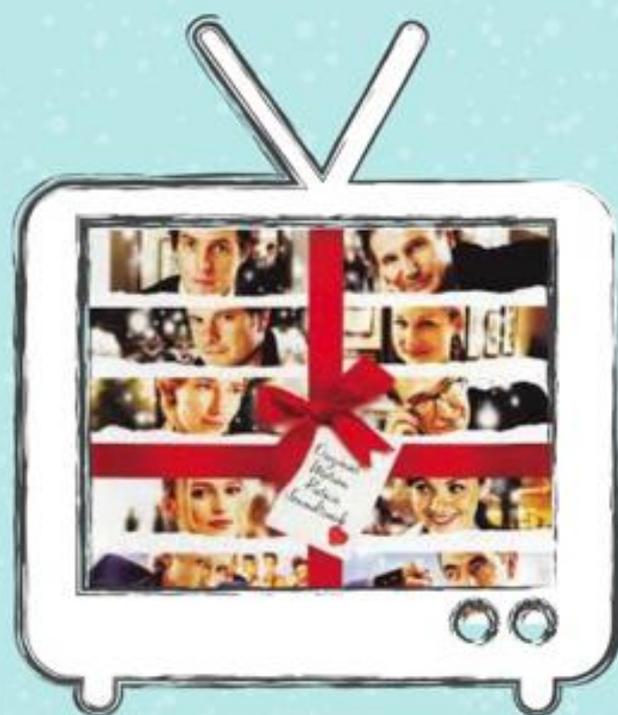
1. Stick to a sleep schedule
2. Exercise is great, but not too late in the day. Try to exercise at least thirty minutes on most days but not later than two to three hours before your bedtime.
3. Avoid caffeine and nicotine.
4. Avoid alcoholic drinks before bed.
5. Avoid large meals and beverages late at night.
6. If possible, avoid medicines that delay or disrupt your sleep.
7. Don't take naps after 3 p.m.
8. Relax before bed. Don't over-schedule your day so that no time is left for unwinding. A relaxing activity, such as reading or listening to music, should be part of your bedtime ritual.
9. Take a hot bath before bed.
10. Dark bedroom, cool bedroom, gadget-free bedroom.
11. Have the right sunlight exposure. Daylight is key to regulating daily sleep patterns. Try to get outside in natural sunlight for at least thirty minutes each day. If possible, wake up with the sun or use very bright lights in the morning.
12. Don't lie in bed awake.

My Christmas must watch

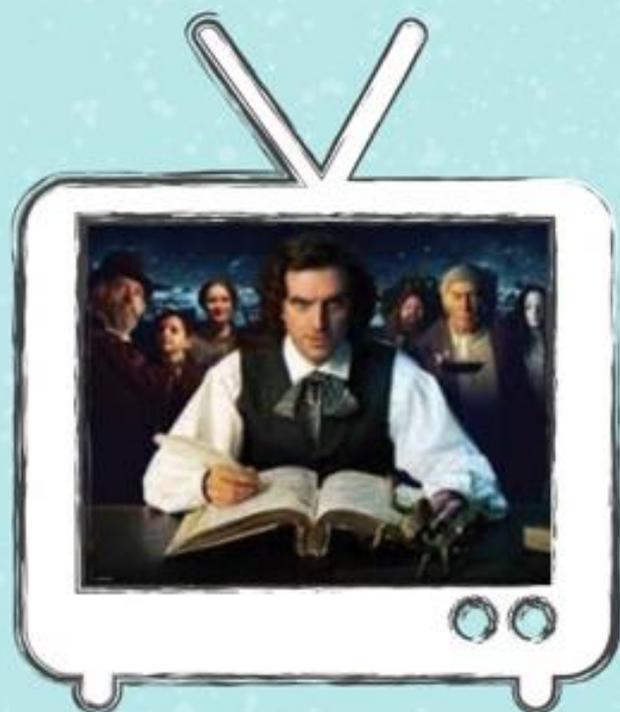


It's a wonderful life

Love Actually



Miracle on 34th St



The Man who Invented
Christmas





MAY
YOU
never
BE TOO
GROWN UP



TO SEARCH
THE SKIES
ON



CHRISTMAS
eve!



Happy Christmas
Lots of love
from my family to yours xx