

I AM
Somebody
I see me



Introduction

Life can sweep you up in a moment, and belong those moments turn into months and then years. Then one day you wake and begin to wonder what else is there out there for me. But as you think that you also have a sense of devaluation about yourself, you have a sense of nobody cares what you do - there's no real feeling about being valued, there's no real feeling that you are contributing to anything. You feel as though your spark has gone. You see others with their lives living it up, and it looks like there is no pressure or worries in their world. Seems like no matter what you try or hard much effort you put into getting a project off the ground it seems as though you are banging your head against the wall, over and over again.

Now you feel like there needs to be a change. YES, the change needs to start on the inside. There is nothing that you can control around you, all you can control is yourself, and your responses to the world and the events. I get it though, no matter how positive you are being things still don't feel like they are going your way, or you can't get out.

Feeling overwhelmed with negative energy isn't the greatest way to live the one life that we have been given. Throughout the pages of this book, you will find useful tools to use daily to help you shift your Mind State. To help you create a better understanding of how only you and you alone can control how you feel and respond.

It's not something external that makes us feel loved, it is ourselves allowing us to feel the love from the inside. We have the power to feel loved at any stage of the day, we have the power to feel valued at any stage of the day. It is a daily practice meaning the practice needs to be done daily.

I know you are ready, continue reading to find out more about the daily practices that I use to help me move on from the emotional trauma I carried for years and began to value myself again.



First thing in the morning

As soon as you wake up, before you reach for your phone, place your hands on your belly and breath in through your nose and as you do that push your belly out and exhale through your mouth and feel your belly drop.

Repeat this practice for 5 rounds.

When you have finished the 5th round say to yourself
I am loved, I am valued, all is well

Spending a few moments in the morning will help set your Mind up for a great start to the day. Take the time and let the body feel and experience the love wash over you.

Remember it is a daily practice, it will take time to be kind to yourself.

Hydration

You have woken from a beautiful sleep and now it's time to help rehydrate your body. Instead of going straight to the coffee, grab a glass of water. Starting with adding water in the morning, if you prefer cold water then great, if you prefer warm water then go for it. When starting to add new habits into your lifestyle, you want to make the habits seem as easy and doable as you can, once the habit is formed then start to play around it what you can add in.

Keeping the body hydrated is an important part of staying balanced throughout the day. That mid-afternoon slump can easily be avoided if you drink more water. One of the effects of dehydration is tiredness, when you are sometimes tired, you may also feel a little sad. Your body will thank you.

Do you journal?

If you look you look up most wellbeing pages they will tell you to journal.

Writing down thoughts, feelings, goals, and desires. Journaling isn't for everyone and that's ok. If you find it hard to sit and write, what I can offer you is to say your responses out loud, or talk them over with a friend or a very much loved pet.

There are no wrong answers all that matters is that you write or express from the heart.

Here are a few starting sentences to help you get going;

Today I am grateful for;

Today I value myself because;

Today I am proud of;

What am I most proud of that I achieved today?

Then when you are ready, set aside 5mins in the day to write and reflect on your day. This will help you be reminded of the good things that are in your life. The more good things to start to notice the more the good things in life will keep rolling on in.

Be truly in the moment

Have you ever stopped, just plain out stopped in the moment and felt your feet on the ground, closed your eyes, and placed all your awareness on what was happening in your body?

We are always present, there are so many different bits of information flowing past us and any given moment. It's up to us as humans to where we place our awareness.

Energy will go where energy is directed by us. If we continually think about being busy, then our lives will become busier because that is where we are placing awareness.

To bring your awareness to right now, at the moment, place your hand out in front of you. Look at your hand, study it, what do you see? A palm, fingers, rings, or any tattoos. As you study your hand, you are in the moment, all thoughts stop, and all worries are put aside.

Moment of Happiness

Every felt truly overwhelmed in the moment and thought maybe they may never be able to smile again. When you are feeling low give this trick a try.

Keep your head straight, and raise your eyes to the sky.

You will get an instant smile, when you smile your whole face relaxes which will help your body to relax and release some of the happy hormones.



Time to Breathe

Breathwork, is the most powerful tool you can have in your tool belt.

The first thing we do when we are born is take a breath and it is also the last thing we do. Our breath is with us throughout our whole lives and we can use the breath to our advantage.

In the moment of feeling like life is just a little too much, take a seat and bring your awareness to the air going in and out of your body. Is the air going in and out through your nose or mouth? Is your chest rising or your belly?

Once you have your awareness of the breath, bring the inhale in through your nose and fill the belly up, then the heart space, and then the chest. Exhale through your mouth. Working at a pace that serves you, thinking about an ocean wave washing over you. Repeat as many times as you desire.

You have the power within you, you have the power to keep your awareness where it needs to be - you are loved, you are valued, you are somebody - go be you that's what the world needs you to be.

Remember for true change it needs to be a daily practise, to start choose one of the above activities and add the practice into your daily lifestyle. The more you practise the more the habit will become permanent.

If you enjoyed this little booklet and want to get curious and go a little deeper within your life send me a email and book a session

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