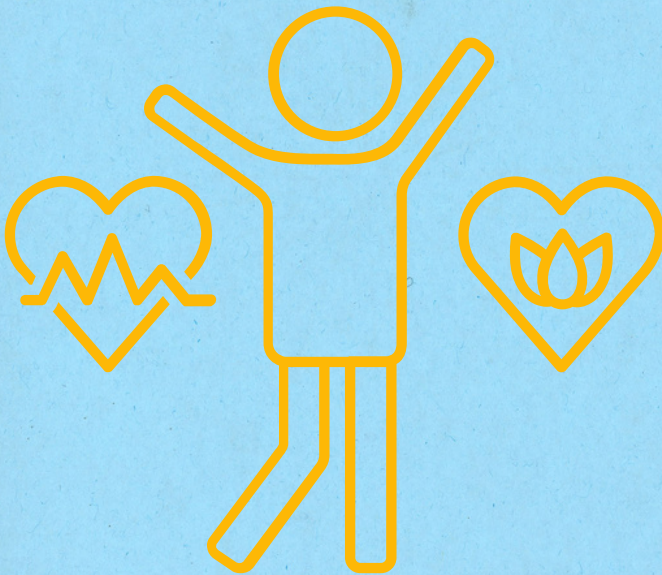


The Peak Perspective

03 January 2024
Issue 10

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NURTURING WELLBEING

Happy New Year!

As we head into another 12 months, there are always pressures at the start of a new year, we put them on ourselves, the media and social media put pressure on us too.

So let's take a look at how we can use wellbeing to help us, It's part self-care, which you know I'm a fan of, but it's also how you feel in yourself, mind, body and soul.

Read on to learn how you can help yourself.

OUR GOALS THIS WEEK...

- To allow ourselves to decide how we do 2024 ... Go all in or ease into it.
- To give ourselves time for us ... make "me time" a priority.
- Learn new coping mechanisms for when Life's sticky moments happen.
- Learn to say "No!" to ANTS - Automatic Negative Thoughts (Thanks Dr Amen!)

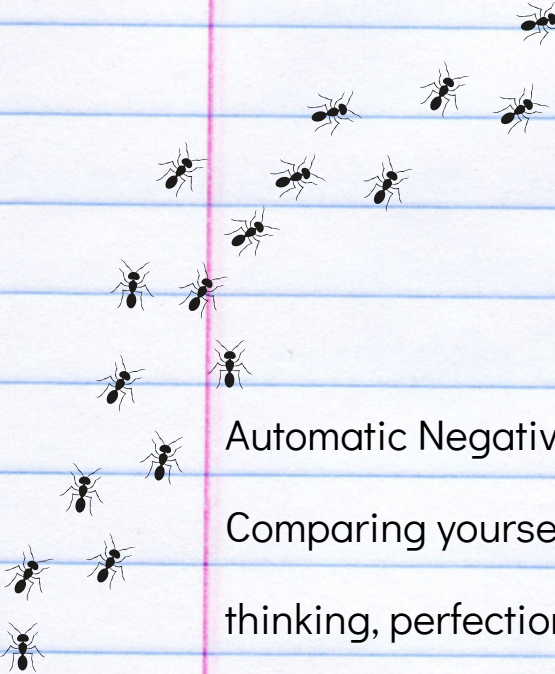


WELLBENG

HELP IS AT HAND

One of my "new things for the New Year" is to be posting more tools and knowledge to help you out when Life gets too "Lifey".

I want to pass on things I have learnt that have taken me from depressed to a business owning Undergraduate in less than 18 months!



ANTS

Automatic Negative Thoughts are random, self-defeating thoughts, Comparing yourself to others or your own high standards, all or nothing thinking, perfectionism, blaming yourself unfairly, over-generalising.

What are your own Automatic Negative Thoughts?

Is there any evidence that suggests it is true?

What is the evidence against it?

What are your strengths? What do you get complimented on?

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A LETTER TO...YOU!



Happy New Year! As we embark on this fresh chapter together, I wanted to take a moment to reach out and share some heartfelt words of encouragement and support. I believe in you, and I know that within you lies the potential for incredible growth, fulfillment, and well-being. Firstly, let me acknowledge the beautiful journey you're on. Amidst the busyness of life, it's easy to lose sight of your own needs and passions, so as we step into this new year, I want to remind you of the importance of nurturing your own well-being. It's not selfish; it's an essential act of self-love that will benefit not only you but also those around you. Remember, you deserve to feel joy, fulfillment, and a sense of purpose in both your personal and professional life.

I want to encourage you to explore new avenues this year and discover what truly brings you happiness and fulfillment. It's never too late to embark on a journey of self-discovery and find your passions. Take small steps, try new things, and be open to the possibilities that lie ahead. Whether it's pursuing a hobby, learning a new skill, or exploring different career paths, trust that you have the power to create a life that excites and fulfills you.

Nurturing your well-being goes beyond physical health; it encompasses your mental, emotional, and spiritual well-being too. Take time for self-care, engage in activities that bring you peace and joy, and surround yourself with positive influences. Remember, you are deserving of love, happiness, and a life that aligns with your values and aspirations. As we embark on this new year together, I want you to know that I am here to support and guide you in whatever way I can, to give you the ability to find the life that will inspire you and bring happiness to you. You are not alone on this journey. Believe in yourself, embrace the possibilities, and know that you have the strength and resilience to create the life you desire.

Wishing you a year filled with love, laughter, and abundant well-being. Here's to a fresh start and a journey of self-discovery that will bring you closer to the vibrant, fulfilled life you deserve.

With warmest regards,

Cate



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FAQs & Hacks

- What is wellbeing? Wellbeing is literally as simple as being and feeling well in yourself - mind, body and soul.
- How can I improve my wellbeing? Is it easy? It is quite simple to improve your wellbeing step by step. Some tips and hacks are included in this newsletter, but if you feel like you really need to seriously overhaul your life, then I would love to help you.

Less than 18 months ago I was in a state, I had no career, no dreams, no self-belief, I didn't have a clue what I wanted to do with my life. Now I have my own business and one month today I am starting University - something I have been told many times I wasn't capable of. I have not one, but two new courses to help you get on your way to where you want to be. Turn to the next page to find out more!

- Managing stress - I want to share with you my number one tip for managing stress and finding inner peace. Are you ready? It's simple yet powerful: Prioritise self-care.
- Improving sleep quality - sleep can be greatly improved by cutting out as much light as possible - even dimming lights in your main living area in the evening.
- Boosting energy levels - include good hydration, exercise, healthy diet, quality sleep and self-care in your day and you're well on your way to nurturing your wellbeing.
- Enhancing overall vitality - nourish your mind, body and soul. You can "nourish your mind" by doing an activity that teaches you or tests you - puzzles, quizzes, playing a musical instrument or reading a book, for example. "nourish your body" by eating well, limit what you know you should limit, increase what you know is good for you and move - 10 minutes of an increased heartbeat through exercise. "Nourish your soul" by taking time to be quiet. Reflection, gratitude, meditation and praying or reading The Bible or spiritual book of your preference.



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Fight
"The
Nothing"

When life seems "for everyone else", you have no dreams or the ones you have feel totally out of reach.

THE INNER KEY TO PURPOSE

Ready to dive deep and learn about yourself, who you are, who you want to be? Let me share the secret with you of how to get past the feeling - the feeling that it is too late, the feeling that you aren't good enough, the feeling that you have no clue what you want out of life. I've been there! Let me show you the way out of it and into a bright and beautiful future.

The Inner Key to Purpose
A 12 Week Course

Message for details: cate@catepurdy.com

THE PATH TO MORE

The Path To More is about someone holding your hand to guide you - to give you the answers you need and to really care. They won't give up on you, they keep you accountable and that is how they pass the baton. Their wish is not to stay as the guide forever - on this particular part of the path anyway. They want you to be your own hero. They'll help you discover the path you want to take as well as keep you going the right way and help you get back on your path if you stray and even go with you on a further adventure when you're ready.

In The Path To More, you can learn about yourself and beat "The Nothing", that part of midlife between kids or the career you've always had and the truth of what you really want from life.

The Path To More

A 5 Day course Find it here:
www.catepurdy.com/shop



HOW CAN I HELP?

I realised that I needed some guidance and I found what I now know was the roadmap I needed. It took time, money and effort, but I now feel happy, confident and I have a dream that is coming true. For details of how you can achieve this and how I can help, email me cate@catepurdy or phone/text on 07537 144901 or DM on Instagram [cate_life_coach](https://www.instagram.com/cate_life_coach) and we can start on your plan straight away!

