



Embody My Truth
Foundations for Authentic Living

5-10 Daily Habits for Flourishing

Your Foundations for Nurturing & Expressing who You Really Are

Shaping a daily schedule that supports you to stay connected with yourself, and meets your core needs – emotional, physical and psychological – is a vital foundation to nurturing and expressing your true self. If your daily activities and habits don't reflect who you really are, and what you truly need to thrive and flourish, you won't have the resources or energy you need to create a life that reflects your true potential.

Our daily habits can either reinforce feelings of anxiety, stuck-ness, fear or pressure, or they can help us feel more energy and inspiration, more open to joy, curiosity, possibility, more resilience and creativity. Daily habits can keep us paralysed and distracted by external busy-ness, or connect us deeply to our inner needs and desires, and help us achieve our life goals. When we create the conditions we need to support ourselves, we can also be more authentically present with others and have more fulfilling relationships.

One way to design a schedule that works for you is to boil it down to 5 - 10 key elements that *ideally* need to be included in each day, for you to feel resourced and well. The key here is to be honest with yourself, experiment, review what works or doesn't work for *you* - not what the research says, or what works for others!

Identify the most supportive, nourishing, non-negotiable elements that you need to have in your days, in order to feel well, to meet your core needs, and to feel truly resourced to flourish in different aspects of your life – be it your body, your emotions, your mind, your work, your relationships, your creativity, or *any* aspect of life that is important to you, personally.

Some important questions to ask yourself first:

- ~ What is my real motivation or goal in designing a daily schedule?
- ~ Is this coming from any external 'I shoulds', or is it a genuine desire within me?
- ~ How do I want to feel, when I wake up, and at the end of the day?
- ~ What are my most important, core needs, physically, mentally, emotionally?
- ~ What do I value most, and how can I reflect this in my daily life?
- ~ What practices or habits *truly* support me to feel the way I want to feel?

A note of caution:

Animals, plants, nature, even machines, all need the right maintenance and proper rest, and so do we! But we're not always so good at taking it. Designing your daily foundational habits is *not* about cramming your schedule full of activities.

- Be realistic: aim for what you know will be good for you, not extra pressure.
- Emphasise what is genuinely supportive to you in your current life.
- Include a new challenge or growth area in the list.
- Clearly mark out FREE time and space – and keep a special eye on that.

Track it, and be accountable

Find a quick and easy way to track how you're doing with your daily habits (e.g. print it out on a grid / write a bulleted task list on your smartphone / draw a fancy habit-tracker page in your bullet journal / use a simple pen & paper).

Then stick a reminder in your phone to check off your list daily, or keep it somewhere prominent where you won't forget.

You might want to ask a friend to act as an 'Accountability Buddy', to check in with you weekly on your goals and how you got on, and support you to achieve them.

Review it, tweak it, and congratulate yourself

I suggest introducing a couple of the habits at a time. Then try it all out for a week or two and review how it went. Be honest with yourself, identifying anything that got in the way, any inner resistance or external circumstances. And remember that there are always challenges to be overcome in implementing new daily habits, so cut yourself some slack if it doesn't pan out as expected.

Recognise and allow the challenges, re-visit your original motivations, and make any tweaks or changes necessary, so that it really works and is supportive to you.

Then, congratulate yourself for wanting to make positive changes in your life, and for being courageous enough to try, maybe fail a bit, and try again!

Some suggested habits...

1. Sleep

Figure out how many hours you need, and set a goal of 'Lights Off by _____ p.m.' Set your phone to switch itself off automatically at that time, if it has this function.

2. Technology Boundaries

E.g. 'All tech off by _____ p.m.' Put your phone on airplane mode / off at night time. Wait until you've got out of bed before checking your messages and notifications.

3. Meditation / Self-connection

Try out simple rituals that allow you to be still and connect inwards for 20 mins. This can be meditation, movement, walking in nature... Set reminders for briefer pauses in the day.

4. Goals & Priorities

Set clear goals & meaningful priorities for the day, and define clear time slots for each. Use timers / apps to carve out time-chunks needed to achieve them.

5. Movement

Yoga, dance, walks, gym, exercise videos, team sports, Zumba classes, animal flows... whatever floats your boat, find ways to move your body every single day.

6. Food & nourishment

Schedule enough time for menu planning, grocery shopping, cooking *and* eating.

7. Get Outdoors

Some days it might be a run or a hike, others it might be a stroll through the park at lunch, or a walk to and from work if you can't get out to nature. Keep a list of options and make sure you tick one off each day to get your dose of fresh air.

8. S P A C E

Carve out small & large time chunks for total rest & unplugging. This can be a challenge!

9. Pleasure / Joy / Fun

Find ways to weave lightness and sensory pleasures into your day, alone and with others.

10. Gratitude & Abundance

Tune in to the goodness, appreciate the supports and abundance you already have in your life – whether within yourself, your environment, or from others.

My 5-10 Daily Habits for Flourishing

Foundations for Nurturing and Expressing your True Self

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Get to Know, Love and Trust yourself, Alchemise Self-Doubt into Self-Belief, and Express who You Really Are in your Life, Work and Relationships

So many women appear to be 'high-functioning' on the outside, while feeling a lot of self-doubt, conflict, anxiety, frustration, or guilt on the inside. Others don't experience these challenges as much, yet long to get to know their true, whole selves more deeply; to come into contact with their unique essence, so they can express and embody that more fully in the world.

I work with women of all backgrounds ~ truth-seekers, creatives, mothers, healers and heretics, teachers and leaders, sensitives, empaths and intuitives....

Women who want to be able to say and do what they need in their personal or professional relationships, while feeling good about it in the process. Women who are tired of being held back by self-doubt or low confidence, and are craving to express their creativity, passion and gifts. Women who are ready to create lives that really honour their true needs and desires.

Do you find yourself experiencing any of the following?

- Doubting yourself or overriding your own gut feelings in certain situations
- Being held back by other people's judgements or expectations
- Feeling like you've betrayed or compromised yourself
- Feeling scattered energies, finding it hard to focus or complete initiatives
- Difficulty saying no, or having poor relationship boundaries with others
- Feeling undervalued or undermined, by family / friends / co-workers
- Guilt when you take time or space for yourself, or assert yourself
- Wishing you could get to do all those inspiring things you've been putting off
- Feeling not quite 'good enough', despite clear evidence to the contrary
- Full of creative ideas, but lacking confidence or consistency to express them

Too many women experience self-doubt, or end up on autopilot, disconnected from their true needs and desires; conforming to other people's expectations, surviving instead of thriving, pushing on without the right resources to support their specific needs, and living out of synch with their true selves.

A bit about me, and what inspires my work



My name is Delphine O'Keeffe, I'm a psychotherapist and coach, and a guided meditation leader.

I guide women to get to **know, love and trust themselves**, and feel good about being able to express who they really are in their lives, work and relationships.

I work with you to build the solid foundations you need, to **alchemise self-doubt into self-belief**.

My approach is holistic as well as practical: I help you identify exactly what practices and supports actually work for you, and how to honour your emotional and physical needs, while also focusing on implementing real and lasting changes in your life. I also work somatically, incorporating the body to help with self-knowledge and awareness.

It continually inspires me to witness the **increased energy, confidence, freedom and joy** my clients start to feel, when they commit to shaping a life that really honours their core needs and desires.

I have seen the transformation that happens when women invest in themselves, and are then **truly resourced to love, work and create from a place of abundance**.

Come home to your True Self, and Reconnect with your Inner Wisdom, so you can:

- ⊙ Get to Know, Love and Trust yourself more deeply
- ⊙ Build lasting inner foundations for self-connection
- ⊙ Alchemise self-doubt into sovereignty and self-belief
- ⊙ Say and do what you need in your key relationships & feel good about it
- ⊙ Align your thoughts, emotions and body in greater harmony
- ⊙ Confidently express your creativity, passion and gifts
- ⊙ Live a more meaningful, connected and joyful life

Find out More:

If this resonates with you and you feel inspired to find out more about how we can work together, have a look at my offerings on www.embodymytruth.com and book an exploration call or a session with me at the link below:

<http://bit.ly/EMTschedulecall>

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www.embodymytruth.com