

Surviving to Thriving with 7 Simple Tools



A HEALTHY JOURNEY

Allow me to introduce myself



Hello, I'm Anastasia and I'm a Life Design Coach, Enneagram Teacher, nature lover and simplicity enthusiast. I help women go from surviving to thriving.

Do you ever feel overwhelmed, confused, frustrated, disconnected or exhausted?

Are you stuck in survival mode or facing burnout?

Have you neglected your desires and dreams due to motherhood or other responsibilities?

Your needs and desires matter.

- Design a life that reflects your values, passions and priorities.
- Develop a mindset and habits that allow you to focus on what really matters to you.
- Recover your confidence, energy and time so you can thrive again.
- Get your spark back and experience ease, joy and freedom.

1. WATER

Start every morning with a big glass of water and keep drinking water throughout the day.

Dehydration is a common cause of fatigue and headaches. If you don't enjoy plain water, try adding a squeeze of lemon juice and a sprinkle of sea salt or make fancy spa water with mint and cucumber slices. Track your water intake so you can see your progress and note how you feel.

2. MOVEMENT

Your body was designed to move throughout the day.

Pick an activity you enjoy and get moving. The right activity will give you energy. If you feel drained then tone it down or do something less strenuous. Don't be afraid to mix it up; variety and novelty might be what you are missing. Embrace the seasons! Choose movement options that are easy for you to do. Don't let weather or gear stop you from being active.

3. REAL FOOD

Eating real food gives our body the energy it needs to function optimally.

Processed junk food depletes your energy. Keep a simple food log for a week. *This is not a diet; no calories or carbs are being counted.* This is a mindfulness exercise so pay attention to your body. Learn which foods make you feel great and which ones don't. Bonus points for eating a variety of colorful vegetables every day.

4. SUNSHINE

Don't shun the sun, be smart about it. Plants need sun to thrive and so do humans.

Healthy hormone production is supported when we allow the sun to reach our skin and eyeballs. A dose of sunshine can boost our mood and lift our spirits. Make spending time outside a priority and feel your energy increase.

5. PLANNER/CALENDAR

It doesn't matter what type of planner you use just find one that works for you.

Pull it out every evening and review what you have planned for the next day. Imagine waking up knowing exactly what needs to get done because it's all in one place. *Being disorganized is a major drain on your energy.*

Experiment until you find the right organizational system that fits your lifestyle and personality.

6. SLEEP

Most people need 7-9 hours of sleep to feel truly rested.

You shouldn't need an alarm to wake you up. You aren't fooling anyone by walking around sleep deprived. Did you know that your appetite increases when you are tired? Why do you think you reach for caffeine and sugar for a quick pick-me-up? Give your body the time it needs to repair and recharge instead of relying on coffee and sweets that deplete your energy.

Pro tip: Turn off your screens well before climbing into bed and don't sleep with your phone.

7. MINDSET

This is the most important tool that you can employ to get out of survival mode and back to thriving.

You always have a choice. You don't have to believe every thought you've ever had. We have over 60,000 thoughts a day and a large number of them are negative and on repeat. Crazy, right!? This is why it is so important to be aware of our thoughts and consciously choose what we want to believe about ourselves and the world.

You can choose ease, joy and freedom. You can commit to believing that you are enough and everything is figure-out-able.

Reinforce your new mindset by surrounding yourself with people who are living in alignment with their values. Positive vibes are contagious.

TAKE ACTION!

Now it's time to implement these 7 tools by using the habit tracker I've created for you.

Using a visual tool like a habit tracker allows you to see your progress which is really motivating!

If you find yourself struggling to implement the 7 tools, please know that this is normal.

You are not broken. You are human and making lasting change is hard.

It's time to ask for help and get the support you need.

I would love to be on your support team and see you get your spark back!

Book a free discovery session & get clarity on what you need to thrive.



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DAILY HABIT TRACKER

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"PROGRESS OVER PERFECTION"

A HEALTHY JOURNEY