

The Psychotherapeutic Coach

Bringing joy to your day



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Welcome

I'm so excited for you and I'm delighted that you're taking time for yourself to bring more joy to your day.

Elaine



Welcome

Finding small pockets of joy in your day is one of the most wonderful ways to enhance your overall well-being.

It's about taking notice of the little things that bring a smile to your face, no matter how simple they may seem.

Perhaps it's savouring a warm cup of tea in the morning, taking a moment to appreciate the beauty of nature during a walk, or indulging in a few minutes of your favorite hobby.

By consciously embracing these moments, you can uplift your spirits, reduce stress, and cultivate a greater sense of contentment.

The Role of Gratitude

When we cultivate a mindset of gratitude, we shift our focus from what may be lacking to appreciating the abundance that surrounds us.

It is about acknowledging and expressing heartfelt thanks for the blessings, big and small, that enrich our lives.

Gratitude allows us to find beauty in the simplest of things, to cherish the relationships we have, and to recognise the positive aspects of our experiences.

By embracing gratitude, we open ourselves up to a deeper sense of contentment, increased resilience, and a greater ability to find joy in the everyday moments.

New Routines

This next section can be used every day with a journal or you can simply list these topics in your mind.

I like to start the morning questions before I brush my teeth pairing with a habit I already have.

The next section may seem very simplistic but I promise you, it works.

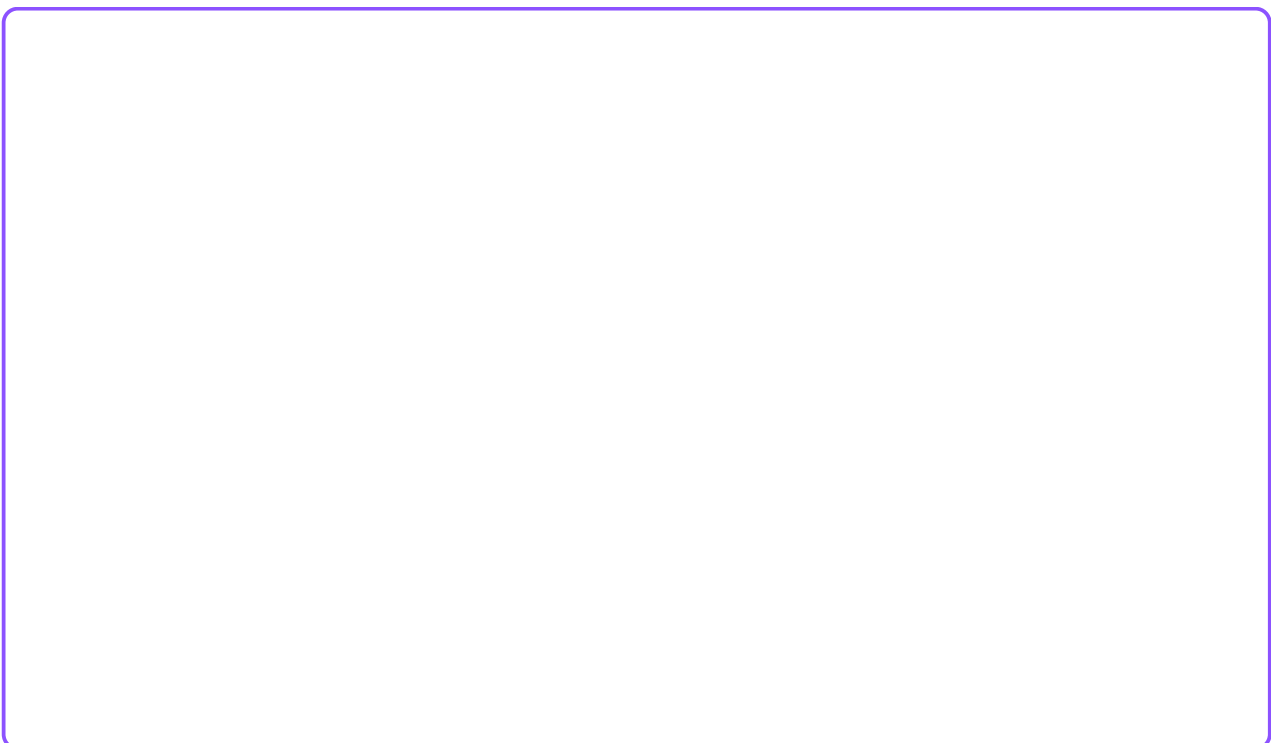


Morning

What 3 things am I grateful for?



What's my intention for the day?



Night

What brought joy to me today?

Remember, this can be anything big or small,
even a nice cup of tea or using your favourite
mug.

It doesn't need to be huge.

What 1 thing am I grateful for today?

Contact Me

I'm here to help so if you are interested in my services of **Psychotherapeutic Coaching, Reiki or Chakra Balancing**, please get in contact.

You can book a **FREE** consultation via my website.



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