

# Recalibrate and Reconnect

How to use this time in a meaningful way



# Recalibrate and Reconnect

## How to use this time in a meaningful way

Things are a little hectic in the world right now. However you are feeling is **OKAY**. It's okay to feel scared, it's okay to feel grateful, it's okay to feel unsure and anxious.

During this time, I wanted to provide as much guidance and support as I can! I know there are a lot of you who want to use this time to hit the **refresh button** and make the most of this time, but might not know where to start.

Maybe, you've been looking for a reason to ditch some old habits that no longer serve you and **get to know yourself better**. Maybe, you've been looking for some extra time to perfect your routine and **practice better self care**.

This is your opportunity to **GLOW UP** and **reset**. This is your time to meet yourself wherever you are and really **KNOW** what your best life looks like to you.



# Recalibrate and Reconnect

To get to know yourself better, there are 4 areas of your life we need to look at.

Lifestyle  
Health  
Mind & Soul  
Space

This guide will take you through all four and provide action items to complete so you know you're on the right track!

I'm with you in spirit as you go through this guide. Please know you can always reach out to me with questions or if you want to share how this crazy time is making you feel!

Love & Light,

Kathleen



# Lifestyle

Since we're spending more time alone and at home, this is the perfect opportunity for you to tweek your routine and change your lifestyle!

I created a guide called " How To Create Your Morning Routine" which you can access [here](#).

You can also use this time and space to look at habits that are no longer serving you and stop them!

For example, drinking alcohol is normally a social activity, why not use this time to see how long you can go without drinking? How does your body feel? How does your mind feel?

Can you wake up 30 minutes earlier and meditate in the morning?

Can you read a new personal development book? Here's what I'm loving these days.

Can you drink more water? (Tip: Put 3 hair elastics around your water bottle and take one away everytime you refill to keep track of how much water you're drinking!)



# Lifestyle

Add a **selfceare** routine! This can include:

- Taking extra time away from your phone- it's okay to take a break from the news.
  - Have a dance party
  - Go for a walk
- Read on your balcony or in your backyard
  - Take a bath
  - Meditate
  - Journal or free write
  - Create a vision board
- Spend some extra time chatting with yourself in the mirror! Remind yourself how AMAZING you are
  - Paint or draw

Add a **nighttime** routine!

- Turn your phone off 1 hour before bed
- Wash your face and put on a face mask
- Don't watch TV 1 hour before bed
  - Do evening stretches
- Write in a gratitude journal



# Health

Start taking care of your body.

It's amazing what happens when we run out of excuses! When we have no where to go, and your mind runs out of things to entertain itself with, you have no option but to do what you've been putting off!

There are so many wonderful options for at home work outs ( my favourites are Tone It Up and Sweat!) Lots of yoga studios are offering online classes for Free during this time! (Anamaya Wellness and One Yoga are my go to's)

Use your extra time in the evening to cook something healthy and meal prep for the week! Remember that this is absolutely the time to **nourish** your body! Don't allow yourself to become a couch potato. Fill your body with antioxidants.

Can you use this time to pay more attention to how your body is feeling? To eat less meat? To find out what triggers bloat or discomfort?



# Health

I'm using this time to:

- Eat vegan
- Ditch the coffee
- Take a break from alcohol
- Say "see ya" to refined sugars
- Learn to cook 5 new healthy meals a week

It's important to pay attention to how your body is feeling, but it's also important to listen to your inner dialogue around food and fitness and your body.

Try adding an extra journal prompt:

"How is my body feeling today?"

"What are 3 things about my body I am grateful for?"

"Do I feel energized?"

"Am I showing self -love by taking care of my body? Am I showing self love in how I think about my body?



# Mind & Soul

Here are some ways you can start paying more attention to your personal growth, explore where you are right now, listen to how you're feeling and get to know yourself on a deeper level.

This is the time to heal and connect with what is TRULY important to you. This is the time to LISTEN to what's been on your heart. This is your time to INSPIRE yourself, CREATE your own opportunities, and get GROUNDED. (Here's a guided completely dedicated to feeling grounded)

Journal Prompts:

What are my top 10 values?

How do I feel about my life? What is awesome about it?

What needs some support?

Who do I admire and why?

What brings me joy?

What do I want to offer the world?

When do I feel the best about myself?

When do I feel negatively towards myself? Why do I feel this way?

If I had all the money in the world, I would...



# Space

Set up your home in a way that allows you to feel grounded, energized and productive.

You can access my decluttering guide [here](#).

This would also be a great time to set up a space in your home that is all for you! The best part? You can wrap it up and put it away when you aren't using it.

Get a towel or blanket and lay it out on the floor in a room that has space for you to be seated on the floor

Lay out some of or all of the following on your blanket:

- Crystals
- Photos of loved ones
- Candles
- Anything that brings you joy or makes you feel grounded
- Tarot cards
- Journal
- Write out a quote that inspires you

Set up this space when you meditate or need some time to come back to who you are.



# Feeling Refreshed But Want More?

Are you feeling like you have a better grip on how to handle this crazy time? Hopefully this guide has inspired you to take aligned action towards how to use this time in a way that is productive!

If you want to dive deeper into your true self and use this time to really transform yourself and your life into something that feels completely aligned with who you are that's what I'm here for!

Together, we can tackle your fears and design a life that sets your soul on fire. I can show you how to love yourself deeply and live with confidence.



You aren't alone.

Email me at [kbnower@gmail.com](mailto:kbnower@gmail.com) to get started! You can find more info at [www.kathleenhower.com](http://www.kathleenhower.com)

