

5 STEPS TO ALIGNING YOUR

MIND &
BODY
PURPOSE

BY STEPHANIE WARING

INTRODUCTION

On paper I am no expert, I don't have letters after my name and all the certificates hung up on my wall in their masses, well I do have one, (humble brag) I may not know the right language to use, but what I do know is that I have spent most of my life battling my mental health, finding my place in the world and ultimately my happiness, I have also learnt that if I hate the way my body looks, or I am feeling stuck in my career, arguing with my partner it only takes one thing to go out of whack to throw everything off balance, I am talking about your mind, your body and your purpose and It's no secret that living in today's society is more revolutionised and more fast-paced than ever. So it isn't surprising that finding alignment between your mind, body and purpose can feel like chasing a moving target. Misalignment can leave us feeling stuck and unfulfilled, fatigued and disconnected from what really matters. But achieving harmony is not only possible, it is transformative.

This ebook is my gift to you sharing some actionable steps that you can take today, whether you're a mindfulness pro and need that little nudge or you have no clue where or how to start, and trust me there are plenty of days where I just can not do life, where I want to shut the world out and binge watch the latest season of Real Housewives of whatever. The only thing I can do to shift out of this mindset is telling myself to move, just do it. (Like the famous Nike tagline) this ebook will help kick start YOU to move and just do it and guide you to cultivate balance and live with purpose. These steps are designed to help you reclaim control over your mental clarity, physical well-being and sense of mission in life.

Are you ready? Let's do this!

A handwritten signature in black ink that reads "Steph". The script is fluid and cursive, with a large, looping 'S' and a trailing 'h'.

STEP 1

Embracing the Practice of Mindfulness

Mindfulness is the art of being fully present in the here and now and fosters deeper connections with your thoughts and emotions. Your mind is your compass guiding every action you take, if your mind is cluttered it causes stress and disconnection from what really matters to you. When you wake up, do not reach for your phone, unless it is to turn off the alarm, do not look at an email, and do not go on any form of social media, letting others into your world before you have even had your morning pee is a big no, no. Create a morning routine that is just for you, nobody else.

Practicing mindfulness is not easy to do especially with a mind that just won't shut up and as soon as you wake up it just starts chatting away about all the things you have to do, but implementing just 5 minutes into your morning routine will go a long way and help you plan out your day with less traffic of the mind.



To implement a new habit try attaching it to something you already do in the morning, for example after you have brushed your teeth, take 5 minutes to close your eyes and concentrate on nothing but your breathing, set a timer on your phone so you're not thinking about when to stop, you will notice thoughts pop up and that is ok just let them go and come back to the breath. Once this becomes a habit, maybe you will do a little longer than 5 minutes. Anything you do repetitively becomes second nature and your ability to do it is strengthened. You can do it in the shower or after your morning coffee, if your mornings are hectic and you have others that rely on you then set your alarm 15 minutes earlier, or find a time that suits you.

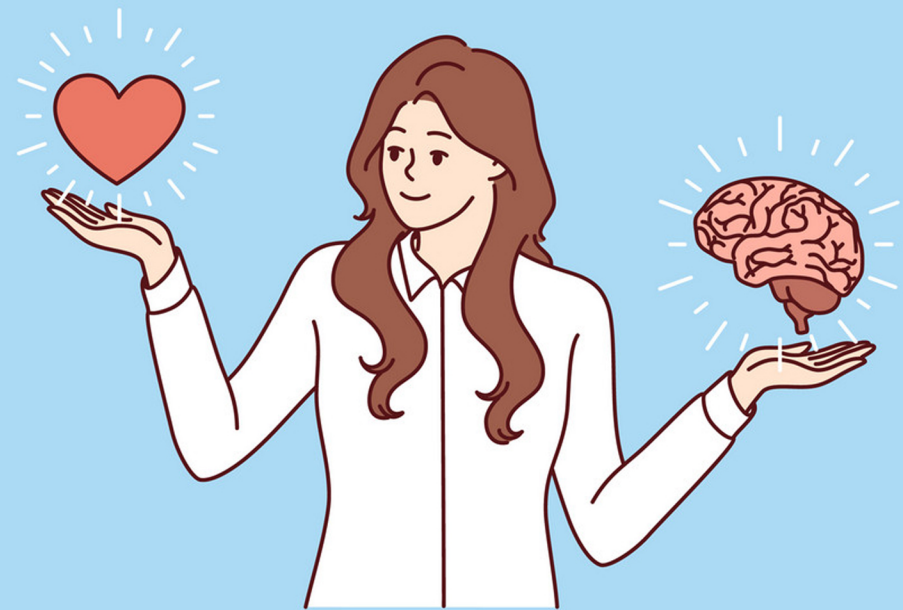
There are no rules to cultivating a mindfulness practice, you can practice any time, I do mine on a walk every morning. As soon as I am up I go for a 20 minute walk without my phone and I clear my mind. It has been the best tool for me to set up my day.

Another mindfulness practice is to journal your thoughts, if I am being honest I have never been the biggest fan of journaling, I just can't be arsed and I hate writing free hand, my handwriting is so bad I would never have to fear anyone reading it and understanding any of it, but I know that it works wonders for so many people, some of my clients have hugely benefited from getting their unproductive ruminations down on paper. One other thing I have found that has been a huge game changer for me and it is so simple, every morning I write down 3 things I am grateful for and every night I write out a list of my priorities for the next day and make sure they are done first.

Taking time away from your devices is another way to sit in your own power and be present, not just with yourself but with those around you. You cannot give your full attention to someone else if your head is in your phone.

Practice Exercise:

Start a "Brain Dump" ritual every night, think of your brain like a junk draw and this is your way of organising it. Write down all your worries in one section. Tasks in another section and any ideas you have in another, then prioritise what aligns with your purpose.



STEP 2

Nourishing Your Body.

When it comes to our health we think we are invincible, until we get a health wake up call and all we want in life is to just feel human again, then once we feel somewhat normal the cycle continues. Many of us treat our bodies like it can handle anything, processed food, soda's, alcohol, drugs, medications, not enough sleep, insufficient exercise, in reality anything that we repetitively do can either have a positive or negative effect. I love the word balance, if you do too much of one thing or not enough of the other something will give. When your body feels depleted it is nearly impossible to show up in other areas of your life making you feel out of balance.

Balanced Nutrition:

This is a good place to start, and if you are someone who knows nothing about a balanced diet then here are a couple of quick tips to get you started. Focus on whole, nutrient dense foods, like vegetables, lean proteins and healthy fats, if it doesn't have a label then go for it, that's not to say you can't implement a labelled food, as long as the sugar content is under 30 grams per day and saturated fat is kept to 8 grams per day. Not forgetting to treat yourself once a week, even joy a glass or two of your favourite tipple! This is balance!

Move Daily:

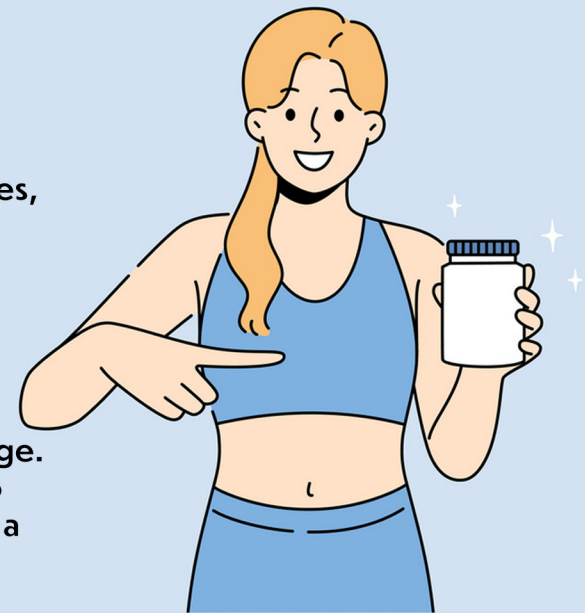
Exercise is so important for our physical health, it keeps our bones and body strong especially as we age. It doesn't mean you have to go to the gym everyday, something as simple as walking is enough and so underrated. Also finding movement that brings you joy is invaluable, Dance, yoga, swimming, which is a personal favorite of mine. whatever it is that makes you feel empowered.

Rest and Recovery:

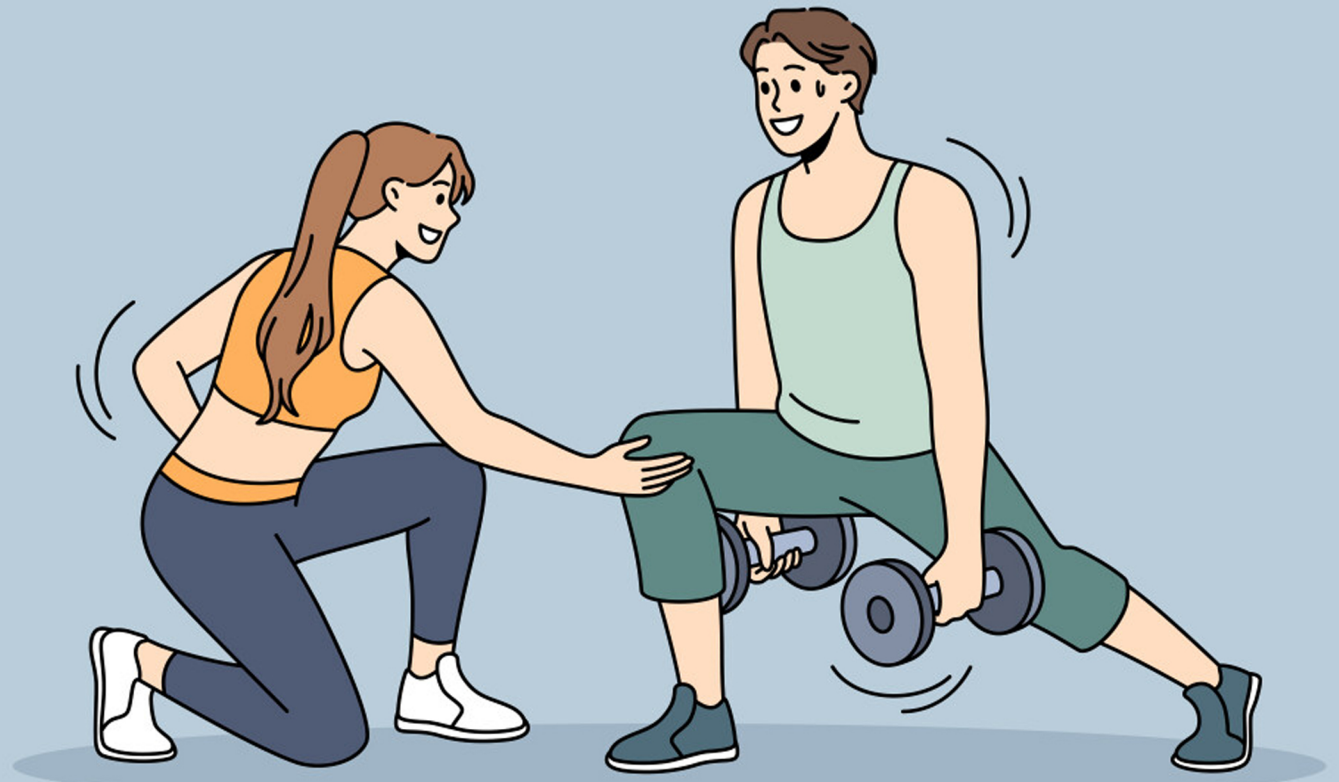
I have been guilty in the past of not resting properly, especially if I have been hitting the gym and loving the feeling it gives me, I would often feel guilty for missing a day, until I realised that recovery is where the magic happens. Sleep is so important for our bodies to repair itself, aim to get at least 7 - 8 hours.

Practical Exercise:

Look at your week ahead and plan a fitness schedule that includes activities that you enjoy, for instance alternate between, strength training, cardio, yoga, pilates, swimming, walking. Mix it up a bit to keep yourself engaged and less likely to get bored.



“Plan a fitness schedule that includes activities that you enjoy...”



STEP 3

Connect with Your Inner Self.

Yes I know it all sounds a bit spiritual, but trust me this is about finding clarity about who you are. What are your values? going inward and really asking yourself who am I? What lights me up? Stop thinking about other people and what they want or need, it starts with YOU. Aligning with your purpose requires deep self awareness, without this connection, you may find yourself living a life that was not meant for you and chasing goals that don't resonate with your soul.

So how do you connect with yourself? Here are a few tips to help you get started:

1. Reflect on your values, right down your top 5, for example, do you consider yourself to value loyalty, compassion, integrity, courage, accountability and so on. Whatever defines you and your beliefs figure out where your values lie.
2. Practice self-compassion, there are some people in this world who strive for perfection and put themselves down horribly if they don't meet the high standards they have set themselves, there are also people who put themselves down for not doing enough or being enough and set themselves up for failing before starting their day. If this sounds familiar, then try and release these thoughts and be kinder to yourself, especially as you grow and learn. Life shouldn't be a battle, enjoy the journey, there will be ups to be celebrated and downs to learn from this is where growth happens.
3. Get yourself some ME time, if you are someone that is constantly surrounded by others, whether that be at work or at home, having some space just for you can work wonders for your clarity and state of mind, it gives you time to reflect and dream and reconnect with what truly matters to you.

Practical Exercise:

Complete a "Life Purpose Inventory" write down activities that make you lose track of time, what do they reveal about your passions and your strengths? Anything that fills you with joy and feels meditative and time does not matter, this is an indication that you are on the right path to fulfilling your purpose.

STEP 4

Aligning Your Actions With Your Purpose.

Why does this matter? Well your purpose isn't just about setting big goals and achieving them, it is about the intentional daily actions, the good habits that you create and build, these habits create a ripple effect that can transform your life and make the path that you walk on to reach your goals feel effortless. Aligning your habits with your purpose creates a roadmap to success.

How to Align Your Actions:

1. Setting clear goals is the first step.

If you have one big goal then break this down into smaller actionable steps. I use the **SMART** goal framework.

SPECIFIC: The goal has to be clear and concise.

MEASURABLE: This is to track your progress, and gives you an indicator of how long it will take to reach your goal.

ACHIEVABLE: Is the goal realistic and in your capabilities.

RELEVANT: Does the goal make sense and fit your overall objective.

TIMEBOUND: The goal has a deadline you can work towards and be accountable to.



2. Create Daily Rituals

By developing small habits that reinforce your purpose and your goal you will slowly build the blocks to success, for example I wrote a book this year, I never thought I could write a book, but it is something I wanted to do for me, I broke it down into small manageable chunks, everyday I showed up to my computer and set a timer for 20 minutes and I wrote, even when I had nothing to say I still showed up. I have now completed the book and it is with the publishers ready for editing. I am so proud of this achievement and I cannot wait to share it with the world. So if you have a goal don't be afraid of how you are going to get there, just start.



3. Audit Your Time.

This one is so important, if you have so many mindless, meaningless tasks on your to do list, it can be so easy to put aside the things that really matter to you, have a look at that list and see where you can eliminate distractions that don't support where you want to be in reaching your higher goals.

4. Practical Exercise:

At the start of each week ask yourself: "What three actions can I take to get closer to my purpose this week?" Write them down and commit to them. Be accountable to yourself.

STEP 5

Build a Supportive Environment.

Your environment shapes your thoughts, actions and your energy. Having a supportive network around you that will listen to your goals and your needs to change will help amplify your aligning efforts.

Surrounding yourself with like-minded people not only uplift you but they inspire you, when you are trapped in a conversation that is negative or based on gossip, it is like being plugged into an energy drainer, they just deplete you, especially if you engage, notice the difference next time you find yourself with someone who gives you their energy and lights you up and someone who is sucking it from you.

Organise your home or workspace to reflect your values and where you see yourself, there is something about chi. When your surroundings are calm, so are you. Asking for help if you need it is the best thing you can do, all too often we can be afraid to be seen as weak but talking to a mentor or a coach or even a good friend can help guide you in the right direction. I still have a coach that I talk to regularly and it is amazing to have that space with no judgement and help me find the clarity I need.

Practical Exercise:

Write down three people or groups who inspire you. Reach out to one this week to share your goals or learn from their journey.



And there you have it, just 5 steps you can take today to help transform your life.

There is so much more in the toolbox, but I am hoping the steps I have shared with you are just the start of the amazing journey you are about to take - and with that said aligning your mind, body and purpose is a journey, it is not a destination - by practicing these five steps consistently, you'll build a foundation for a life that feels intentional, fulfilling, and deeply meaningful.

You don't have to be perfect, small consistent actions lead to big transformations.

Remember that alignment isn't about doing everything at once it is about choosing to honor your truth, one step at a time.

If you loved this ebook and would like to work with me privately then drop me an email in the contact section of my website:

www.stephwaring.co.uk

Lots of Love,

A stylized, handwritten signature in black ink that reads "Steph". The letters are fluid and connected, with a long horizontal line extending from the top of the 'S'.