

A close-up photograph of lavender flowers in shades of purple and blue, with green stems and leaves. The background is softly blurred.

Katie  
McDONALD

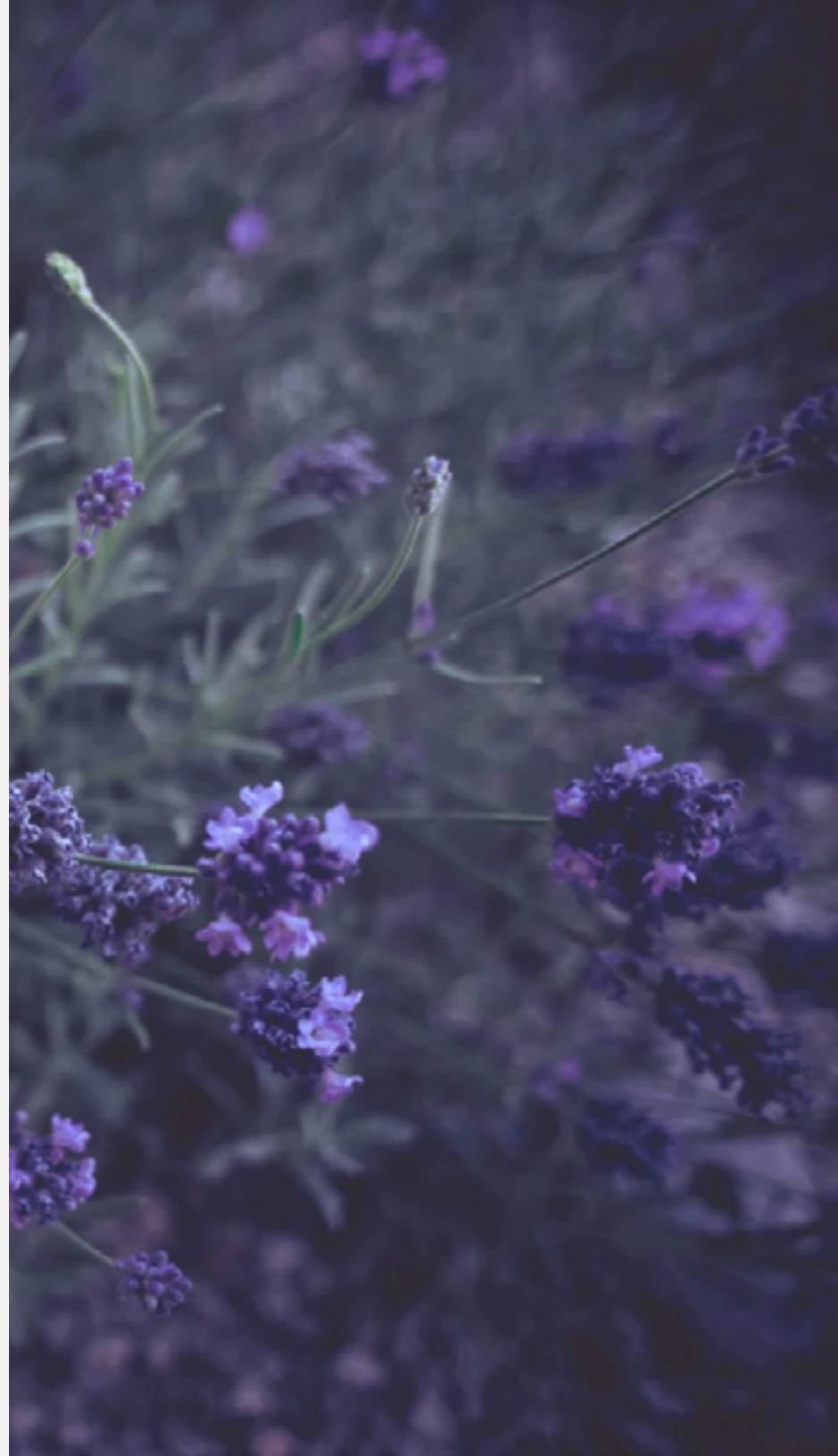
speaker. coach. author.

audible  
workbook

self-care strategies:  
nourish to flourish

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# introduction

You know what to do. Maybe a tweak or shift is warranted, but chances are, you already know. Knowledge is not enough. Wish it were.

Implementation in the form of small steps repeated consistently is the way to create lasting change. This workbook is your tool for implementation. Consider it your coach nudging you to adopt a new habit, let a destructive one go, level up, or remedy a point of friction in your life.

It would be easy to feel overwhelmed, especially if that is your default when facing change. It's okay. Let it pass by not giving it the attention it wants. Note that overwhelm is present. Then commit to one habit that most resonates with you right now. That one habit that might give you instant relief, courage, or joy.

Resist the temptation to delude yourself into thinking you will tackle every habit outlined in

the next 30 days. Pace yourself. I suggest embracing one habit for one or two weeks, and then deciding whether it is something you would like to make part of your routine, tweak in some ways that better suit your needs, alter the frequency, or abandon altogether. You are the expert on you. Screw the headlines, even a friend's counsel. Tune into your own wisdom. Only you know what is right for you.

It will take time to repair that communication channel, to trust the emerging instincts. You will sometimes get it wrong, meaning you misinterpret a signal but that's okay. Be gentle and patient with yourself. With time, you will become grounded in fierce self-awareness that never leaves you vulnerable to others' opinions over your own truth.

Some homework will be a single task, like cleaning out your nightstand. Set a timer for 45 minutes and do as much as you can in that time frame. If

you face resistance, shave it to 15-minute intervals. Do the task for 15 minutes, walk away, and return the next day for another 15 minutes until complete.

While some tasks are singular, most require daily maintenance. Using our nightstand example: put the hand lotion back where it belongs after use.

I know. Eye roll. Duh. But if we created clear places for our things and then kept them there when not in use, we would have more order in our lives and in our minds. Left unattended, in no time, we have created a mess, which becomes bigger and bigger not only in size but in our perception of it, until we resentfully announce we need an entire weekend devoted to cleaning up and reorganizing.

Daily maintenance eliminates the need for a dramatic overhaul. It isn't glamorous, but it is effective.



**\* Please note: I am a certified holistic health coach, not a doctor or therapist. Everything shared in this workbook reflects my training, personal experience and professional coaching practice. Please consult your physicians for medical or mental health guidance.**

# how to use this workbook

## Move Through the Lessons Slowly

This workbook is designed to be completed **alongside the audiobook**, one lesson at a time.

Resist the urge to rush.

Each lesson builds on the last, and the reflections are meant to unfold gradually as your awareness grows. Allow yourself time to sit with the questions and revisit your responses as insights emerge.

## Write by Hand if Possible

Whenever possible, **print the workbook and write your responses by hand**.

Handwriting slows the mind, increases reflection, and helps deepen the connection between your thoughts and your body. Many people find that insights surface more easily when writing on paper rather than typing.

Think of this workbook as a **companion journal** for the course.

## Digital Completion Is Also Available

If printing is not convenient, this workbook was **designed so it can also be completed digitally**.

You can type directly into the fields using a PDF application or note-taking app and **save your responses as you go**. What matters most is that you engage thoughtfully with the prompts in whatever format works best for you.

## Create a Quiet Space for Reflection

The exercises in this workbook are meant to encourage **honest reflection and self-discovery**.

Whenever possible:

- Find a quiet place
- Minimize distractions
- Give yourself a few minutes of uninterrupted time

Even a few minutes of focused attention can reveal meaningful insights.

## Return to the Workbook Often

This workbook is not meant to be completed once and forgotten.

You may find it valuable to **revisit your responses weeks or months later**. As you grow and change, your answers may evolve as well.

## Be Honest and Gentle with Yourself

There are no right or wrong answers.

Some prompts may feel easy. Others may feel uncomfortable or surprising. Approach the exercises with **curiosity, compassion, and openness**.

This workbook is simply an invitation to better understand yourself.

## Need Additional Support?

If you find yourself wanting deeper support as you work through these lessons, **I offer one-to-one coaching** to help you implement these practices in your daily life.

Working together can provide personalized guidance, accountability, and support as you build habits that nourish your wellbeing.

To learn more about coaching opportunities, **visit my website or reach out directly to explore whether working together is the right fit for you**.

[Learn more.](#)



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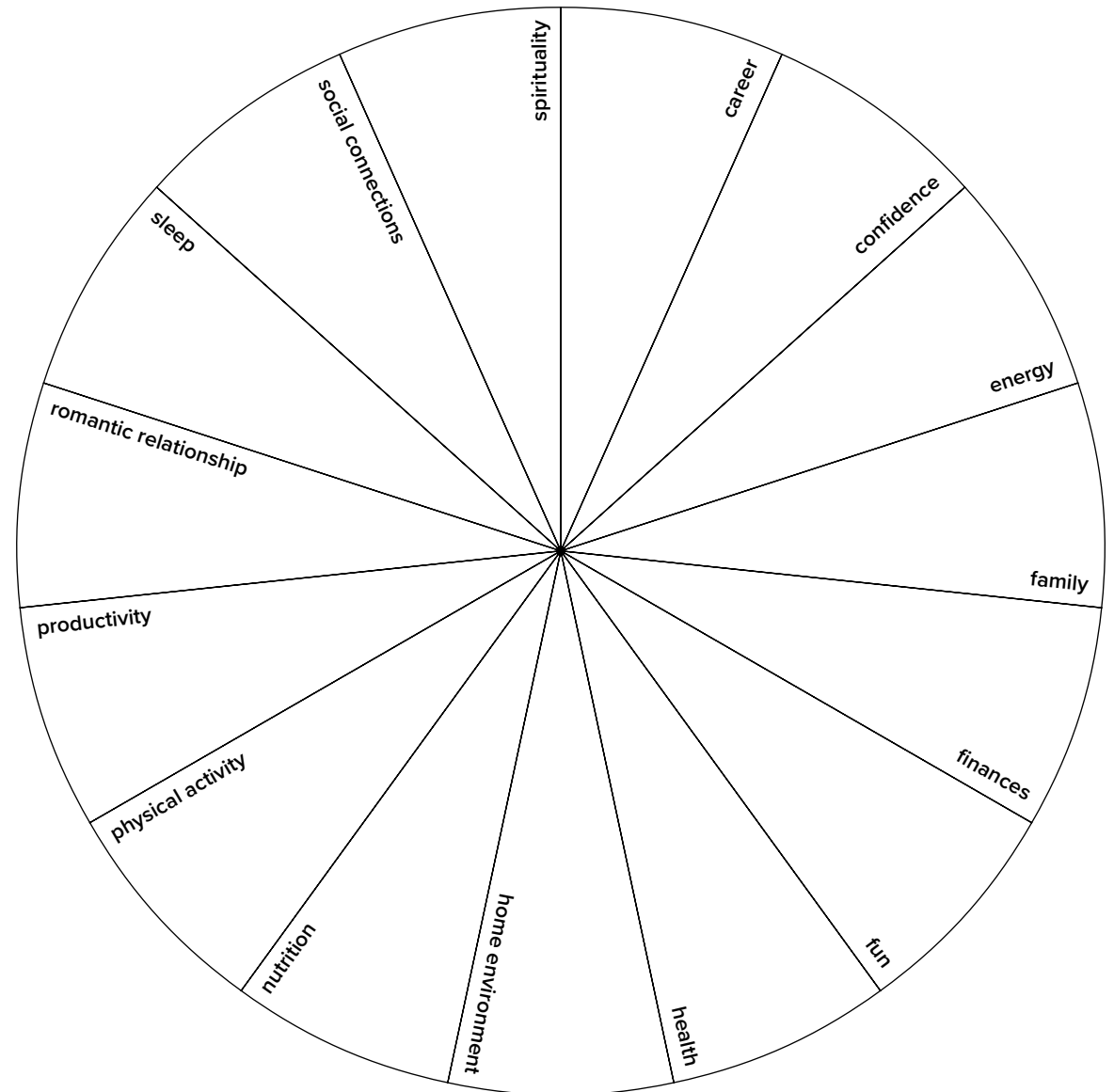
# whole life assessment

In order to feel whole, to be whole, you need to assess all aspects of your life. You may fixate on some areas while neglecting others. Change begins first from a state of awareness. Once you examine your current level of satisfaction in each of these categories, you will have a visual representation of any imbalances.

Place a dot on the line marking your level of satisfaction with the outermost edge of the circle representing ultimate satisfaction. The closer you move to the center, the more you are struggling. Now connect the dots.

Your circle might resemble a star, or perhaps an amoeba squishing out in all wayward directions.

No worry. You need to see yourself clearly and compassionately so you can reclaim the crown of personal responsibility. Refrain from weaponizing the insight. Each indent is an opportunity for growth. Embrace it as such, and in no time, the rough edges begin to soften. You become whole.





lesson 1 – nutrition  
food as a teacher





## II. Awareness + Observation

Noticing patterns without judgment

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### A food record

Record what you eat, when you eat, where you eat, and rate your hunger.

No judgment, no assessment – only observation.

Meal	Time	What I Ate	Where I Ate	Hunger Level
Meal	Time	What I Ate	Where I Ate	Hunger Level
Meal	Time	What I Ate	Where I Ate	Hunger Level
Meal	Time	What I Ate	Where I Ate	Hunger Level
Meal	Time	What I Ate	Where I Ate	Hunger Level
Meal	Time	What I Ate	Where I Ate	Hunger Level
Meal	Time	What I Ate	Where I Ate	Hunger Level
Meal	Time	What I Ate	Where I Ate	Hunger Level
Meal	Time	What I Ate	Where I Ate	Hunger Level
Meal	Time	What I Ate	Where I Ate	Hunger Level
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Meal	Time	What I Ate	Where I Ate	Hunger Level
Meal	Time	What I Ate	Where I Ate	Hunger Level
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Meal	Time	What I Ate	Where I Ate	Hunger Level
Meal	Time	What I Ate	Where I Ate	Hunger Level
Meal	Time	What I Ate	Where I Ate	Hunger Level
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Meal	Time	What I Ate	Where I Ate	Hunger Level
Meal	Time	What I Ate	Where I Ate	Hunger Level
Meal	Time	What I Ate	Where I Ate	Hunger Level

## Location matters

Notice where you eat.

Desk? Bed? Standing? Walking?  
Kitchen or dining table?

## Sitting or standing?

Notice whether you are seated or on the move when you eat or drink.

Are you:

- At a table?
- Standing at the counter?
- Walking, driving, or working?

No need to change anything yet – just notice the pattern.

## Chewing your food

Pay attention to how much chewing happens before you swallow.

- Do you rush through meals?
- Do you swallow quickly without much chewing?
- If it helps, notice whether food reaches something close to a liquid consistency.

## Snacking awareness

Observe if, when, and why you snack.

- Hunger? Fatigue? Boredom?
- How do snacks affect energy and digestion?

## III. Practical Scaffolding + Experiments

Giving your body what it needs

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### > Nourishment + timing

#### Missing meal

If your food record shows skipped meals (especially breakfast), add the missing meal and observe changes in:

- Energy
- Stamina
- Mood

#### Breakfast experiment

Rotate breakfast options (oatmeal, cereal, smoothies, baked goods, bagels, pancakes, peanut butter toast, etc.).

Track energy, digestion, and mood to discover what truly serves you.

#### Smoothies for your morning routine

Use the attached guide to experiment with smoothies as a gentle, digestible breakfast option.

#### Snacking – leveling up quality

If you snack, experiment with higher-quality options:

- Fresh fruit
- Vegetables
- Raw nuts

Think of snacks as a way to add color and nutrient density.

### > Portions + digestion

#### One bowl for every meal

Use the same bowl for all meals to create simple containment.

Katieism

“Eating is a sacred act.”

“Bring dignity to the act of eating.”

“The less you do to a food, the more it does for you.”

## Seconds

Fill the bowl generously, but commit to no seconds.

## Timing

No eating after 7pm (or earlier if possible) to support digestion and sleep.

## Light meal at dinner

Experiment with lighter evening meals:

- Soups
- Steamed vegetables
- Smaller portions

Remember: eat like a king at lunch, a pauper at dinner.

## > Color + vitality

### Color

Add as much natural color as possible to each meal:

- Sweet potatoes
- Red peppers
- Eggplant
- Carrots

### Green juice

Experiment with juicing greens, vegetables, and fruits.

## IV. Ritual + Integration

Restoring reverence, beauty, and meaning

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### Grace

Slow down before eating.

Take a breath, say thank you, or offer a form of grace that feels authentic to you.

### Tablescape

Inventory your dishware, napkins, silverware.

Remove anything broken or uninspired.

Bring beauty to the table so you feel like an invited, cherished guest.

### Light a candle at dinner

A simple ritual to mark the transition into nourishment and connection.

### Your fridge

Empty, clean, and reset your refrigerator.

Discard expired food and build a weekly fridge clean-out into your routine.

### Meal preparation

Review the attached prepared article and the nutrition lesson for guidance.

Planning and preparation are acts of self-respect.

*Katieism*

“A tended-to fridge told her, ‘there’s something here for you’ and ‘your needs matter.’”

“Your relationship with food and your body can be your greatest teacher.”

“Your mouth is the altar. The food, your offering.”





# lesson 2 – physical activity

move from “have to” to “want to”

# lesson 2 – physical activity

move from “have to” to “want to”

“It is an honor to  
move our bodies.”

## I. Story + Meaning

Understanding your relationship with movement

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### Your story with exercise

You might explore:

- What did exercise mean in your family growing up?
- Was movement playful? Competitive? Punitive?
- Dig into junior high gym class. Dodgeball. The locker room. What messages did you absorb?
- When did movement become about weight or appearance?
- When did it feel like joy?
- When did it shift into “have to”?

My story with exercise is complicated. I’m guessing yours is too.

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### **That question again – “What do I need?”**

Begin noticing how this question lands in the context of movement.

When planning how you will move your body, ask:

- Do I need something gentle?
- Do I need to sweat?
- Do I need to be outside?
- Do I need quiet?

Sometimes the answer is to go gentler.  
Sometimes it is to be fierce.  
All valid.

Movement is an act of self-care because we are asked to check in and respond honestly.

### **What do I need?**

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## **II. Awareness + Observation**

### **Noticing patterns without judgment**

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Movement becomes complicated when expectations become punishing. Let’s remove as many barriers as possible.

### **What does “exercise” mean to you?**

Notice your internal definition.

- Does it require intensity?
- Does it require a gym?
- Does it require an hour?
- Does walking “count”?
- Do you dismiss certain forms of movement as insignificant?

Observe your all-or-nothing thinking. “If I don’t have an hour, I’ll do nothing.” No judgment. Just awareness.

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## Resistance patterns

Notice the internal debate before movement.

- Do you wait until you feel like it?
- Do you wait for ideal conditions?
- Do you wait until you look different?
- Do you wait for perfection?

Waiting is often self-protection disguised as preparation. You will get wobbly. Expecting otherwise is deluding yourself.

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## Brain dump: Ways to move your body

Broaden your definition.

Generate a long and varied list of all possible ways of moving your body.

Get creative. Scour your childhood memories. Ask active friends. Think about all seasons.

Here's some to get you started:

- Walking
- Hiking
- Swimming
- Gardening
- Cleaning
- Yoga
- Stretching
- Dancing in your kitchen

Let the list be long and varied. Let it be playful.

This list becomes your menu of options when you seek novelty.

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## III. Practical Scaffolding + Experiments

### Giving your body what it needs

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Movement is foundational. Oxygen-level. Our responsibility to the machinery that is our body.

We are not glamorizing it.  
We are not grudging it.  
It's just you and your body. Now what?

#### **The 15-minute walk**

Start small.

If 15 minutes feels like too much, downsize to 5.

The goal is consistency, not intensity. You are building the muscle of showing up.

Walking "counts." Even if your former athlete self rolls her eyes.

#### **Silent walk**

If you typically listen to podcasts or books while walking, experiment with silence.

No blaring music.  
No expert voices.

Just you and your breath.  
Notice what comes up.

Movement can be a spiritual practice.

#### **Preparation**

Plan how you will move your body the night before.

Lay out your clothes.

Remove the debate.

Your future self has already made the decision.

Sometimes the biggest obstacle is one minute of resistance.

Sometimes it's footwear.

#### **Workout clothes inventory**

Let's do an inventory.

- What is the state of your sneakers?
- Will they support you and prevent injury?
- Do your clothes fit your present body?
- Are they stretched out or uninspired?
- Do they make you feel good?

It does not need to be fancy.

It does need to support your commitment.

Replace what needs replacing. Get your groove back with outfits that make you feel good now, not your aspirational self.

#### **Footwear**

This is not a place to skimp.

If possible, visit a store devoted to athletic footwear and get properly fitted.

Good shoes protect your lifetime of mobility.

#### **Social movement**

Invite friends to:

- A yoga class
- A walk
- A hike

Instead of defaulting to restaurants or bars.

Movement builds connection.

## Plan B

Life will get in the way.

Anticipate it.

Design a contingency plan that is impervious to outside conditions.

If it is raining or snowing...

If your kids are sick...

If your car is in the shop...

If you didn't sleep well...

If you sprained your ankle...

Ask:

What CAN I do?

Not "What can't I do?"

Maybe it's stretching.

Maybe it's a short online class.

Maybe it's five minutes of mobility work.

Pivot. Don't abandon your commitment.

### "Plan B" worksheet

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## IV. Ritual + Integration

Repairing your relationship with movement

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*"And everything changes when we approach obligations as privileges."*

### It is an honor to move our bodies.

If you've ever been immobile post surgery or due to injury, you understand how foundational movement is, but you also understand how blessed we are to be able to do it.

Movement is an act of self care because we are asked to address what we need, to check in with ourselves.

We are not asking **whether** we are moving our bodies. That is understood. Already negotiated by our future self. We are asking what and how, not whether.

Moving instead of thinking helps us disrupt those mental patterns and gets us right in the moment.

We are actually getting out of our heads and taking the elevator down into our bodies.

When we tune into our bodies and respect our needs rather than override them, we reframe physical activity as a privilege instead of a burden.

We repair the relationship we have with movement and with ourselves.

## Final reflection

What does movement look like now?

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*Katieism*

- “Don’t wait until you feel like it.”
- “Everything changes when we approach obligations as privileges.”
- “You will get wobbly too and expecting you won’t is deluding yourself.”
- “Sometimes it’s as easy as tying your sneakers.”
- “Get out of your head and take the elevator down into your body.”
- “When we tune into our bodies and respect our needs rather than override them, we reframe physical activity as a privilege instead of a burden.”



lesson 3 – sleep  
make your bed and lie in it

# lesson 3 – sleep

## make your bed and lie in it

“I implore you to honor sleep.”

### I. Story + Meaning

Understanding your relationship with sleep

Sleep sounds heavenly... but for many of us, it's complicated.

#### Your story about sleep

Journal about your relationship with sleep.

You might explore:

- Were you told you were a great sleeper as a child?  
Or a restless one?
- What were the nighttime routines of your childhood?
- What were your college sleep habits?
- Did you associate sleep with laziness? Productivity? Missing out?
- What beliefs about sleep are still operating in you today?
- Which of those beliefs no longer serve you?
- When did it shift into “have to”?

Have you accepted an identity such as “I’m just not a good sleeper”?

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Katwisom

“Burning both ends of the candle only leaves you burned out.”

“Sleep feels like a threat to productivity. But it is a tool for productivity.”

## That question again – “What do I need?”

When it comes to sleep, pause and ask:

- Do I need more structure?
- Do I need an earlier dinner?
- Do I need fewer screens?
- Do I need to forgive myself before bed?
- Do I need gentler self-talk?
- Do I need to stop pushing through exhaustion? Notice what surfaces.

You are not asking what your productivity demands.  
You are not asking what culture celebrates.

You are asking what your body needs.

Sleep is not a luxury.

Sleep is a foundational habit.

Without reliable, consistent sleep, we begin the day behind the starting line.

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## II. Awareness + Observation

### Noticing patterns without judgment

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From the moment you wake up, you are setting yourself up for a good night's sleep or a restless one.

### Evaluate your nighttime routine

Without changing anything yet, simply observe:

- When do you eat dinner?
- Are you drinking alcohol?
- Do you work into the evening?
- What time do you stop working?
- What do you do in the window between dinner and bed?
- Are screens present?
- Is your bedtime consistent?

Notice your environment.

Does your bedroom say: Rest. Retreat. Serenity.

Or:

Work. Laundry. Unfinished tasks.

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### III. Practical Scaffolding + Experiments

Giving sleep the respect it deserves

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We are not here to negotiate whether sleep matters.

It does. Now we adjust what and how.

#### Stretch before bed

Adopt a gentle stretching ritual to signal to your nervous system that the day is winding down.

#### Herbal tea ritual

Adopt an evening tea ritual such as chamomile.

Let it become a cue that sleep is coming.

#### Soothing self-talk

As you lie down, drift toward sleep with words like:

“Hey, good job today.”

“You handled that situation well.”

Celebrate your wins.

Forgive yourself for wherever you’ve fallen short.

#### Dinner and digestion

Move dinner earlier in the evening to promote digestion and sleep.

Allow at least two hours between your last bite and bedtime.

Eliminate alcohol and observe any shifts in the quality or quantity of your sleep.

#### Stop working into the evening

Establish a clear boundary for the end of the workday.

Productivity does not belong in your bedroom.

Computers do not belong in a bedroom. Period.

#### Nightstand reset

It is your turn to clean out your nightstand.

First remove everything.

Discard what no longer belongs – including books.

If sleep is off, experiment with removing all reading materials except for one inspirational or meditative book.

Upgrade what you choose to keep.

Add items that promote rest:

- Lavender spray
- Beautiful hand lotion
- Water in a carafe
- Pen and paper

Bring dignity to your space.

#### Checklist

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## Screens out

If you have a TV in your bedroom, you are not going to like this next assignment.

All screens out.

Try it for one week.  
If you're feeling daring, make it two.

If you cannot remove the TV physically, cover it with a sheet and take the batteries out of the remote.

Observe what shifts.

## Laundry reset

Gather all laundry off the floor.

If clean, put it away.  
If dirty, start a wash cycle now.

Place a hamper in your closet or bathroom and commit to using it.

PAUSE, set your timer for 15 minutes, and take care of your laundry.  
Repeat daily until current.

## Upgrade your sleep environment

Inspect your mattress.  
Is it time for a replacement?  
Invest in natural-fiber sheets – cotton, linen, silk.

Inspect your pajamas. Discard or donate what is ripped, restrictive, or uninspired.

Buy something that whispers: "Curl up and climb into bed."

Choose breathable, natural fabrics.

Allow for quality and comfort.

## Elevate your body care

Set your timer for 15 minutes and clean out your medicine and bathroom cabinets.

Remove expired or unused products.

Wipe shelves and drawers before returning items.

Upgrade your skincare routine with quality natural products.

Transfer products into beautiful containers if needed.

Bring elegance to your body care.

Moisturizing your body after bathing, when done with intention, can help repair negative notions of your physical self.

## Track what matters

Invest in a sleep tracker to support accountability.

Sleep is essential to wellbeing.

Tracking may help you recalibrate expectations of your productivity based on your rest.

## Consistency

Set the same bedtime every night.

Set the same wake-up time each morning.

Regulate your rhythm.

Katieism

"She brought dignity to her space and in doing so, reinforced her right to rest."

"Bedrooms are reserved for sleep and sex."

"Rest is rebellious."





lesson 4 – career  
it's your job to take care of yourself



## That question again – “What do I need?”

When it comes to your career, pause and ask:

- Do I need recognition?
- Do I need rest?
- Do I need boundaries?
- Do I need support?
- Do I need less?
- Do I need more challenges?

Notice what surfaces.

You are not asking what your boss needs.  
You are not asking what the market demands.

You are asking what you need.

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Many of us work too much because we haven't worked on ourselves.

Business can become busy-ness.

When we are one-dimensionally invested in our careers, we neglect the one relationship that matters most.

And that, my friend, is ourselves.

## II. Awareness + Observation

Noticing patterns without judgment

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Before changing anything, simply observe.

### Calendar reality check

- Do you keep separate work and personal calendars?
- Do commitments overlap or conflict?
- Are you asking more of yourself than is doable? Humane?

Set a timer for 15 minutes and review this week's and next week's commitments.

Consult both professional and personal obligations.

Notice:

- Conflicts
- Unrealistic expectations
- Overcommitment
- Neglected personal time

Is there something you could let go of?

### Workday boundaries

Do you have:

- A clear start time?
- A clear end time?
- Or does work bleed into every hour?

Do you check email before your day officially begins?

Do you linger past your intended end time?

Observe whether your workday has edges.

## Over-functioning

Do you attend meetings because you were invited?

Do you serve on boards or committees that drain you?

Do you say yes automatically?

Notice whether you are over-functioning.

No judgment. Just awareness.

### Your Everyday Companion

If this workbook resonates with you, the [b.nourished planner](#) is the natural next step.



Designed using over 15 years of holistic executive coaching, the planner helps you bring intention, clarity, and accountability to your daily life.

It blends **reflection, planning, and self-care rituals** so you can stay focused on what matters most without sacrificing your wellbeing.

Because productivity and wellbeing are not competing priorities.

They are partners.

<https://katiemcdonaldspeaking.com/planner>

Use code **AUDIBLE** for **10% off** your b.nourished planner.

## III. Practical Scaffolding + Experiments

### Giving yourself boundaries

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It's your job to take care of yourself.

### Unify your calendars

Set a timer for 15 minutes.

Review this week's and next week's commitments using one unified calendar.

Professional and personal in one place.

Note:

- Conflicts
- Unrealistic demands
- Overloaded days

Is what you are asking of yourself doable? Humane?

### Schedule your lunch

Schedule a 30-minute lunch at minimum every workday.

Anywhere but your desk.

Set it on repeat.

Treat it like an external commitment.

Give yourself the time and space to refuel.

## Define your workday

Decide your clear, desired, and realistic start and end time.

Set a standing alarm for both.

Add an alarm 15 minutes prior to departure to:

- Clear your desk
- Close out lingering items
- Determine your 3 priorities for tomorrow

Adhere to this commitment as if it were a promise to someone else.

Do this for two weeks.

Note any changes in:

- Stamina
- Productivity
- Morale
- Mood

Create a ritual that signals the end of the workday.

Plan your transition routine.

## Workday Boundary Worksheet

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## Transition Routine

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## IV. Ritual + Integration

Serving the one client that matters most

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Candace invested in the greatest asset she had in her career.

Herself.

Sustainable success came when she tapped into vitality accessed through her personal life.

Her performance improved in direct proportion to her boundaries.

The awards and recognition continued, but they were no longer her oxygen.

We are so much more than what we do.

When we are one-dimensionally invested in our careers, we neglect the one relationship that matters most.

The one client we need to serve.

The one boss to whom we must answer.

And that, my friend, is ourselves.

### Final reflection

If you paused in the middle of your workday and asked:

How might your career begin to serve your life, rather than consume it?

Katieism

“Invest in the greatest asset you have in your career, yourself.”

“There is one client you need to serve, one boss to whom you must answer... and that, my friend, is yourself.”



lesson 5 – confidence  
step into the light

# lesson 5 – confidence

## step into the light

“Confidence, at its heart, is about creating a track record that says: I do what I say I’ll do.”

### I. Story + Meaning

Understanding your relationship with confidence

Confidence is not loudness.

It is trust.

Trusting yourself.

Confidence grows when you can rely on yourself.

When you say you’re going to do something – and you do it.

#### Your story about confidence

Journal about your relationship with confidence.

You might explore:

- When have you felt most confident in your life?
- When did you begin shrinking?
- Were you encouraged to shine or to stay small?
- Have you ever avoided visibility out of fear?
- Where have you relied too heavily on external validation?
- Where have you disappointed yourself?

Even grounded confidence flickers.

When has yours flickered?

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## Study your history

Confidence is often hiding in your past

Identify 3–5 moments where you:

- Overcame a hardship
- Survived something you thought you couldn't
- Took a risk
- Made it through embarrassment
- Learned something new

What do these moments prove to you about you?

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## That question again – “What do I need?”

Pause and ask:

- Do I need forgiveness?
- Do I need to stop comparing?
- Do I need to follow through?
- Do I need to ask for help?
- Do I need to stop hiding?
- Do I need to speak up?

Confidence begins with honesty.

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## II. Awareness + Observation

Before building confidence, notice where it erodes.

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### Avoidance audit

Confidence can't coexist with the fear that the consequences of your avoidance are waiting for you around every corner.

Where are you avoiding?

- Bills
- Emails
- Conversations
- Doctor appointments
- Creative projects
- Asking for a raise
- Social situations

Avoidance is exhausting.

Notice what you've been postponing.

### Snooze button check

When your alarm goes off, do you:

- Rise? Or hit snooze?

Every snooze chips away at self-trust.

Observe without judgment.

### Social media + comparison

How does scrolling affect your confidence?

Do you feel:

- Inspired?
- Or diminished?

Notice the impact.

### Language audit

Pay attention to how often you say:

- "I just wanted to..."
- "If you don't mind..."
- "I'm sorry..." (when no apology is necessary)

Are you diminishing yourself one word at a time?

### Posture assessment

How do you hold your body?

- Slumped shoulders?
- Crossed legs?
- Head down?
- Hands tucked behind your back?

Notice your physical presence.

Your body communicates confidence or lack thereof before your words do.

Katieism

**"Confidence isn't a single event. It's the accumulation of small choices, repeated daily."**

**"Confidence can't coexist with the fear that the consequences of your avoidance are waiting for you around every corner."**

**"Every time you follow through, you're proving to yourself that you can be trusted."**

**"Confidence flickers with external events."**

### III. Practical Scaffolding + Experiments

#### Building self-trust through action

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Confidence is built in repetition.

Not perfection.

Consistency.

#### Create your kudos file

Create a repository of:

- Thank you notes
- Awards
- Media clippings
- Positive reports
- Complimentary emails
- Congratulatory messages

Add to it regularly. Refer to it when your confidence flickers.

Do not believe everything you think in a low moment.

Fortify yourself with reminders of your best self.

#### Where will I keep my kudos file? What will I add this week?

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#### The avoidance list

Set aside quiet time.

Brain dump everything you are avoiding.

Get it all on paper.

Then, tackle one item per day. Start immediately. Confidence grows with action.

#### Avoidance List Worksheet

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**Social media break**

Commit to:

- One full day off social media  
—or—
- Two weeks if you're feeling bold

Assess your confidence at the end.

If you re-enter, create guardrails.

Any deviation from your norm is a worthwhile experiment.

**Posture + eye contact practice**

Within the next 24 hours:

Seek out a conversation.

Practice:

- Holding your shoulders back
- Lifting your head
- Maintaining eye contact

Not a stare.

Just presence.

Afterward, reflect:

- How did it feel?
- How did it shift the exchange?
- Did your confidence rise?

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## Ask for help

Start small. Make one request you could easily do yourself.

Let help in. Receiving builds confidence too.

## Personal style reset

Express yourself through your clothes.

Start with foundational pieces like your undies and bras. Then onto your jeans and t-shirts.

Only wear what makes you feel great. Donate, consign or gift the rest.

Do not underestimate the power of dress for confidence.

## Move your body for confidence

Move your body for the singular purpose of feeling more confident.

Not punishment. Not competition. Just movement.

Watch what happens.

## Beginner's mindset

Try something new.

Allow yourself to be clueless.

Speak kindly to yourself as you learn.

Confidence involves believing: If I make a mistake, I'll apologize. If I need to take responsibility, I will. If something happens, I can handle it.

## Eliminate unnecessary apologies

Save "I'm sorry" for when it truly matters.

Track how often you use it.

For two weeks, eliminate casual apologies.

Notice how your language shifts.

## IV. Ritual + Integration

### Stepping into the light

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Confidence isn't about accomplishing everything all at once.

It's about the quiet, consistent practices that prove you can rely on yourself.

Every time you follow through, you're building a history of self-trust.

That history becomes your foundation.

Confidence flickers.

That's ok.

Find your way back.

Forgive yourself for the bumps, bruises, missteps, mistakes.

Step into the light.


You are allowed to shine.

Katizism

**"Speak kindly and encouragingly to yourself when you learn something new."**

**"The relationship we have with ourselves is the one relationship that will outlast all others."**





lesson 6 – energy  
from ugh to oomph







## Work with your rhythms

After reflecting on your daily energy patterns, consider:

- When do I tend to schedule my most demanding work?
- When do I typically handle administrative or lower-focus tasks?
- Do my tasks naturally align with my energy rhythms or do they conflict?
- Where do I feel like I am pushing against myself?

Simply notice the patterns.

## dream week

time	monday	tuesday	wednesday	thursday	friday	saturday	sunday
5:00 – 6:00 am							
6:00 – 7:00 am							
7:00 – 8:00 am							
8:00 – 9:00 am							
9:00 – 10:00 am							
10:00 – 11:00 am							
11:00 – 12:00 pm							
12:00 – 1:00 pm							
1:00 – 2:00 pm							
2:00 – 3:00 pm							
3:00 – 4:00 pm							
4:00 – 5:00 pm							
5:00 – 6:00 pm							
6:00 – 7:00 pm							
7:00 – 8:00 pm							
8:00 – 9:00 pm							
9:00 – 10:00 pm							

*Katieism*

“Are my expectations of myself reasonable considering my current energy levels?”

“Resentment is a beautiful thing. It’s a clue that you are giving away energy that you need for yourself.”





## People Inventory

Write down 10 people in your life.

Work. Home. Friends. Family.

For each, ask:

- How do I feel before interacting with them?
- How do I feel after?
- Do I feel energized or depleted?

No one energizes you all the time.

But in general, what is the pattern?

Then consider:

- Do I need to reduce time?
- Strengthen boundaries?
- Redirect conversation?
- Spend more time with energizing people?

Decrease time with those who drain you. Seek more time with those who energize you.

<b>Person</b>	<b>Connection</b>	<b>Frequency of contact</b>	<b>What I appreciate</b>	<b>One tweak</b>

## Silence as fuel

Refrain from listening to the news during your commute.

Opt for silence.

Sit in silence for one minute per day.

Gradually increase to ten.

Silence asks nothing of you but presence.

## Nature exposure

Spend time in nature daily.

No podcasts.

No distractions.

Just you and nature.

## Gossip + complaining audit

Refrain from gossiping.

Redirect the conversation when it descends.

Take a break from complaining.

Catch yourself.

Turn your attention to something positive.

Notice the shift in energy.

## Food + color

Study what energizes you.

Embrace color:

- In your wardrobe
- On your plate
- In fresh flowers in your home

Color reflects vitality. Where can you add more color in your life?

## IV. Ritual + Integration

Energy is your currency

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Energy is your currency

Energy is not infinite.

If you feel bankrupt. Return to the foundational habits of:

- Nutrition
- Physical activity
- Sleep

Bank energy by tending to the basics.

Then curate your life intentionally.

Study what restores you.

Protect from doing what drains you.

Invest where it matters.

Battling the truth about yourself is always an exercise in futility.

*Katieism*

**“Is what you are serving for breakfast serving you?”**

**“Good girls are exhausted and resentful. And not good to themselves.**

**“Resentment is not evidence of your victimhood but of your growing self-awareness.”**





lesson 7 – family  
**parenting ourselves**

# lesson 7 – family

## parenting ourselves

“You are a grown adult. It is your job to parent yourself.”

### I. Story + Meaning

#### Understanding your family of origin

No one can love us quite like our family does.  
No one can test our resolve like family.

We don't choose our family of origin. But we do get to choose what we carry forward.

Our family of origin is a gold mine of insights into who we are and how we view the world.

Study where you came from, not to stay stuck in it, but to see what you are replicating and bring it into consciousness.

#### Your story about family

Journal about your family of origin, your history, your dynamics, your patterns.

You might explore:

- What did your family teach you about love?
- About conflict? About needs? About independence?
- About success? About sacrifice?
- Did you feel celebrated and seen? Did you feel overlooked?
- Did you feel responsible for others' emotions?
- Did you learn to be the “good one”? The independent one? The peacemaker? The overachiever?
- What patterns are you perpetuating? What patterns are you ready to sever?





# III. Practical Scaffolding + Experiments

Creating boundaries with intention

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It is your job to stop the generational cycles that don't serve you.

## Complete a Family People Inventory

Write down 5–10 key family members.

For each relationship, answer:

- What works?
- What doesn't work?
- What do I need?

Notice where resentment appears. Resentment is often a clue that you are over-giving.

Are you trying to be the good girl?

The fixer?

The dependable one?

The peacekeeper?

What would shift if you gave yourself permission to show up differently?

Person	Connection	Frequency of contact	What I appreciate	One tweak

## Develop a Family Visit Protocol

Imagine you were visiting family tomorrow. How would you prepare intentionally?

Ask yourself:

- How much sleep will I need?
- Will I drink alcohol? If so, how much?
- How will I protect my personal space?
- How will I nourish myself?
- How will I move my body?
- What will I pack to keep myself grounded?

Create your “diaper bag.”

You might include:

- Herbal tea
- Supplements
- Favorite snacks
- A journal
- Comfortable clothes
- Sneakers
- A wrap
- Alcohol-free alternatives

The purpose is preparation.

When our needs are met, we are more likely to speak kindly, establish boundaries, and be generous and loving.

## IV. Ritual + Integration

### Creating boundaries with intention

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Parenting yourself forward

We don't get a pass for having a painful childhood.

Compassion, yes.

Empathy, yes.

Permission to perpetuate the pain, no.

Blaming our parents when we are old enough to parent ourselves keeps us stuck.

Family can set us free when we are prepared to let go.

*Katieism*

**“You get to interrupt what used to be okay and is no longer okay because you evolved.”**

**“At some point you must stop blaming your parents. You are a grown adult. It is your job to parent yourself.”**





lesson 8 – finances  
investing in your present and future self

# lesson 8 – finances

“Money is energy.”

## investing in your present and future self

### I. Story + Meaning

#### Understanding your relationship with money

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Financial wellbeing is more than having enough money in the bank to cover your expenses. It is about feeling confident and in control of your money.

When we avoid our finances, a haunting voice whispers:

- Do I have enough?
- Am I okay?
- Will I be okay?

The only way to quiet that survival voice is by adulting with your money.

#### **What is your money story?**

Study your history with money.

Journal about?

- What did your parents teach you about money?
- Was money discussed or avoided?
- Was it seen as dirty? Powerful? Scarce? Abundant?
- Was it a source of pride? Shame? Silence?
- Have you tied your self-worth to your net worth?
- Have you told yourself you are “bad with money”?
- Have you believed you don’t have enough?





## Observe your patterns

Notice:

- Do you avoid opening financial mail?
- Do you delay filing returns?
- Do you avoid checking your credit score?
- Do you overspend when stressed?
- Do you undercharge for your expertise?

Observation first. No judgment.

*Katieism*

“Managing your money with intention is an act of self-care.”

“Peace of mind is integral to financial wellbeing.”

## III. Practical Scaffolding + Experiments

### Adulting with your money

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Avoidance is childlike.  
Engagement is adulting.

### Adopt a daily 15-minute money habit

For two weeks (or until you are no longer hiding):

Set a timer for 15 minutes daily.

- Make a commitment to open financial mail daily
- Review your statements.
- Pay one bill.
- Balance your accounts.
- Clean out your wallet.

### Spend only cash for one week

Withdraw a set amount.

Spend only what you physically hold.

Notice your restraint.

Notice your habits.

### Set up structure

Explore and commit to a budgeting system (such as YNAB or another budgeting tool).

Automate:

- Retirement savings
- Emergency fund
- Vacation fund
- Child’s education fund
- Taxes

Pay yourself first.

## **Reduce debt intentionally**

List all debts.

Start with the highest interest rate.

Create a plan.

Monitor progress.

## **Protect your financial future**

- Set up an emergency fund
- Know and monitor your credit rating
- Protect your credit
- Evaluate insurance policies
- Consider an umbrella policy
- Create a will and health care directive
- Organize and label important documents
- Purchase a safe for records

Meet with a financial adviser and schedule quarterly reviews.

## **Weekly money meeting**

Schedule a weekly money conversation:

- With yourself
- With your partner

Review:

- Spending
- Savings
- Investments
- Goals

Deepen your connection instead of being torn apart by finances.

Managing your money is not a punishment. It is proof that you take yourself seriously.

## **Make your passwords affirmations**

Every login can reinforce identity.

Abundant2day  
ResponsibleNow  
FutureMeFunded

Language shapes belief.

## IV. Ritual + Integration

There is nothing dirty about money

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Money is energy.

It is okay to love money.

When we change the way we talk about money, we can break generational cycles of shame.

Managing your money with intention is an act of self-care.

Peace of mind is integral to financial wellbeing.

### Final Reflection

If you truly believed that money is energy – and that how you manage it reflects your values and your self-respect – how would you show up differently?

How would your daily habits change?

How would your spending align with what matters most?

How would you protect your future self?

What would it look like to relate to money with confidence and control?

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*Katieism*

“The only way to quiet that survival voice is by adulting with your money.”

“Avoidance is childlike. Engagement is adulting.”



lesson 9 – fun  
permission granted

# lesson 9 – fun

“You have permission.”

## permission granted

### I. Story + Meaning

#### Understanding your relationship with fun

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All work and no play leads to depletion, vulnerability to illness, listlessness, and susceptibility to rage and resentment.

Fun is technically defined as enjoyment, amusement, or lighthearted pleasure.

It is about losing yourself.  
Being so present in the moment that you feel alive.

Fun is a birthright.  
It is also a skill that can be learned.

Many high achievers struggle with fun. Productivity often becomes the highest held value. Fun feels frivolous. Unnecessary. Earned.

Fun is highly personal.

One person's fun is so not another's.

### Define fun on your terms

Journal about your relationship with fun.

You might explore:

- What did fun look like in your childhood?
- Was it encouraged? Limited? Earned?
- Do you associate fun with productivity?
- Do you feel guilt or shame around pleasure?
- Do you believe you are “fun”?
- Have you outsourced your definition of fun to culture or social media?



## II. Awareness + Observation

Noticing delight without judgment

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Before changing anything, observe.

### Record what delights you

For the next week, record:

- Experiences
- Objects
- Elements
- People

That makes your heart go pitter patter.

Dahlias. Karaoke.

Soft sand between your toes. Sunsets.

Picnics. A romantic comedy.

Cookies out of the oven.

Add to the list daily.

Notice patterns.

### Screen awareness

Notice your relationship with screens.

- Do you default to television or scrolling for fun?
- How much time do you spend watching screens
- Does what you watch restore you or leave you depleted?

There is a difference between passive fun and engaging fun.

Observe which category most of your leisure falls into.

No need to change anything yet. Just notice.

### III. Practical Scaffolding + Experiments

Practicing fun intentionally

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#### Create your Love List

Set a timer for 15 minutes.

Write down everything you love.

Everything that makes your heart lift.

Keep the list visible. Refer to it often.

Populate your days with what you love.

Fun is a noble goal in its own right.

#### nudges

bubble baths

butterflies

candlelight

dahlia

hammock

home design magazines

hummingbirds

incense

label maker

leafy greens

matcha

miso broth

nail polish names

naps

ocean breezes

opera

paddle boarding

reflexology

the scent of lavender

singing in the shower

superheroes


## Alcohol reflection

How much, if at all, does alcohol factor into your social life?

Does it work for you? Does anything need to shift?

If you drink, consider removing alcohol for two weeks.

Notice:

- Energy
- Mood
- Clarity
- Connection
- Sleep

You can always return to your old pattern – but return with awareness.

## Add movement for fun

Move your body with the singular purpose of having fun.

Not to burn calories. Not to optimize. Not to prevent decline.

Explore:

- Pilates
- Pickleball
- Tennis
- Tap dance
- Bike rides
- Swimming

Relish variety. The objective is to feel alive.

## Seek novelty

When I feel stuck, I like to introduce something new.

A new experience. A new environment. A new outfit.

Novelty awakens the senses.

Consider visiting one new place within 50 miles of home this month.

Invite a friend or go alone.

## IV. Ritual + Integration

### Claiming your right to fun

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Fun is not selfish.

It restores your energy.

It protects your inner resources.

It makes you more capable of contributing to the world.

Fun evolves. Stay curious about your relationship with it.

You have permission to have fun.

Katieism

“Fun is a birthright, but it is also a skill that can be learned.”

“Fun is highly personal. One person’s fun is not necessarily another’s.”

“Fun is a noble goal in its own right.”

“When we’re having fun, we’re losing ourselves in that moment, but at the same time, we feel fully present.”

“You have permission.”

“Authenticity is fun.”

“Permission granted to practice fun.”





lesson 10 – health  
**mediocrity is beneath you**

# lesson 10 – health

“Feeling good is a birthright.”

## mediocrity is beneath you

### I. Story + Meaning

Redefining what health really means

For many of us, health is defined as the absence of symptoms.

If nothing hurts, if nothing is flaring, we call ourselves healthy.

But being managed by medication is not the same as thriving.

What if health meant more?

Vitality. Stamina. Mental clarity. Physical resilience. The energy to do everything you want to do in your life.

Feeling good is a birthright.

We cannot control our genetics. But our habits matter. What we eat. What we think. What we say. What we do. The environments we keep.

Health is the summary of all the habits we have discussed.

### Define health for yourself

Journal about your relationship with health.

- What does health look like to you?
- What does it feel like?
- What would have to happen for you to achieve it?
- Have you tolerated a low-level baseline of wellbeing and called it “normal”?
- When did you last feel your healthiest? What was different then?



### III. Practical Scaffolding + Experiments

Curating your health intentionally

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This is a gentle but committed approach to wellbeing.

#### Schedule your appointments

Devote a few hours to scheduling:

- Annual physical
- Dental cleaning
- OBGYN
- Eye exam
- Necessary screenings & bloodwork

Treat appointments like contracts with your future self.

Consider concentrating the appointments around your birthday.

Schedule next year's appointment before leaving each office.

Replace passivity with proactivity.

#### Curate your medical team

Ask family and friends for recommendations. Ask doctors you trust for referrals.

Act with professionalism, persistence, and kindness.

Expect more from your care. You are the expert on you.

#### Morning reset ritual

Begin the day by signaling care to your body:

- Stretch upon waking.
- Take several deep breaths.
- Step outside if possible.
- Spend time in nature regularly.

Gentle consistency over intensity.

### IV. Ritual + Integration

Protecting your future self

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Every choice you make today is an investment in or a withdrawal from your future.

You do not have to hit rock bottom to take yourself seriously.

Forgive yourself for the ways you may have neglected your wellbeing.

Let this moment be your teacher.

You are becoming the most loving, proactive parent of your own wellbeing.

Katieism

**The absence of symptoms does not necessarily equal health.”**

**“Health is the summary of all the habits we address in this series.”**

**“Every choice you make today is an investment in or a withdrawal from your future.”**

**“You are the expert on you.”**

**“Replace passivity with proactivity.”**

**“Your wellbeing is a worthy and imperative pursuit.”**





lesson 11 – home  
making yourself at home





### III. Practical Scaffolding + Experiments

#### Making your house feel like home

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##### **Threshold ritual**

Adopt a practice of removing your shoes before entering.

Place them on a tray or rack. Designate one pair of house shoes for indoor use only. Keep washable slippers in a basket for guests.

Declare: “I am home now.” Or greet your space: “Hello, home!”

Create a clear demarcation between the outside world and your inner sanctum.

##### **Activate your senses**

Make your home a place you want to be.

Add:

- A soy candle
- Incense
- An essential oil diffuser
- A soft blanket
- A signature scent
- Fresh blooms from a florist or your yard

Let there be life.

##### **Create a placemat-sized space**

Clear enough space at your table for one placemat.

Sit down for one meal a day.

Claim your seat.

##### **Design for what matters**

Create visible spaces that reflect what you love:

- Favorite books on display
- A tea or coffee station
- Perfume bottles on a lovely tray
- A luscious hand cream within reach

Reserve real estate in your home for what matters.

##### **Replace toxic cleaners**

Gather your cleaning supplies.

Replace harsh chemicals with natural alternatives. Search for simple remedies using baking soda or vinegar. Reuse attractive bottles or buy blank glass ones and label them.

Create a playlist reserved for cleaning.

Turn chores into a mindful ritual.

##### **Whole house cleaning ritual**

At the start of a new year, season, or month:

- Touch every surface
- Tend to forgotten corners
- Clean with reverence

Open the windows. Let old energy out. Invite new energy in.

Bring intention to the ritual.

*Katieism*

“Let your space ask and answer the question:  
‘What do I need?’”

“Make everything you have, have a function, and  
be beautiful.”

## IV. Ritual + Integration

### Home as a temple

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Home can elevate you or denigrate you.

It can:

- Reinforce your values
- Support your habits
- Soothe your nervous system
- Invite reinvention

Make everything you own have a function and be beautiful.

Scissors. Towels. Candles. Napkins.

Everyday items curated with care.

Let home be:

- A soft place to land.
- A reflection of who you are.
- A sanctuary that anticipates your needs.

### Final Reflection

If your home truly honored who you are:

- What would change first?
- What would you remove?
- What would you add?
- How would you want to feel when you walk through the door?

What small shift could you make this week to make yourself more at home?

*Katieism*

“What matters to you matters.”

“Home is an intimate expression of who we are and what we value.”

“I want you to unapologetically claim a place in your life, a seat at the table in your own home.”



# lesson 12 – productivity

**getting things done without coming undone**

# lesson 12 – productivity

## getting things done without coming undone

“Peace of mind is my definition of success now.”

### I. Story + Meaning

#### Human doing vs. human being

Productivity is the altar we bow to every day.

Full calendars. Constant motion. Boxes checked.

But productivity does not equate with impact.

Busyness without priority and discernment is frenzy.

In our doing culture, we morph into human doings instead of human beings. We define success as accomplishment. We see our value in how much we produce.

And when something has to go ‘cause life gets busy – usually, it’s us.

This lesson is about being intentionally productive by leveraging self-care instead of resisting it.

#### Redefine productivity

Journal about your relationship with productivity.

- Do you equate busyness with importance?
- Do you feel valuable when your calendar is full?
- Where has productivity come at a cost? Peace of mind, health, relationships?
- What does success mean to you right now?







### **Three Daily Priorities**

Each day, identify 3 things you will accomplish.

Complete them first before distraction takes over.

Three is containment. Three protects against overwhelm.

### **Default “No” Response**

If overwhelmed, adopt this response:

“Thank you for thinking of me. I am not available.”

Repeat it. Resist explaining. Resist defending.

Every yes is a no to something else.

### **Streamline your calendars**

Unify work and personal commitments.

One life. One calendar.

See the whole picture before committing to more.

### **Establish work-hour boundaries**

State your work hours clearly. Place them in your email signature if possible.

Honor them unapologetically.

Eventually others will take them, and you, seriously.

### **Remove your phone from your bedroom**

Or at least place it out of reach.

Begin your day grounded, not inundated.

### **Daily tea ritual**

Adopt a pause ritual.

Boil the water. Pour the tea. Sip slowly.

Let it be a moment to inhabit your body and ask: “What is most important here?”

### **Wins + Oops**

Document three wins each day.

Celebrate them.

Also document your “oops and opportunities” for growth.

Not to weaponize against yourself. But to prevent repeating destructive habits.

Reflection builds refinement.

*Katieism*

“Drunk on doing, we see our singular value in the number of boxes checked off on our to-do list.”

“Something has to go and we tell ourselves it has to be us.”

“Pauses allow you to ask: ‘what is most important here?’”

“We cannot manage time as it is the great non-negotiable.”

“Every yes to an outside request is a no to something else.”

## IV. Ritual + Integration

### Productivity without self-abandonment

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Productivity is not about doing more.

It is about getting the right things done when they need to be done without coming undone.

Pause before reacting. Claim the space between the busy.

Check in with yourself before checking in with the world.

You are likely the one everyone relies on.

Let self-care become central – not squeezed in.

Peace of mind is success.

### Final Reflection

If you stopped worshipping productivity for a moment and instead chose peace of mind as your highest held value what would you no longer tolerate?

- What would you stop carrying?
- What expectations would you lower?
- Where are you asking the impossible of yourself?

If you truly believed that you are more valuable than your output how would you structure your days?

- What would you protect first?
- What would you allow to be unfinished?

What would it look like to get things done without coming undone?



# lesson 13 – romantic relationships

**love the one you're with**





## Household Labor Awareness

Brain dump all tasks required to run your home. Start with the list below and add your own.

- Laundry
- Groceries
- Finances
- Scheduling
- Paperwork
- Cleaning
- Maintenance
- Social planning
- Childcare
- Emotional management

Then record who currently does each task.

Simply notice the distribution.

Task	Currently Responsible
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## Notice How You Express Love

Notice how you naturally show love.

Do you:

- Give compliments?
- Buy thoughtful gifts?
- Do things for others?
- Prioritize time together?
- Seek physical affection?

No need to label yet. Just observe your pattern.

*Katieism*

“Romance yourself.”

“A relationship is made of two whole people, each responsible for their own growth and wellbeing.”

### III. Practical Scaffolding + Experiments

#### Meeting Needs with Clarity

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#### Practice Asking – Start Small

Begin with low-stakes requests:

“Would you please empty the dishwasher?”

“Can you handle dinner tonight?”

“I need help with this task. Can you please help me?”

No apology. No over-explaining.

Notice what comes up internally:

- Guilt?
- Fear?
- Relief?

Observe the response. Stay steady.

#### Renegotiating Household Tasks

Sit down together with your task list.

Reassign based on:

- Preference
- Capacity
- Skill
- Fairness

Remember: Efficiency is not the highest value. Harmony is.

#### Love Languages

Learn both your love language and your partner’s.

The five love languages (from Gary Chapman’s The Five Love Languages):

- Words of Affirmation
- Gifts
- Acts of Service
- Quality Time
- Physical Touch

Reflect:

- How do I most naturally show love?
- How do I most naturally want to receive it?

Then ask your partner.

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#### Consider Couples Therapy

Therapy is not crisis response. It communicates: “This relationship matters.”



The background of the slide features a dark, monochromatic image of bare tree branches. The branches are intricate and spread across the upper and right portions of the frame, creating a complex, web-like pattern. The overall tone is somber and contemplative.

# lesson 14 – social connections

**befriend yourself & others**





## Solitude Awareness

Notice your relationship with being alone.

- Do you avoid it?
- Do you fill silence with screens?
- Do you feel restless?
- Do you feel grounded?

No need to change anything yet. Simply observe.

## Alcohol & Social Lubrication

Notice:

How much does alcohol factor into your social life?

- Does it deepen connection?
- Does it blur it?
- Does it shape who you spend time with?

No judgment. Only awareness.

## III. Practical Scaffolding + Experiments

### Create Space for Friendship

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If your calendar is full, ask:

What can I release?

- A committee?
- A recurring meeting?
- A habit of overworking?

Friendship requires space.

Remove one commitment that does not serve your growth and create room for connection.

### Practice Being Alone in Public

Go:

- To dinner alone
- To a movie alone
- To an event alone

Notice what arises:

- Discomfort?
- Freedom?
- Confidence?

This practice builds a strong relationship with yourself.

### Two-Week Alcohol Experiment

If alcohol is central to your social life, refrain for two weeks.

Observe:

- How conversations shift
- Who remains in your social circle
- What feels aligned or misaligned

Clarity is the goal.

Kateism

“The relationship we have with ourselves will outlast all others.”

“Stop abandoning yourself in service to what you think other people want.”

## Refrain from Over-Giving

For two weeks, say no to at least one request per week.

Step back from organizing, planning, or initiating everything.

Allow others to step up.

Notice:

- What fears arise?
- What relief follows?

## Use Your Love List

What do you love to do? (See lesson on Fun for more information)

Art?  
Cooking?  
Hiking?  
Books?  
Music?  
Fitness?

Seek organizations, classes, or groups aligned with what lights you up.

Show up.

Let your energy communicate openness.

## Read: *The Missing Piece* by Shel Silverstein

This short picture book holds more wisdom than most personal development books twice its length. Silverstein says in a few images what takes others chapters to fumble through.

Reflect on:

- Where have I looked for someone to complete me?
- Where might I practice being whole on my own?

## IV. Ritual + Integration

### Curating with Intention

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Not every friend is forever.

There are:

- Proximity friends
- Seasonal friends
- Soul friends

Quantity is not the goal.  
Depth is.

### Social Rhythm Check-In

Every 90 days, ask:

- Do my current friendships reflect who I am becoming?
- Do I feel nourished or diminished?
- Where am I forcing compatibility?

Allow evolution.


Katizism

“Not everyone will like you. It is ok.”

“Refuse to lose yourself.”

“Become the friend you seek.”





lesson 15 – spirituality

**lighten up**





## Control & Surrender

Where are you gripping tightly?

Spirituality invites surrender.

Reflect on Michelangelo's Bound Slaves – figures emerging from marble.

What excess in your life is covering your light?

- Busyness?
- Perfectionism?
- Control?

What might need to be chiseled away?

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## Observe Your Reactions

Notice throughout your day:

- How quickly do I react?
- Do I pause before responding?
- Do I feel connected to something larger than myself?

Again, no fixing yet. Only awareness.

## III. Practical Scaffolding + Experiments

### Practice Sitting in Silence

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Sit in silence each day.

No tech.  
No journal.  
No music.

Begin with one minute if five feels overwhelming. Gradually extend to what feels right.

(15 minutes is a beautiful practice, but begin where you are.)

### Breath Practice

Count:

Inhale – one, two  
Exhale – three, four

Continue counting to ten breaths. Return to one.

Repeat for several cycles.

Document what you notice.

### Breath Log:

Task	Currently Responsible
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

## **Tea Ritual**

Prepare a cup of tea.

Boil the water. Notice the steam. Notice the scent.

Drink in silence.

Let this be a daily anchor.

## **Find Your Spot**

Designate a physical space in your home for your tea ritual.

A chair. A corner. By a window.

Return there consistently.

## **Walk in Nature**

Walk silently.

No podcasts. No music.

Five minutes is enough.

Engage your senses. Let nature steady you.

## **Light a Candle or Incense**

Bring ritual into your day.

Light a candle. Light incense.

Let the flame or scent signal reverence.

## **Insert the Pause**

Before replying to a text or email, take one breath.

Create space between stimulus and response.

Notice how this shifts your tone.

## **Vision Board (BVISIONARY)**

Gather images and words that feel like “yes.”

Do not overthink.

Do not rationalize.

Cut. Paste. Trust.

Place copies where you will see them often.

Let the images speak over time.

## **Look in the Mirror**

Stand before a mirror.

Look into your own eyes.

Say quietly:

“I am a miracle.”

Repeat until it feels less foreign.

## **Forgiveness**

Write: “I forgive...”

Release what you’ve been carrying.

Forgiveness lightens the spirit.



# conclusion

Self-care is not a destination but a meandering path back to you.

Thank you for your courage. Most lack the bravery to live an examined life. We squeeze our eyes shut praying we never see the worst in ourselves. In doing so, we also shield ourselves from the light within us.

But not you. You showed up.

I applaud you for doing the work to reflect on and confront the whole of you.

Self-neglect is selfish. Our wellbeing is not a privilege reserved for when we have time. We won't have time. Self-care is not a luxury for when we feel like it. We won't feel like it.

Self-care is a duty. It is our responsibility to evolve. In telling ourselves we don't have permission and we are too busy, we have become damsels in distress. But only we can rescue ourselves. We are the knights in shining armor we have been waiting for.

Suit up.

A final reminder. You do not have to do this alone. Buy the planner and its accompanying digital course so you have a trusted tool to hold you accountable. Reach out if you would like to explore coaching with me. Together we can craft the life you crave and deserve.



## Your Everyday Companion

If this workbook resonates with you, the [b.nourished planner](https://katiemcdonaldspeaking.com/planner) is the natural next step.



Designed using over 15 years of holistic executive coaching, the planner helps you bring intention, clarity, and accountability to your daily life.

It blends **reflection, planning, and self-care rituals** so you can stay focused on what matters most without sacrificing your wellbeing.

Because productivity and wellbeing are not competing priorities.

They are partners.

<https://katiemcdonaldspeaking.com/planner>

Use code **AUDIBLE** for **10% off** your b.nourished planner.

# appendix

**Smoothie Guide** – Katie references smoothies specifically in Nutrition and Energy lessons.

**b.prepared article** – Referenced in Lesson 2’s meal preparation section (“Review the attached b.prepared article”).

**People Inventory table** – Referenced in both Lesson 7 (Energy) and Lesson 8 (Family).

**Brain Dump worksheet** – Referenced in Lessons 7 and 13 (Productivity).

**Weekly Planning Template** – Referenced in Lesson 13.

**b.nourished planner** – The workbook you’re holding is your starting point. The b.nourished planner is where the work continues.

Designed for high achievers who refuse to choose between getting things done and taking care of themselves, the b.nourished planner is part trusted guide, part paper coach. It holds you to your commitments – not just the ones you make to others, but the ones you make to yourself.

Daily, weekly, monthly, and quarterly, it gives you the structure to study what’s working, celebrate what you’ve done, and recalibrate without judgment. If this workbook helped you see yourself more clearly, the planner helps you show up for what you found.

Visit [bnourished.com](http://bnourished.com) to learn more.



A close-up photograph of lavender plants with small purple flowers and green stems, set against a dark, blurred background. The lighting is soft, highlighting the texture of the leaves and the delicate structure of the flower clusters.

*Katie*  
MCDONALD

speaker. coach. author.