



Hello and welcome, I'm Deborah, the creator of Whole and Her.

I am a woman who feels deeply, and I am highly affected by the emotions of others. I understand the self-doubt, overwhelm, and sense of unworthiness that often come with this sensitivity.

The need to 'fix', 'please,' and to connect with others can mean you forget your own needs and what truly makes you happy.

It's time to make a change and remember your worth. Take this moment to reconnect with the love and strength inside you - it's always been there.

Here are three practices to help you feel supported, safe, and whole:

- 4 positive affirmations: Repeat slowly at the start of your day and throughout it as a reminder of your strength and worth.
- 5-minute guided meditation: Rest, release, and calm your body and mind, recognising that you are enough, safe, and loved.
- 5 journaling prompts: Complete them when you won't be interrupted. They help with emotional release, self-awareness, and self-acceptance. The PDF is printable, or you can use your own notebook.

What to expect next

You've taken the first step in reconnecting with yourself.

Over the next few days, work through the journal prompts, try the meditation, and use the affirmations - all designed to help you pause, reflect, and reconnect with your worth. I'll also send a few emails with extra guidance and insights to support you along the way.

Take your time, follow what feels right, and notice the shifts that happen when you give yourself this space.

With warmth,

Deborah