



Hi, I'm Deborah - the creator of Whole and Her.

I'm somebody who feels and thinks deeply and for many years, I didn't really understand how to honour that part of myself.

I would spend hours turning things over in my mind, while becoming very good at showing a strong, confident exterior and hiding how overwhelmed I often felt underneath.

I wanted to feel loved and accepted - to fit in and feel that I was enough. And without really realising it, I started looking outside myself for the reassurance I needed - adapting myself to what I thought others wanted from me.

It took me a long time to realise that what I was looking for outside myself was already within me - my worth, and the love and acceptance I kept searching for everywhere else. And as I began to reconnect with myself, I started to rediscover the inner wisdom that had been there all along.

And these three practices are here to help you do the same – to start to reconnect with the love that never left you.

- 4 positive affirmations: Repeat slowly at the start of your day and throughout it, as a reminder of your strength and worth. They can help you begin to challenge the thoughts and beliefs that have shaped how you see yourself.
- 5-minute guided meditation: Use this when you have some quiet time and won't be interrupted. It helps you settle, quiet the noise and reconnect with the love, safety and inner wisdom already within you.
- 5 journaling prompts: Complete these when you can have some quiet time. Use them to reflect on what you value about yourself, how you see yourself beyond what you do for others, and where you might be ready to accept yourself more fully. They're an opportunity to explore honestly, without judgement. The PDF is printable, or you can use your own notebook.

What to expect next

You've taken the first step towards reconnecting with what's already within you.

Over the next few days, work through the journal prompts, try the meditation, and use the affirmations. 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