

User Information

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|-----------------|------------------------------|
| User Name | Angela Collins |
| User Email | angela@organicpureliving.pro |
| User IP | 88.170.152.197 |
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| Device | Desktop |

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Where You Are Now

How would you describe your current rhythm physically, emotionally, and mentally?

I am feeling tired and exhausted even after a good night sleep. I am trying to loose weight but that's not working atm, so a bit frustrated. I have very little self esteem to get stuff done so everything that needs to be done is last minute. I often feel very lonely.

What does a typical week look like for you right now?

Taking care of the kids is first priority, then washing, cleaning, laundry in circles. Taking the dog for a walk on a Sunny day gives me energy. Meeting a friend gets me out of the house and I feel better. I often go in circles in the house and my business is getting left behind.

How are you currently taking care of yourself?

Walking the dog and I want to start swimming again.

What are the most common symptoms or challenges you notice in your body?

- ☐ Fatigue
- ☐ Mood swings
- ☐ Brain fog
- ☒ Anxiety
- ☐ Poor sleep
- ☐ Bloating / inflammation
- ☐ Weight fluctuations
- ☐ Hot flushes / temperature sensitivity
- ☐ Other

- If you answered other above, use the space below to describe your symptoms

As mentioned above I feel often tired and low esteem to get stuff done. I am worrying about having an accident or getting ill.

How would you rate your current focus and productivity (1 to 10?)

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What You Want to Create

What do you want to feel more of by the end of this programme?

- ☒ Clarity
- ☒ Confidence
- ☐ Calm
- ☒ Energy
- ☒ Focus
- ☒ Freedom
- ☒ Consistency
- ☐ Flow
- ☐ Strength

What outcomes or shifts would make this journey feel truly successful for you?

Seeing my business thrive and having the energy to do more fun stuff.

What would “alignment” look like in your life and work?

Feeling positive, calm and energetic.

When you imagine your Horizon, what do you see?

Feeling energetic, get usual chores done efficient and have my business thrive.

What Might Get in the Way

What habits, thoughts, or patterns tend to pull you off course?

Self-doubt, no self esteem, not moving enough,

What do you need to release or reframe to move forward with more ease?

My daily planning,

Where do you most need structure and where do you need softness?

Structure for daily planning, getting out of the house

Setting Your Compass

Choose your 3 guiding intentions for this voyage:

- ☐ Rhythm
- ☒ Focus
- ☐ Grace
- ☒ Growth
- ☒ Freedom
- ☐ Vitality
- ☐ Clarity
- ☐ Ease
- ☐ Strength
- ☐ Balance

Define your 'Captain’s Code' - Three personal leadership values you want to embody.

Calm, Focus, Balance

Write one affirmation or promise to yourself for this journey:

stay positive and motivated

Your Reflection & Ritual

Complete your baseline by creating a simple arrival ritual.
It might be:

Lighting a candle and reading your intentions aloud.

A short meditation or breath practice.

A walk in nature to mark the start of this chapter.
do a breath practice daily.