



*5 Simple Steps
to Start
Loving
Yourself*

With Kathy Sanderson



Thank you for downloading this free guide. I hope you'll find it useful. Here's just a little bit about me...

The past is always there, influencing every action and experience today. So, what about those that have no demons in their past? Those that had a 'good' childhood, no trauma, no drama?

I thought that was me. I realised, in part by accident, that I'd created a false reality of my past and it was affecting the woman I was today. And so, my journey began.

Reiki was just the start – that day 4 years ago, I got a lot more than I bargained for! I went for me, but instinctively realised something was different here. I could feel and see things that felt unusual and I had to explore it.

My thirst for learning grew exponentially and my desire to understand far outweighed any fear of doing something different. I gained professional accreditations, read books, attended live events, trainings, the list is endless.

All of that led me to where I am now – a Inner Child Healer. The way this has changed my life is just a small part of the story. My focus is how to change the lives of the clients I work with. Every day I see shifts that transform a life for better and that's why I'll carry on doing this forever.

To be a part of improving lives is a gift I'm grateful for every single day.



What my clients say...

"Kathy has been amazing. Kind, caring and patient, she has made me feel completely at ease throughout, and is incredibly talented both at what she does and explaining as well. I did not know quite what to expect initially but now I look forward to each session knowing that the discovering and unpicking layers of the past will help me to heal the future.

Thank you so much Kathy. If everyone came to see you to heal their hurt then the world would be a much better place!"

Step One

Allow yourself 10 minutes today, just for you.

Find a quiet place, where you can enjoy peace and quiet, away from all distractions.

Just 10 minutes with no phone, no calls to answer, away from emails.

Move away from children, pets, partners and friends. They won't miss you for just 10 minutes.

Allow yourself this time to recharge your batteries.

Step Two

Stop comparing yourself to others and appreciate the person that you are.

I bet your friends don't constantly compare you with other people so why are you doing it to yourself?

When you compare yourself, you are telling your subconscious that you're not good enough.

Step Three

Look at who you are surrounding yourself with.

Do they make you happy?

Do you look forward to seeing them?

Or do they make you feel tired and drained?

Choose to only surround yourself with people who make you feel good and worthwhile.

Step Four

How do you see yourself?

When you look in the mirror do you like who you see? Or are you filled with hate and loathing for that person?

Look in the mirror and find one thing, just one thing, that you like about yourself.

Say it out loud to yourself
"I love my"

Make a point to do this every time you look in the mirror.

It may seem hard now but I promise that it will get easier.

Step Five

Write down 3 things that you are good at.

Keep the list somewhere you will see it
everyday.

After a week do it again.

Can you add more than three?

Keep challenging yourself

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useful?*

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