

Start filling Up Your Cup

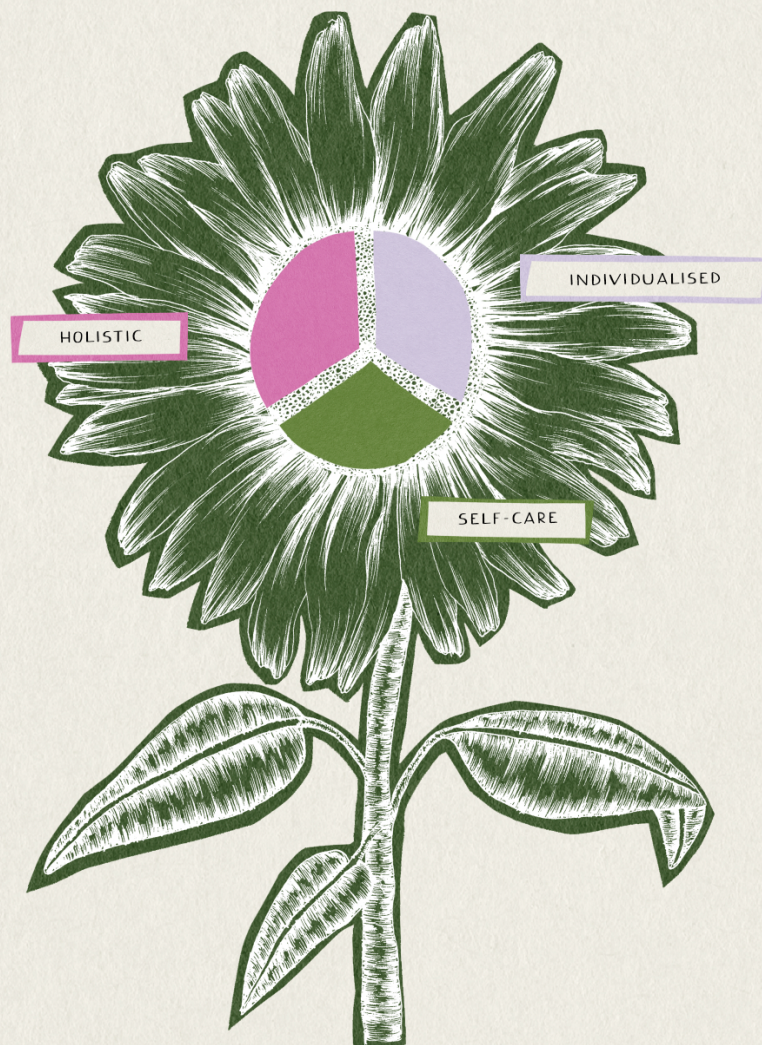


FILL UP

YOUR CUP

SELF-CARE IS:

'Mindfully taking time to pay attention to yourself, and prioritising your own care to maximise your well being and personal health.'



CHARLOTTE HEALD

HOLISTIC HEALTH COACH

Take a moment to write a list of the things
that you know keep your Cup Full:

A large, empty white rectangular area intended for writing a list of things that keep one's 'Cup Full'.



Charlotte Heald

HOLISTIC HEALTH COACH

The things that empty your cup....

In life you are always pouring from your cup by way of giving, caring and doing - fulfilling your commitments and responsibilities. You often have multiple 'hats' that you wear in your full life, all adding to your daily load.

When you pour from your cup it is not always a negative thing, some of the things you love and enjoy the most are actually emptying your cup as well. (For example you may love caring for, and spending time with your children, however, it is tiring and challenging at times).

Everything that you do that 'gives' your energy is pouring from your cup.
Here is a list of things that Empty your Cup:



Charlotte Heald

HOLISTIC HEALTH COACH

Take a moment to write a list of the things
that you know empty your cup:

A large, empty white rectangular area intended for writing a list of things that empty one's cup.



Charlotte Heald

HOLISTIC HEALTH COACH

**Now take a moment to reflect on the balance of things
that keep your cup full versus empty your cup....**

1. What does your balance look like?

2. What do you need to create a better balance in your life?



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HOLISTIC HEALTH COACH

Use the following Diagram to make a visual reminder of the things that keep your cup full and the things that empty your cup. Keep this somewhere handy to remind and motivate you to take care of yourself because - You are worth it!

The stuff that keeps my cup full:



The cup that empties my cup:





SUSTAINABLE LIFESTYLE

TOTAL WELLBEING

FULFILLMENT

GROWING CONFIDENCE

NEW HABITS

POSITIVE SELF TALK

NEW BELIEFS

VISUALISE SUCCESS

COMMITMENT TO YOURSELF

SUSTAINABILITY



You Cannot Pour from an Empty Cup, take time to prioritise keeping your cup full and watch your life change in beautiful ways



Meet Charlotte Heald:

I have worked in health for over 10 years and have always been passionate about health promotion and nutrition - I could talk about well being and food all day! My own health journey with Rheumatoid Arthritis has inspired my motivation to connect with others and empower them to embrace their health and value the loving act of self-care. I want to see more people live happy, healthy, fulfilled lives because I believe we all deserve to live our best!

I am happily married to Russell and we have 3 children, Isabelle, Henry and William. We live in Norsewood (NZ) where we farm dairy and beef, and are transitioning our farm to Organics. I love getting out and about with my family, on the farm, at the beach or exploring other new places in our beautiful country. I am a keen gardener and love the reward of growing fresh produce for my family. I am passionate about home cooking and spend many happy hours in the kitchen creating delicious and nutritious meals.

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