

wholehearted

JOURNAL MAGAZINE WORKBOOK



WINTER 18

MEET THE CONTRIBUTORS



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EDITORS LETTER

Welcome to the first ever issue of the Wholehearted Journal! Creating something like this - a magazine, journal, workbook hybrid that helps you flow with each season, stay organised and feel connected - has been a dream of mine for a very long time.

I've basically created the thing I felt was missing from my life; a beautifully designed publication that inspires, gives recipe ideas, let's me know when the moon cycle dates are (and how to use them) and gives me a structured way to journal out my thoughts and feelings and create intentions that aren't overwhelming - then helps me stay on top of them so they become a reality.

This journal is designed to help you have a more seasonal / 90 day focus. It will help you flow with the natural seasons, not push up against them, so that you can reach your goals with more ease and focus.

I really hope you enjoy this journal as much as I did creating it! Any feedback is always welcome, you can pop me an email at laura@wholeheartedlylaura.com and don't forget to share your thoughts and pics on social media using the hashtag **#wholeheartedjournal**.

Laura xx

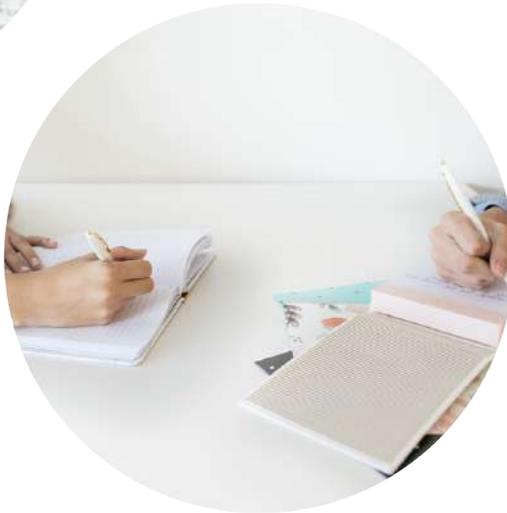


Listen to this issues Winter Playlist at Spotify for some relaxing tunes: <http://bit.ly/wholeheartedwinter>



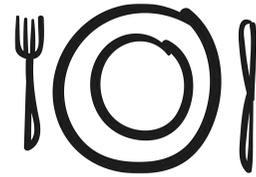
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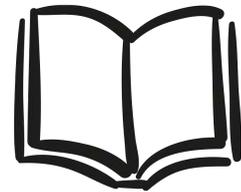
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Welcome to

winter

WINTER IS:

- Rest
- Introspection
- Tending to our inner worlds
- Doing the groundwork
- Thinking about what seeds need to be planted
- Crone / Dark Moon / Menstruation

It's the darkest time of year, and although winter solstice (21st December) has passed us and the days are gradually getting longer, the lack of sunlight and warmth make this one of the most challenging, and dare I say depressing, seasons of the year.

However, when we learn to truly embrace the energy of this season, it doesn't have to be such a difficult time. Winter is a season for restoration, turning inward, resting and the planning element of goal setting, not the action! When you think of how focused we can be on setting New Year's resolutions, particularly around our wellbeing in ways that go against the energy that is inviting us to rest, you can see why so many of us fail so shortly into January.

Instead of joining the masses in their New Years detoxes and diets, why not go with the winter flow this season...

How to flow with this season...

- Don't do any kind of juice cleanse or raw food based detox (if you really want to do something like that save it for spring)
- Embrace Hygge!
- Think about your goals and intentions for the year as a whole, but see the winter season as a time for laying the groundwork rather than being all action. Save that for the spring equinox!
- Sleep more





WINTER

*Self Care
ideas*

THIS SEASON FILL YOURSELF UP WITH

Reading

Sleep

Vitamin D supplementation

Daylight lamps

Get to know tarot cards / oracle cards (see my how to on page 16)

Visualisation

Meditation

Journalling

Shake up a self care cocktail!

What we need as acts of self care will shift and change with the season - both the natural seasons and the seasons of life we're in. Think about what you need to create your very own self care cocktail for winter! Here's mine:

Keeping up the fairy lights from Christmas (who am I kidding - I have mine up all year!) // candles // planning specific things I can look forward to // putting the focus on whole foods that make me feel nourished as suppose to excluding any food groups or doing any kind of plan // using essential oils // hot baths and yoga flows that help to warm up my body.



WRITE YOUR 2018 STORY

Rocking your New Year Intentions 365 with Nicola Rae-Wickham



How would it be if I told you I had an approach to the New Year that allowed you to harness the energy of this time without the horrible comedown of long forgotten and far flung resolutions? An approach that allowed you to use the New Year to provide momentum that lasts ALL 365 days and not just the first 10 days of January.

And like the cherry on the top, you stop subscribing to a rhetoric that tells us we are broken and in need of fixing and instead choosing an approach that sets you up to thrive and have fun.

Good, right!

If you are anything like me, you are sick of hearing the New Year New You mantra being batted around and setting resolutions that just make.you.feel.bad.

After going on my own journey, I came up with a method that is far more intuitive and aligned to our individual wants and desires than resolutions could ever be.

The traditional way of setting resolutions is a formula for failure as it relies wholly on our conscious mind, making it very much a

surface level decision. If you've ever wondered why that healthy eating plan or new routine you committed to on January 1st has become a distant memory by the January 23rd. It's because the resolution has been made with your conscious mind, yet it is your unconscious mind that is really running show and is the big player in dictating your behaviour.

Whilst the conscious mind might make the decision it is the unconscious mind that does the work and determines what you do. It is our unconscious mind that decides if we are going to stick to that healthy eating plan or the idea we had to run 3 times a week or start that new venture or learn that new language. It is simply the case of the goal setter vs the goal getter!

New Year Resolutions aren't created with this in mind that's precisely the reason why we don't keep to them. The pressure then leaves us feeling despondent and apathetic.

Our goals must be concurrent with and embedded into our unconscious mind in order to not only help them manifest into

reality but to make it a more enjoyable and fun experience.

Where to start?

Asking yourself how you want to feel, is a great way to set goals that are ecologically sound, where you are defining your own success and going for what you really want, in the way you really want.

The Intention Method

This is about writing your story! Yep, that's exactly what I said and the way to do this is to work with intentions. It causes you to get into the zone of creation, focussing on how you want to feel, how you want to show-up, who you want to surround yourself with and what experiences you want to have.

By doing this you'll be creating goals from the heart that are aligned with you at your core and therefore attuned with your unconscious mind.

The 5-step Intention Method invites you to enjoy the journey along the way and reminds you that happiness isn't some kind of 'over there' place, you can have that happiness now, and doing this will help you find it as you

continue along your journey and use how you feel as a barometer.

For this, you will need a pen and paper. I encourage you to write rather than type as there is something magically cathartic and powerful about the words forming on a page.

The steps

1) To start with let's jump onto that time machine and fast forward to December 2018. What story do you want to be telling about the year that has past?

2) A great way to look your core desired feelings is by doing a dream-board. Spending time really thinking about what you would love to be, do and have in 2018. Set some time aside and create an occasion out of it, whether you decide to go paper and scissors or do an electronic version. And be warned, what you put on that board is highly likely to happen!

Address all parts of your life, this is a holistic view, so consider career/work/business, body & health, wealth and money, home, relationships (family, friends, love & romance), fun and adventure, spirituality and sense of self.

Put the dream-board somewhere you will see it every day. Whether it adorns the wall of your workspace or you use it as your screensaver on your computer or phone. Look at it everyday and visualise what you are creating.

3) Choose a word for the year...This is a word that you can draw on to help keep you on track. It is your guiding light. It is useful to choose one that evokes a strong feeling within you.

4) Wouldn't be amazing if... Now this is my personal manifesting secret. It's what I use to dream big and then keep dreaming big everyday. It keeps it focused yet open and compelling yet unattached. This helps you to use your excitement to create the outlines of your story and allows you to stretch into that higher version of yourself.

5) Small steps...Now is the time to map out what small steps you are going to take to achieve the big things on your dream-board. Start by writing a list of all the small steps you can possibly take. Just write it all down, everything that comes into your head. Now you have something to work with and can chunk it down so that in week 1 "I am going to start by.... "

This is where you can help yourself out by getting accountability, whether from a coach, joining a Mastermind or getting an accountability buddy. Put dates in the diary, schedule and start!

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NEW YEAR: NEW MONEY

Tips for getting on top of your money in 2018 from Cat Plummer,
Financial Coach



January can often leave us feeling flat after the celebrations and frivolities of the Christmas season. It is often a time when people are feeling the squeeze when it comes to money, whether it's the self-assessment tax deadline or credit card bills coming in after Christmas.

There are many things you can do to counter these feelings and start to regain some control and actually January is a perfect time to get planning for the rest of the year.

Create a budget

It is so easy to spend more than we've got coming in. We often underestimate what things are going to cost or forget about events or celebrations that are coming up and we won't have budgeted for them. This can easily lead into overdraft fees and credit card charges. January is the perfect time to sit down and work out what is going to be happening for the rest of the year. What events are coming up: weddings, birthdays, special celebrations, even Christmas! Include things like haircuts, medicines, MOT, memberships. What will you spend on them? Get really clear on what your income is and what all your outgoings are. Total them up and divide by 12, then create a plan to put these things aside monthly in preparation for

those events. In order to succeed, write down these intentions and put the plan into action.

Pay yourself first

Once you've worked out your budget, if your goal is to save money this year, pay yourself first. Work out what you want to save each month and then transfer that money first, to somewhere separate if you can. Even better is to make it automatic. Alternatively, check out some of the apps that are out there now that help you to save money without feeling it. We are more likely to succeed if the process is less painful. If you are looking for ways to cut down to help you save some money think about the little costs that add up. So, if you get a coffee 5 days a week, cut just one of them out. That £2.90 x 52 is £150.80!

Remove those links

The internet and technology have made it easier than ever to spend money. How many times have you seen something you liked and with just 1 click it is bought and on its way? Remove the automatic link to your cards on all your favourite shopping sites. Such an easy win but makes such a difference. You can fall into the trap of the easy click and we can often forget what we've bought and that we've even spent some money. By the time

you have to get up, go and find your purse, get the card out and input the numbers, you may have thought twice about that purchase.

Meal planning and make your own lunch

If you are struggling to reduce your outgoings in any other way, looking at food is a great place to start. We throw out tonnes of food every year, which is a huge waste of both food and money. Meal planning is a really good way to ensure you're only buying what you need as you can make your shopping list from your meal plan. Why not try dropping down a brand on certain products too? Take your own lunch to work. £5 a day on lunch can really add up! Cook extra at dinner and take leftovers or make up a batch of soup or pasta at the weekend to take with you.

Getting value for money

If there is something you really want to buy, don't buy the first thing you see. Make sure you shop around. Some shops offer discount codes for signing up to newsletters and the price difference between stores can be huge. Also check to see if you can get cashback on the purchase.

If you have memberships and subscriptions, are you getting value for money? Check your bank statements and complete a standing order and direct debit audit to make sure you're not still paying for services you're not

using. Ask yourself if you are making the most out of the subscriptions and memberships you do use. If not, consider cancelling them. If you do, consider if it is worth it or if you can get it cheaper elsewhere. While doing this, also check for payments that auto-renew like insurances. Shop around and compare deals to get the best one for you.

Words - Cat Plummer is a financial coach specialising in helping women to build better relationships with money. She can be found at www.catplummer.com and also writes a blog about living a penny-wise but rich life over at www.pennywiseliferich.co.uk. She can be found across social media at @catplummercoach

HOW TO: GET STARTED WITH THE TAROT

Your step by step guide to using the Tarot for guidance



1 Know what they are

As part of the resurgence of all things spiritual Tarot cards have gained new popularity - and hot tip, I think tarot cards are about to go mainstream in 2018!

I've been using Tarot cards since I was 15 years old and have always been fascinated by them. Where they once were synonymous with stereotypical fortune tellers, it seems their true nature as a tool for self reflection and personal development is being discovered. With the tarot you can find the full breadth and depth of human experience and a range of useful archetypes. Even Carl Jung said that the tarot provided a door to the unconscious mind.

So what is the tarot? Tarot cards have been around since the 15th Century but it was in the early 1900's that the most popularised Rider Waite Smith deck and artwork and symbolism was conceived. The Tarot is made up of 78 cards consisting of 22 Major Arcana cards and then 56 Minor Arcana cards divided into four suits: Wands, Cups, Swords and Pentacles. Tarot cards and oracle cards are different as the tarot will always follow this kind of structure whereas

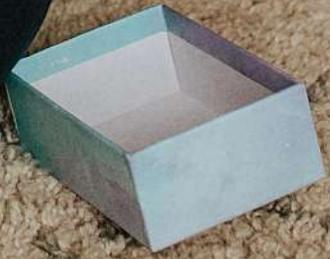
oracle cards use their own systems and aren't connected to that set tarot structure.

There's now a huge number of different tarot decks available with the most beautiful artwork and variations of that original Rider Waite Smith imagery and symbolism.

Now, some people do use Tarot cards as a form of divination, or fortune telling. However I don't use my cards in this way, I actually feel they are better at reflecting things back to us, highlighting things we need to be made aware of or understand better in our lives.

2 Choose your deck

I think it's really helpful to choose a deck you feel a connection with, and thankfully these days you have plenty of choice! I love my Starchild Tarot and the Wild Unknown Deck, but check out littleredtarot.com for a wide range of modern decks (I have my eye on the Lioness Tarot!) If you're not sure which deck to go with, you can't go far wrong starting with the original Rider Waite Deck as it's also a good place to get familiar with the original symbolism.





3 Get comfy with your deck

Different decks will come with instructions for ‘cleansing’ your deck before you get started. Personally I don’t worry too much about this - I’d go with what feels good for you. I always spread mine out in front of me and take in all the imagery and feel them out before giving them a good shuffle. I often keep a quartz crystal with my deck to keep them clear and charged.

4 Get to know their meanings

Most decks will come with their own ‘little white book’ with all of the cards meanings within. What you find the more you get to know the Tarot is that everyone will have a slightly different take on each card, and as you get more confident using them so will you!

A good practice for getting to know the cards is doing a daily draw. This is simply drawing one card each day then spending some time tapping into your own intuitive feelings about that card and then looking up the ‘book’ meaning. Doing this for a few months will really help you get to know them better.

Want to know more? Check out biddytarot.com and [The Book of Tarot](#) by Danielle Noel.

The study of the tarot is literally a lifelong process but the more you use them the more you’ll find them an invaluable tool in your personal development arsenal!

5 Perform a reading for yourself

Of course the reason you probably want to get to know the Tarot is to be able to read them for yourself! Again, many ‘little white books’ will come with a spread idea you can use to get started - but you can also check out my Winter Spread on page 43! Begin by shuffling the cards while thinking about your question or the thing you need some guidance with. Then draw out your cards as per the spread. It’s always a good idea to have a journal nearby (or get yourself a specific Tarot journal). For me, I’ve always liked just pulling 3 or 5 cards and reading them as a whole picture, jotting down in my journal the messages that come through. I always get some incredible insight!

Words: Laura Agar Wilson

RECIPES

Healthy // Tasty // Simple





*Perfect for
pancake day!*



BLUEBERRY BANANA PANCAKES

Serves 3-4

Ingredients

- 2 cups (160 g) oats
- 1 medium banana
- 1 egg
- 350 ml (1.25 cups) milk (dairy free is fine)
- 1.5 tsp baking powder
- 1 cup frozen blueberries

Directions

- Add all ingredients, apart from the frozen blueberries to a blender and blend until smooth.
- Transfer to a large bowl and stir through the blueberries.
- Heat a frying pan over a medium heat (add a little oil if needed) and add about a 1/4 cup of the batter to the pan. Fry until bubbles form on the surface then flip and cook the underside.
- Repeat with the remaining batter, keeping cooked pancakes warmed under a low grill.
- Serve!

BLACKBERRY APPLE BREAKFAST CRUMBLE

Serves 1



Ingredients

- 1/3 cup porridge oats
- 1/2 tbsp coconut oil or butter
- 1 tbsp honey
- 4 walnuts, roughly chopped
- 1/2 tsp cinnamon
- 1 apple
- 1/2 cup of frozen blackberries or blueberries
- Yoghurt to serve

Directions

- Pre heat the oven to 180c
- Peel the apple and chop into chunks. Wash the berries and mix with the apples in an oven proof bowl.
- Melt the coconut oil or butter and combine with the oats, honey, cinnamon and chopped walnuts
- Sprinkle the oat mixture on top and then bake for 30 minutes or until the crumble is golden on top.
- Serve with greek yoghurt.

by Laura Agar Wilson

*Simple re balancing
meal for post
Christmas*



SALMON AVOCADO SALAD WITH GREEN GODDESS DRESSING

Serves 2

Ingredients

- 2 salmon fillets
- 1 avocado
- 1 bag of watercress

For the green goddess dressing:

- 2 handfuls of fresh parsley
- 3 tablespoons of tahini
- 3 tablespoons of apple cider vinegar
- 1 clove of garlic
- 1/4 teaspoon salt

Directions

- Pre heat the oven to 180c. Place the salmon fillets onto a piece of foil with 2 tablespoons of water and scrunch up the edges to create a parcel. Bake for 10-15 minutes or until the salmon is cooked to your liking.
- To make the dressing, add all ingredients to a blender and blitz until smooth, adding water as needed to thin out.
- Divide the watercress between two salad bowls.
- Slice the avocado and place on top of the watercress.
- Remove the salmon from the skin and flake on top of the salads.
- Drizzle with the green goddess dressing and serve.

by Laura Agar Wilson

RED LENTIL AND SPINACH CURRIED SOUP

Serves 4

Ingredients:

- 1 onion
- 1 tablespoon of curry powder
- 1 cup of red lentils
- 1 400g tin of chopped tomatoes
- A large handful of spinach
- Fresh coriander
- Pinch of salt

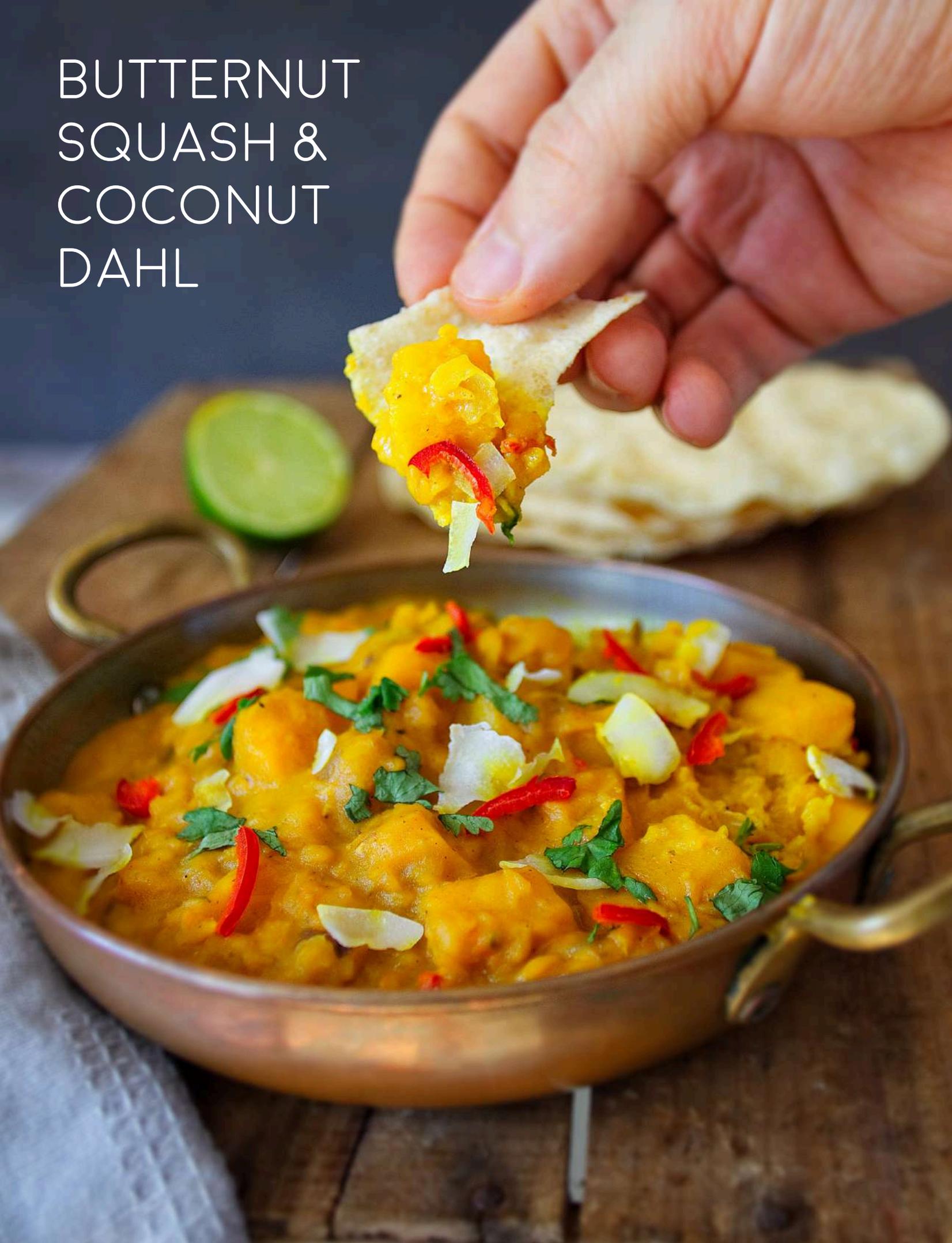
Directions:

- Heat a little oil in a large pan over a medium heat. Finely chop the onion and add to the pan, frying until it becomes softened.
- Add the curry powder and continue to cook. Meanwhile rinse the lentils.
- Add the lentils and chopped tomatoes to the pan along with 750 ml of just boiled water
- Bring to a simmer and cook for 20-30 minutes or until the lentils are cooked and tender and the soup has thickened.
- Add the spinach and stir through. Taste for seasoning and add salt if required.
- Serve with the chopped coriander



by Laura Agar Wilson

BUTTERNUT SQUASH & COCONUT DAHL



'This dhal is so simple to make and tastes absolutely amazing. I love to save some for lunch the next day or freeze it down for quick healthy meal without having to cook.'

Portion 4-5

Ingredients:

- 1/2 large butternut squash or roughly 500g (peeled and chopped weight)
- 1 tablespoon coconut oil
- 3 small garlic cloves crushed
- 1 medium size red onion diced
- 1 tablespoon turmeric
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon paprika
- pinch of chilli flakes
- 1/2 teaspoon coriander
- 1/2 red chilli deseeded and finely chopped (if you enjoy it hotter than add the whole chilli)
- Fresh Lime
- 1 cup red split lentils (180g)
- 1 1/2 cans coconut milk
- 250ml veg stock (I use Marigold)
- Salt & Pepper

Directions:

- Peel and chop the butternut squash into small cubes along with dicing the red onion
- Heat a large pot on a medium heat with the coconut oil and add the crushed garlic, cook until the garlic is sizzling
- Add the red onion with a pinch of salt & pepper and cook for a couple minutes
- Add all the spices and fresh chopped chilli along with the juice of 1/2 a lime and mix thoroughly
- Now add the chopped butternut squash with a pinch of salt & pepper and fry for a couple minutes making sure to stir.
- Add in the coconut milk, stock and lentils making sure to mix thoroughly
- Bring to a boil and reduce to a simmer for 25 minutes. Stir every 5-10 minutes

It is now ready to serve, I often have mine with a side of brown rice

Tip: Finish off with a squeeze of lime juice, fresh coriander, fresh chilli and some coconut flakes!

Recipe by James Whyte healthylivingjames.co.uk



COMFORTING
BLACK BEAN
CHILLI

‘Chilli is the perfect winter comfort food. This black bean version is incredibly simple to make and only costs around £5 (non organic) for 4-6 portions and roughly £7 if you’re going organic. It is also gluten free and vegan.’

Portion: 4-6

Ingredients:

- 2 tbsp olive oil
- 3 garlic cloves, crushed
- 1 small red onion, diced
- 1/2 tsp ground coriander
- 1 tsp paprika
- 1/2 tsp cayenne pepper
- 1/2 tsp cinnamon
- 1 red chilli, deseeded and diced
- 2 large carrots, grated
- 680g passata (good quality)
- 2 tbsp tomato puree
- 2 cans black beans, drained and rinsed
- 1 can kidney beans, drained and rinsed
- 1 tbsp cacao powder (optional)
- 200ml veg stock (good quality)

Directions:

- Start by grating the carrot, dicing the red onion and fresh chilli
- Heat a large pan on a medium heat adding the olive oil and garlic until sizzling
- Add the onion and all the spices along with a pinch of salt and pepper and stir
- Now add the carrots and chopped chilli and cook down for 2-3 minutes until soft
- Add the passata, tomato puree, beans, cacao powder and stock and stir
- Bring to a boil and then reduce to a low/medium heat to cook for 15 minutes (making sure to stir every 5 minutes)
- Serve!

Tip: I like to serve mine on brown rice or inside a roasted sweet potato and top it with plain coconut yoghurt, extra chillies and fresh coriander.

Tip: The chilli mix will freeze well, I just allow it to cool once cooked and portion it out ready for freezing!

Recipe by James Whyte healthylivingjames.co.uk



PEANUT BUTTER CURRY

Serves 4

Ingredients

- 1 onion
- 4 cloves of garlic
- 1 inch piece of ginger
- 2 tablespoons garam masala
- 1/4 cup / 4 Tbsp of peanut butter
- 1 can of coconut milk (refrigerated for an hour)
- 1 red pepper
- 1 tin chickpeas
- 1 tin of cooked green lentils
- 1 Tbsp soy sauce
- 1 Tbsp honey
- Fresh coriander

Directions

- Peel the onion, garlic and ginger and blitz together in a small food processor or nutri bullet type blender (alternatively finely chop)
- Heat 1 Tbsp of oil over a medium heat in a large pan. Add the garam masala and stir while it toasts for 3-4 minutes. Then add the onion, garlic and ginger paste and continue cooking for a further 5 minutes.
- Open the can of coconut milk without shaking it. Add the peanut butter to the pan followed by the thick coconut milk from the top of the can, and just a splash of the water left in the can.
- Combine and let in simmer while you finely slice the pepper and drain the beans and lentils.
- Add the pepper to the pan, followed by the beans 5 minutes later.
- Add the soy, honey and a large bunch of fresh chopped coriander
- Serve with rice, more veg or naans.

This is hands down one of my favourite curries ever! Enjoy



SPICED PEAR FIG & ORANGE CRUMBLE



‘Crumble is such a comforting dessert and absolutely perfect for these winter evenings to share with family or friends. This crumble is incredibly simple to make with just 7 ingredients and even comes with a vanilla cashew “cream” for you to try with it. It is also gluten free, plant-based and refined sugar free!!!’

Portion 6-8 servings

Ingredients:

- 1 tbsp coconut oil
- 4 pears, chopped into chunks
- 4 oranges (3 peeled and chopped into chunks and save 1 orange for the oat topping)
- 4 figs, sliced into quarters
- 2 tsp cinnamon
- 2 cups rolled GF oats
- 4 tbsp maple syrup

Vanilla Cashew Cream:

- 100g cashews (soaked in water for at least 3-4 hours)
- 100-110ml unsweetened almond milk
- 1/2 vanilla pod (slice in half and scrape out the seeds inside)
- 1 tbsp maple syrup

Directions:

- Pre heat the oven to 200C
- Roughly chop the 4 pears, 4 figs and 3 oranges into chunks
- Heat a large pan on a medium heat with the coconut oil, add all the fruit along with 1 tsp of cinnamon and cook down for rough 10 mins until soft
- Meanwhile make the crumble topping. To a large mixing bowl add the oats, 1 tsp cinnamon, maple syrup, the zest of half an orange along with the juice of the whole orange and mix well with a spoon
- Once the fruit is cooked, add to a large baking dish and then simply top with the oat mixture.
- Place in the oven for 15 minutes at 200C
- If you are making the cream then simply add all the ingredients to a blender and blend until smooth
- Serve warm with the cashew cream

Tip: I would highly recommend trying it with the vanilla cashew cream!

Recipe by James Whyte healthylivingjames.co.uk



*I love a warming hot
drink in the winter.
For something a bit
different give these
lattes a try*



MATCHA LATTE

Ingredients

- 1 cup / 250ml of milk of choice (Oatly Barista is the best non dairy option!)
- 1 teaspoon of matcha powder
- 1-2 teaspoons of honey or maple syrup

Directions

- Heat up the milk then add to a blender (not a nutri bullet type one as the lid will get stuck with it being hot!) and add the sweetener and matcha.
- Blend well and drink!

*no blender? no problem - use a whisk instead!



TURMERIC LATTE

Ingredients

- 1 cup / 250ml of milk of choice
(Oatly Barista is the best non dairy option!)
- 1 teaspoon of cinnamon
- 1/2 teaspoon of ginger
- 1/2 tsp turmeric
- pinch of black pepper
- 1-2 teaspoons of honey or maple syrup

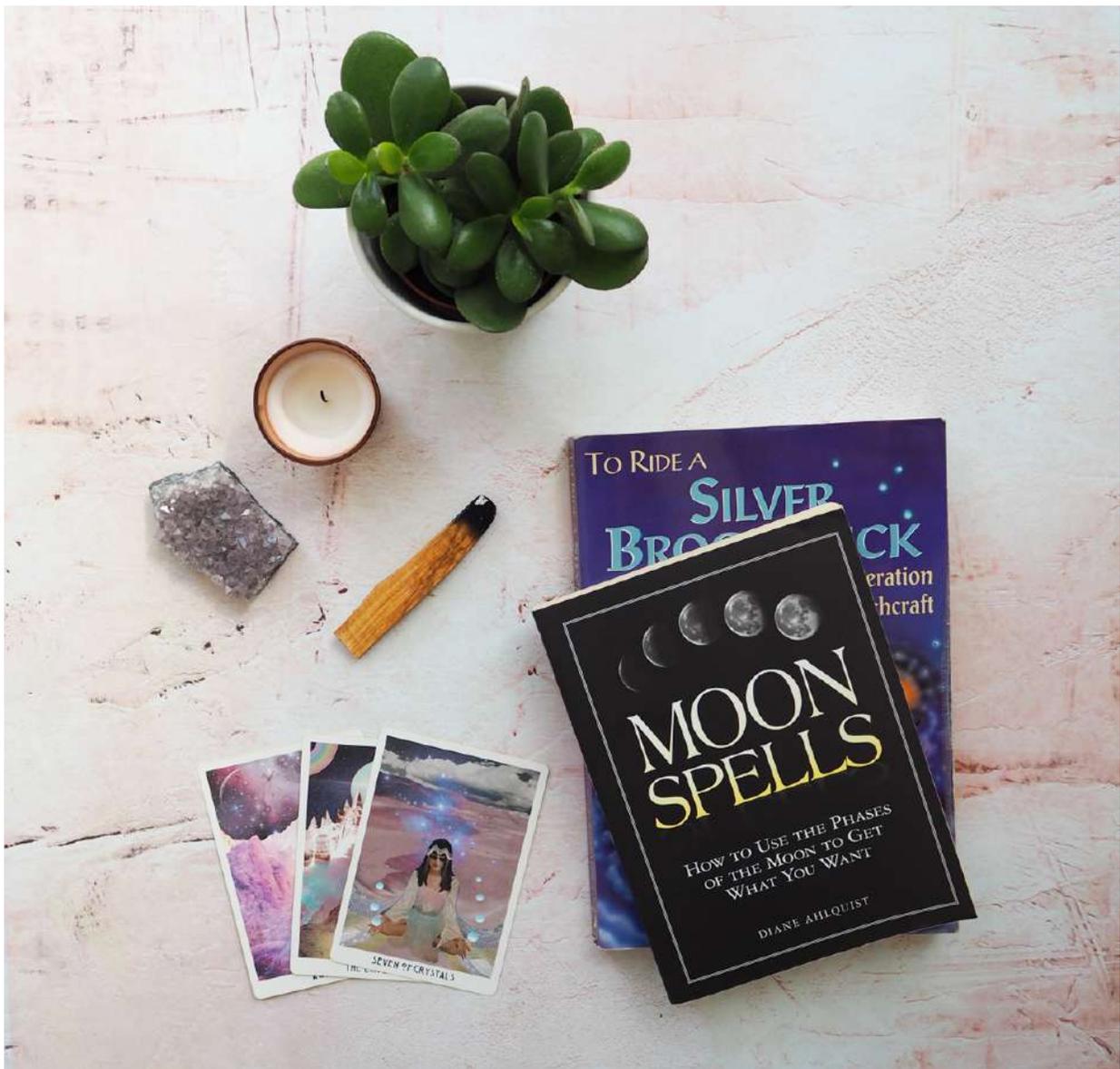
Directions

- Heat up the milk then add to a blender (not a nutri bullet type one - see the matcha recipe for why!) and add the sweetener and spices.
- Blend well and drink!

*no blender? no problem - use a whisk instead!

CYCLE DATES

Moon phases / Festivals / Rituals to connect



MOON DATES

all times and dates are in UK Time

FULL MOON: Tuesday 2nd January 2.25am
(opportunity to spiritually release the last year)

NEW MOON: Wednesday 17th January 2.18am

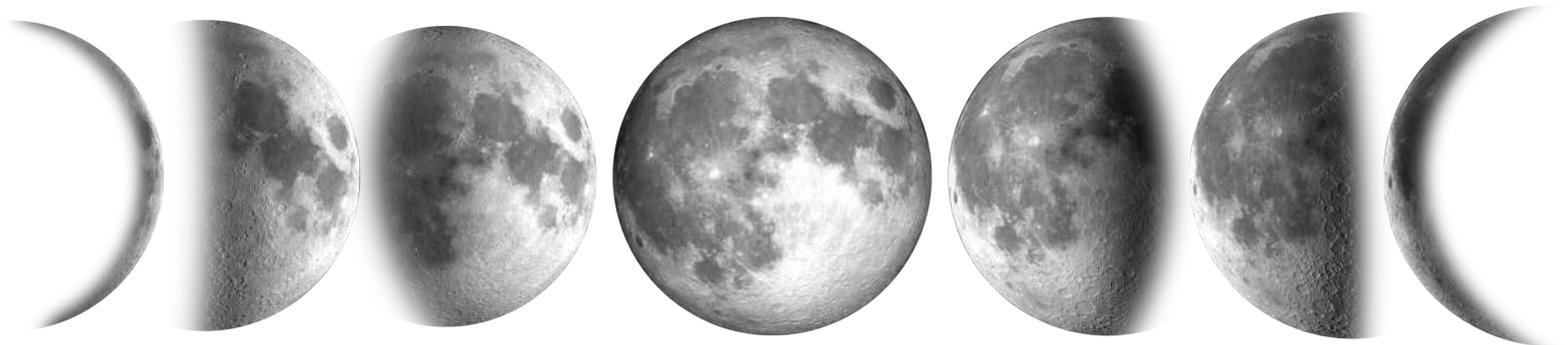
FULL MOON: Wednesday 31st January 1.27pm
Blue Moon AND Lunar eclipse

NEW MOON: Thursday 15th February 9.06pm

FULL MOON: Friday 2nd March 00.52am

NEW MOON: Saturday 17th March 1.14pm

FULL MOON: Saturday 31st March 1.37pm - **Blue Moon**



IMBOLC

1st February

Imbolc is one of the ancient celtic fire festivals (along with Beltane, Litha and Halloween) that are marked between the solstices and equinoxes. Imbolc is those first green shoots appearing through the frost and snow drops that hint that the spring is on it's way. It's a celebration of the return of light and an expectation of whats to come in the next few months. The energy of this festival is maiden energy, it's youthful and full of potential. It's a lovely celebration to mark (check out the ritual ideas over the page!)



SPRING EQUINOX

20th March

Spring equinox is when the day and night are of equal length. For me, the equinoxes are always about balance and represent one of those tipping points of the year when we slip between seasons.

This festival is like the quarter waxing moon, it's growth energy, building up, expanding and brightening light. It's fertility returning to the earth. Now is a perfect time to consider your intentions for the coming season of spring and reflect back on the winter past.





IMBOLC HOME BLESSING RITUAL

At the start of February most people will still be spending a lot of time in their homes while it's cold, so now is a lovely time to use the energy of Imbolc to bless your home for the coming year.

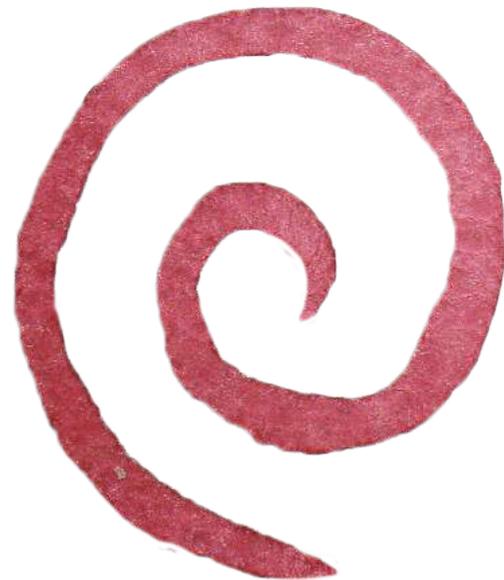
Light a white candle in the most centre point of your home visualising all the blessings you'd like to invite into your space. You might want to visualise new furniture, people visiting, happiness and laughter or whatever it is you'd like to have in your home in the coming seasons. Let the candle burn out safely.

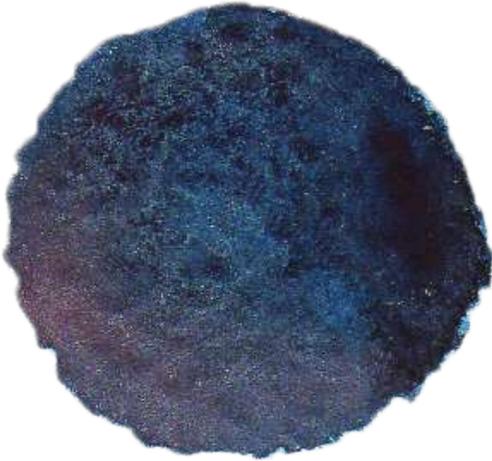
WINTER NEW MOON RITUAL

New moons are excellent times to focus on what you'd like to bring into your life. As the moon begins a new cycle, thinking about what you'd like to manifest and making that clear to the Universe is a really beautiful way to connect with nature.

Since this is the season of winter - an inward facing energy, this ritual will help you consider what changes you need to manifest inside yourself for the outward things to appear.

To begin light a candle or some incense (this is totally optional though!) Get a pen and paper and start and think about the biggest things you'd like to manifest in the coming months - maybe love, better relationships, more money etc. Now, write down what needs to change inside you, to help these things manifest. To manifest love you maybe need to ask for more confidence. To manifest more money you may need to ask for greater focus etc. Write this second list in as much detail as possible, really focusing on the internal things you need to help you manifest the things in the first list. Speak everything out loud if you're able to then burn it to release it.





BLUE MOON RITUAL

Very unusually we're getting not one but two blue moons in the next three months. This is seriously uncommon! However it gives us a good opportunity to clear a lot of our crap. While new moons are a time for inviting new things in, full moons are a good time for releasing what no longer serves us and a blue moon is a powerful opportunity for doing this. I've heard people speak of blue moons like being able to shut a door, so if you get to late January or March and feel like you're repeating the same patterns from 2017, this is a good chance to release them.

Writing a list of what you'd like to release and burning it is a super simple way to honour any full moon, however let's add some energy to that with this special blue moon ritual.

You'll need: epsom salts, lavender essential oil, 1 small quartz crystal, paper, pen, something safe to burn paper in.

Run a bath and add a cup of epsom salts, 5 drops of lavender essential oil. Get in the bath and relax, bring to mind all of the things you'd like to 'shut the door on'. Get your pen and paper and write it all down. Pop your 'releasing' crystal in the bath with you and visualise the water cleansing everything unwanted from your body and energy. Drain the bath and remove the crystal. Get dried and dressed then burn the list and bury the crystal to symbolise your letting go.

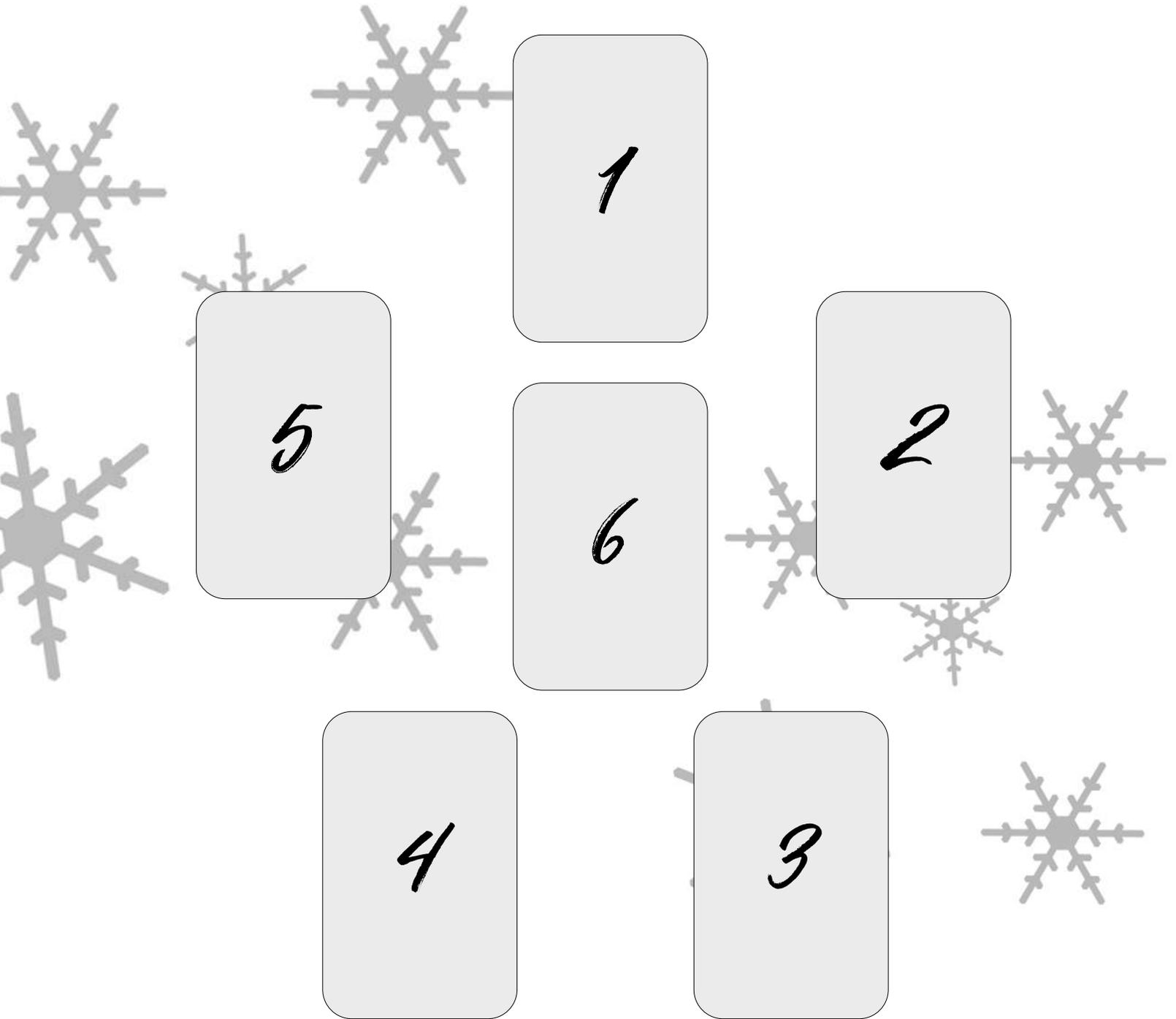
SPRING EQUINOX PLANNING RITUAL

Spring equinox is finally here marking the official start of spring and fresh new energy. Whereas winter is about turning inwards, spring is about growth and renewal. When you thought about your 2018 intentions and I said to make winter the 'groundwork' phase, now is the action phase!

Get outside if you can and write an action list, what needs to be worked on now to get you closer to your goals? Now is also a great time to perform a tarot reading to give you some insight into things to consider for the season of spring.



WINTER TAROT SPREAD



Shuffle your cards then lay them out in the spread above. Here's each card position representation:

- 1 - This is where you are right now
- 2 - This is what's currently holding you back
- 3 - How to honour your energy this season
- 4 - What seeds need to be planted this season
- 5 - This is the magic you can make this winter
- 6 - Your big message

JOURNAL

Your Winter 90 Day Intention Setting // Calendars // Habit Trackers



2018 OVERVIEW

Your big dream for 2018!

This is a space for you to journal freely about what 2018 means to you. What are your big intentions? What successes and joy would you like to be reflecting back on while sipping Prosecco on 31st Dec 2018? How would you like 2018 to feel?

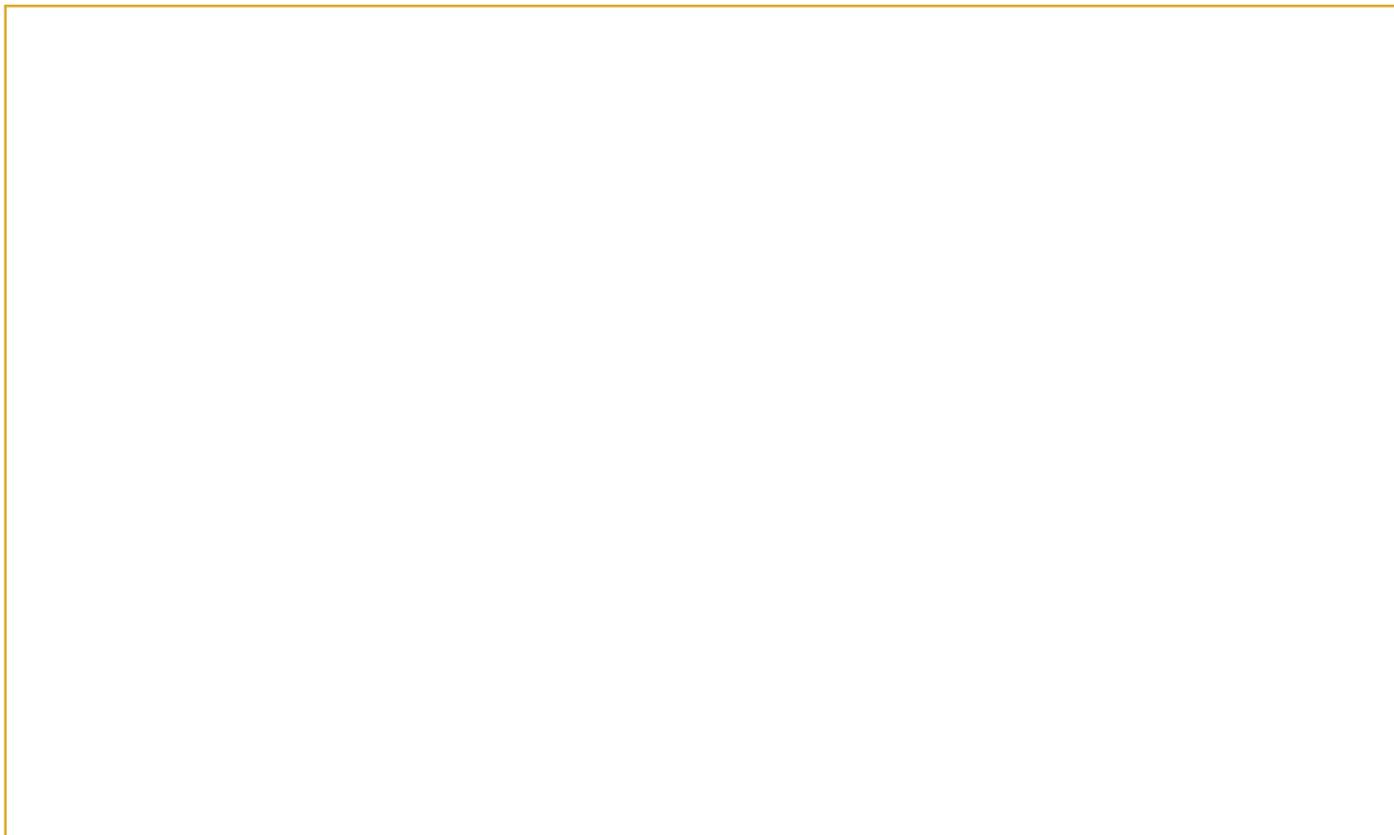


WINTER 2018

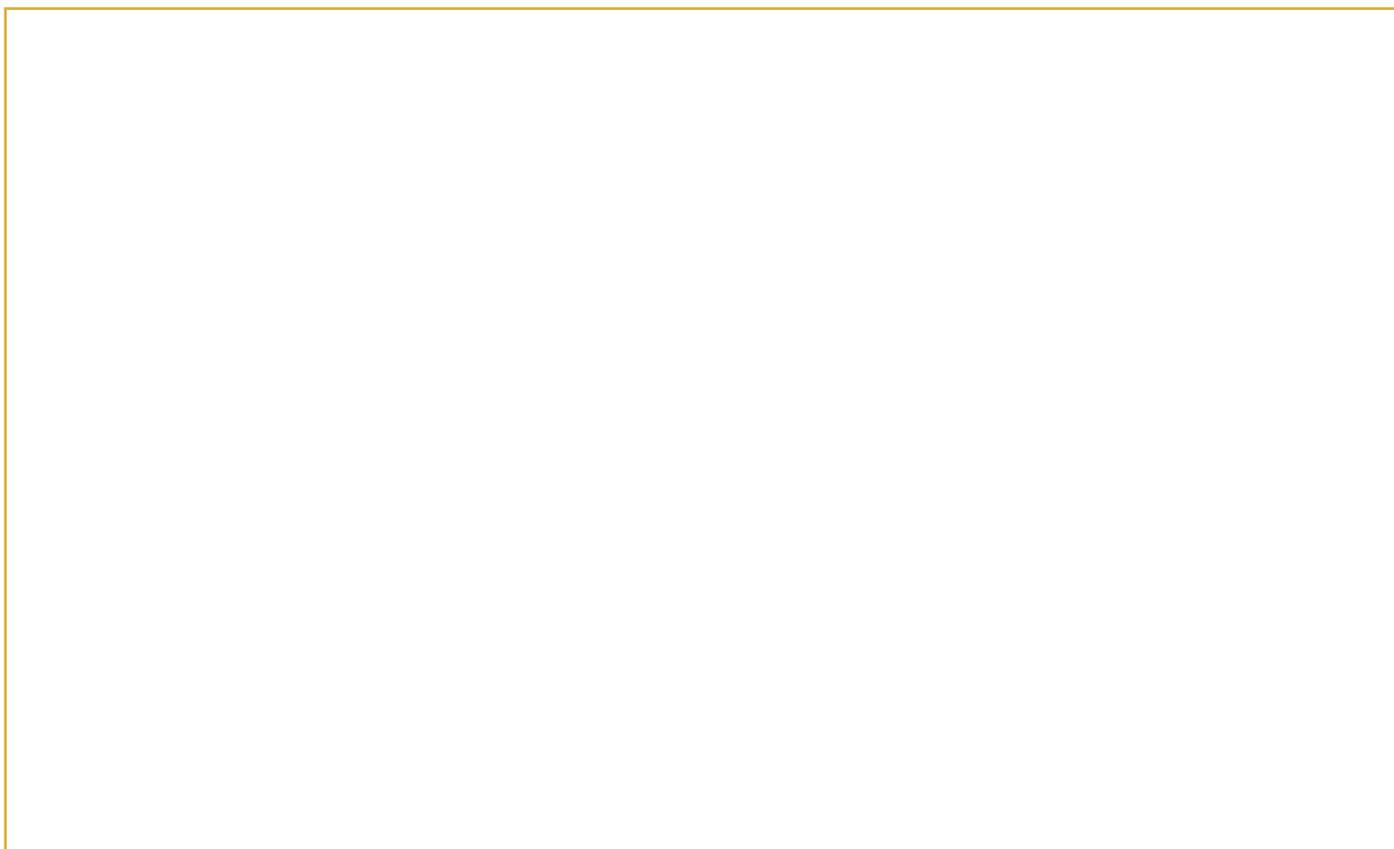
What does the season of winter mean to you?

How can you include more rest and recuperation at this time?

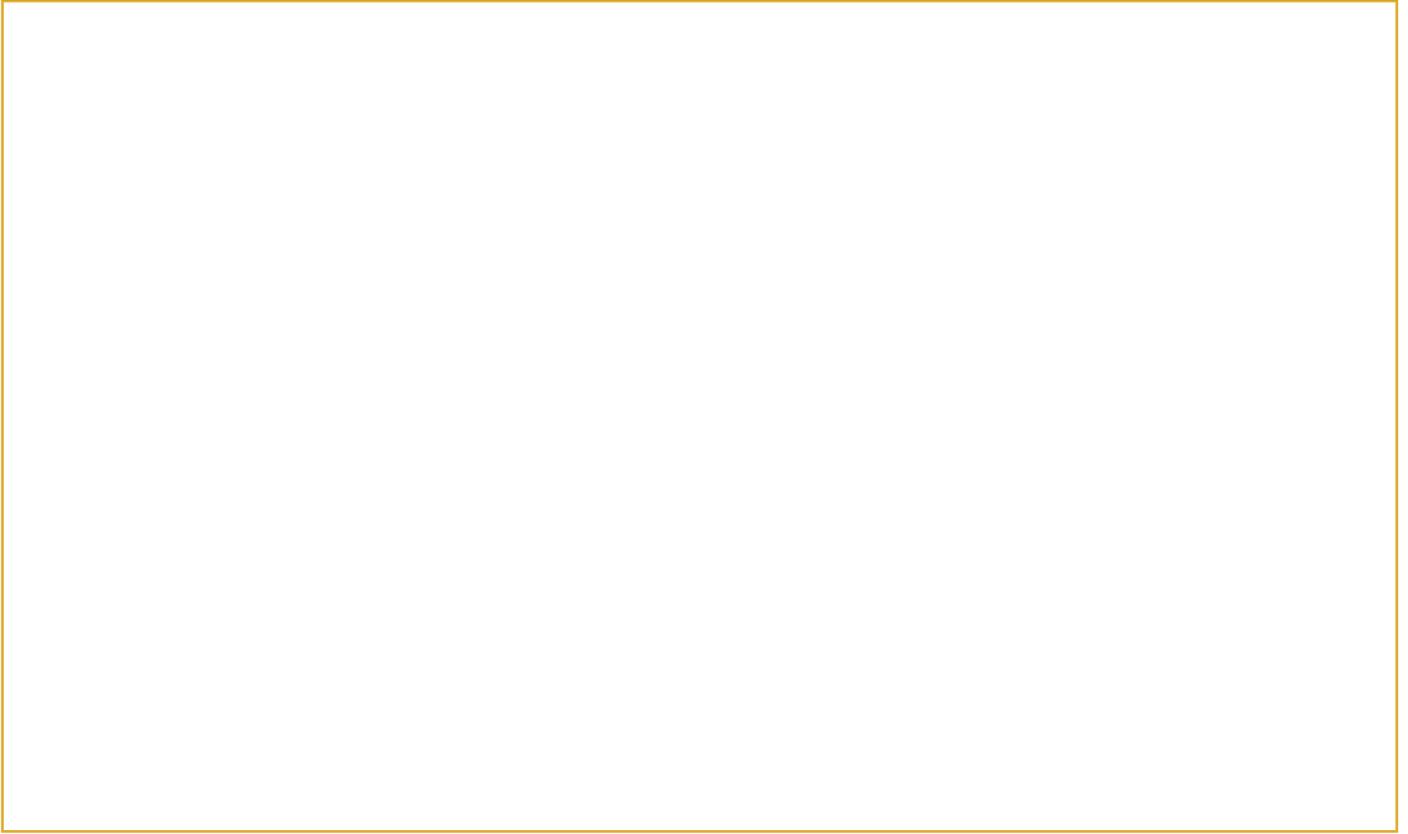
What have you been putting up with or tolerating lately?



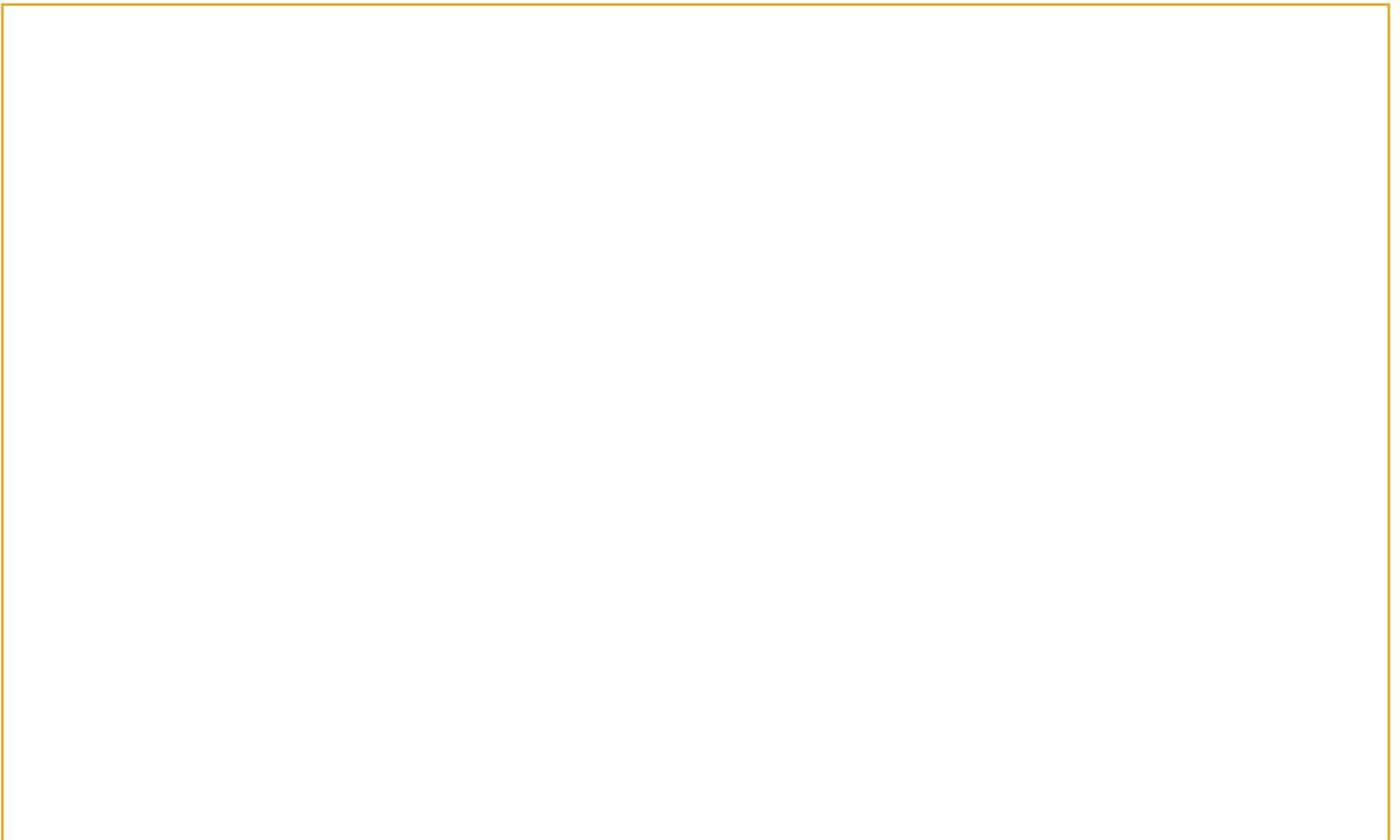
What needs to shift or be left behind to bring more joy and happiness into your life?



How can you make this season more fun and joyful?



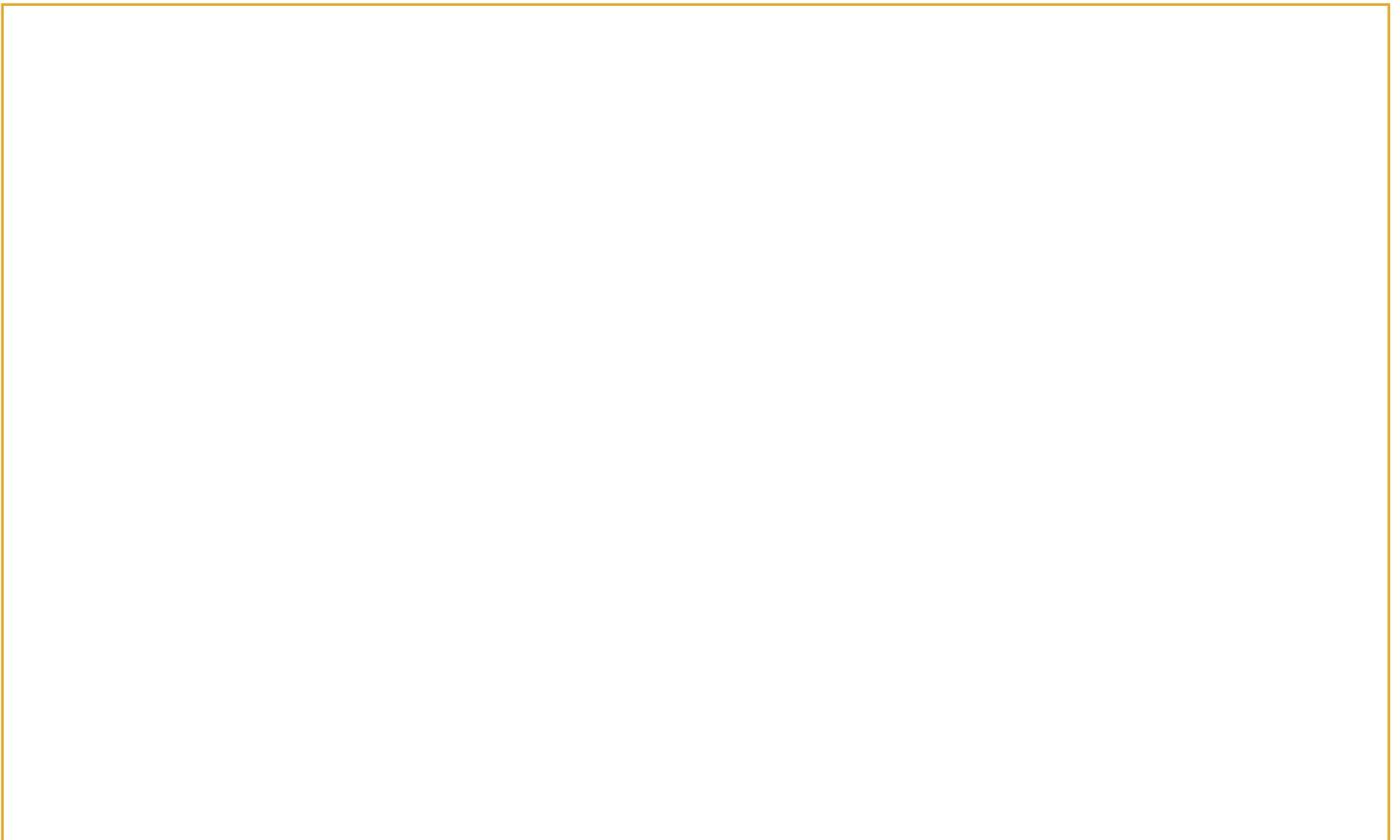
How would you most like to feel this season?



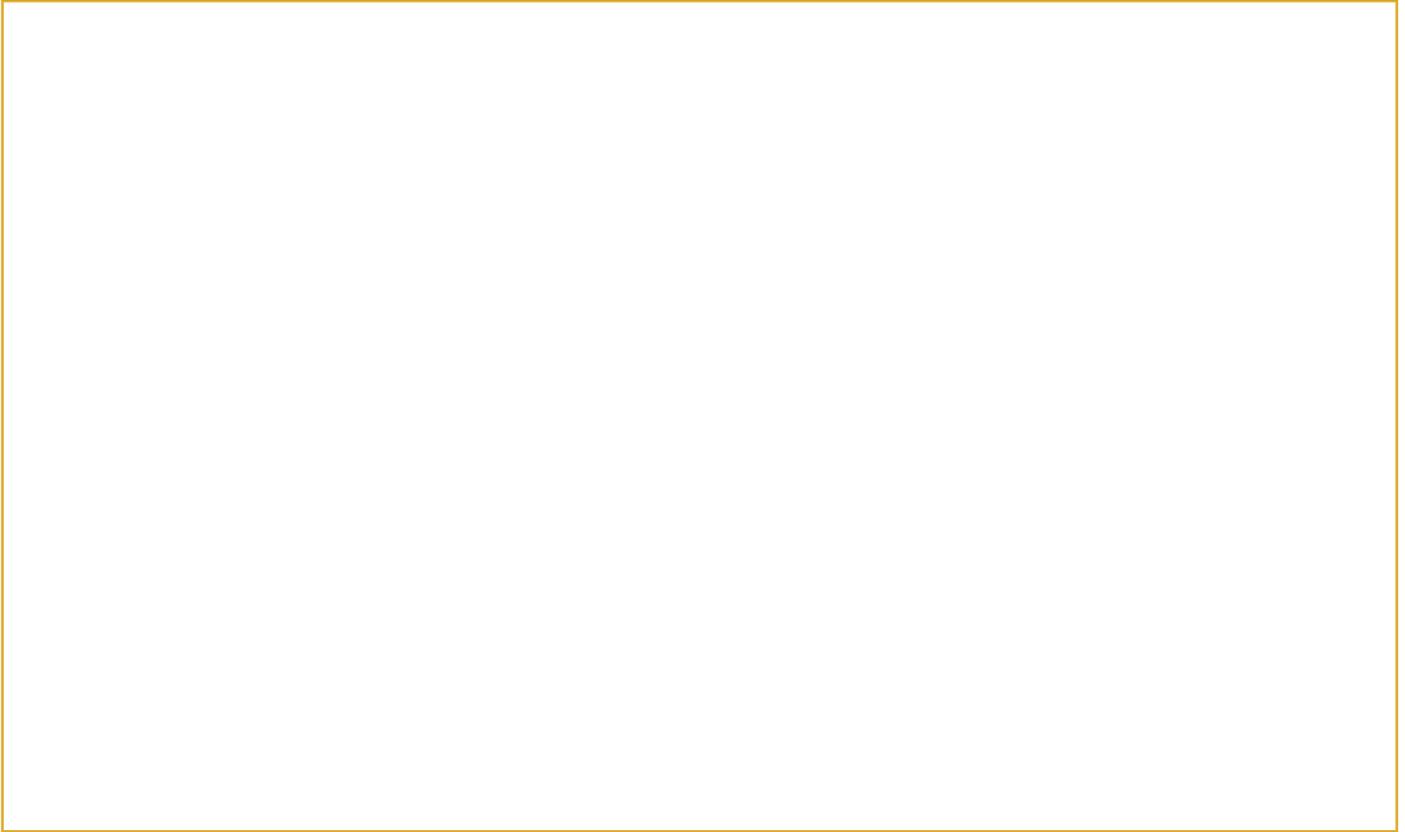
How would you like your life to be different by the end of this season?



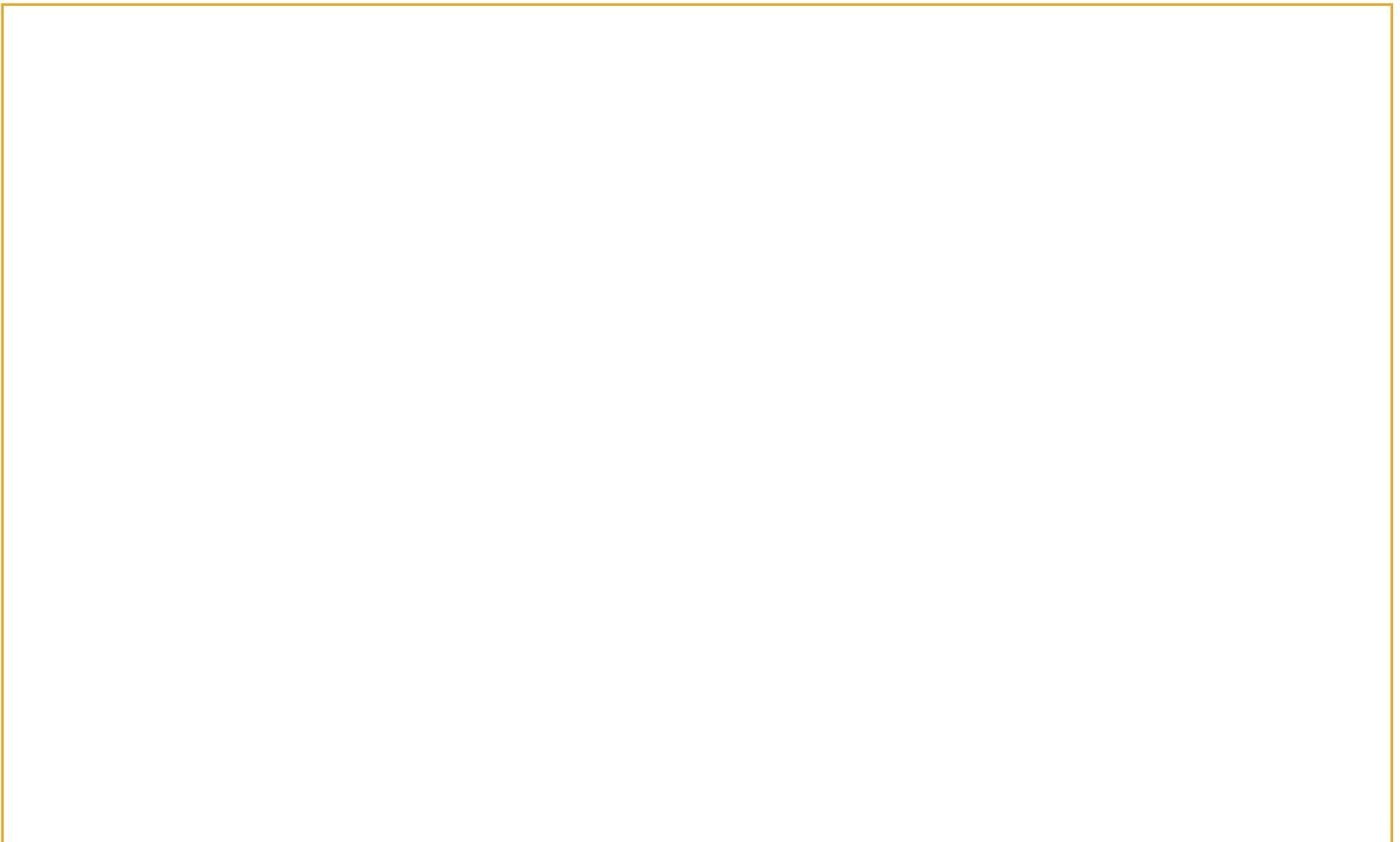
What are your specific intentions for this quarter (try to stick with no more than 3 things)



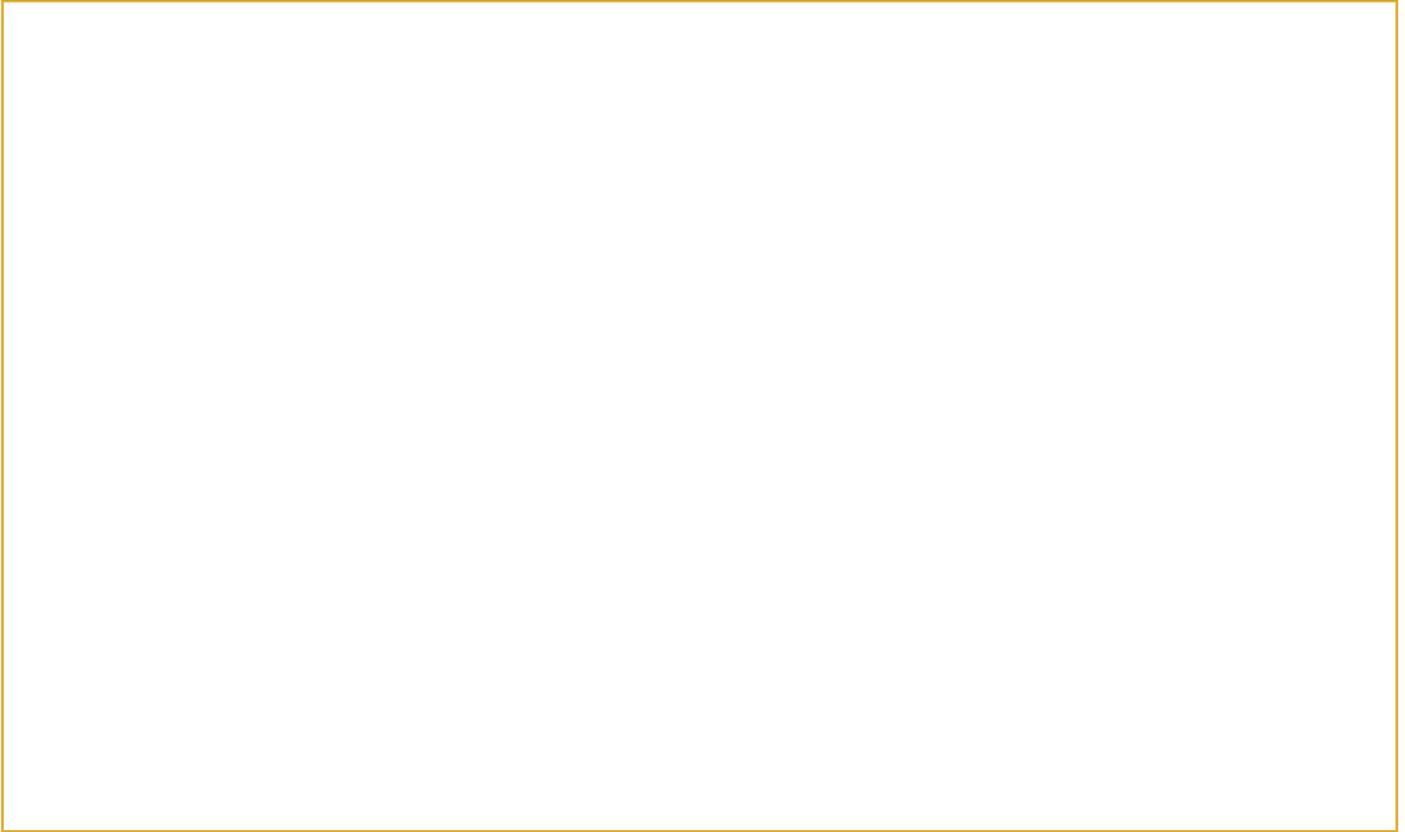
Intention one - list out the action steps or micro actions you need to focus on to realise this intention:



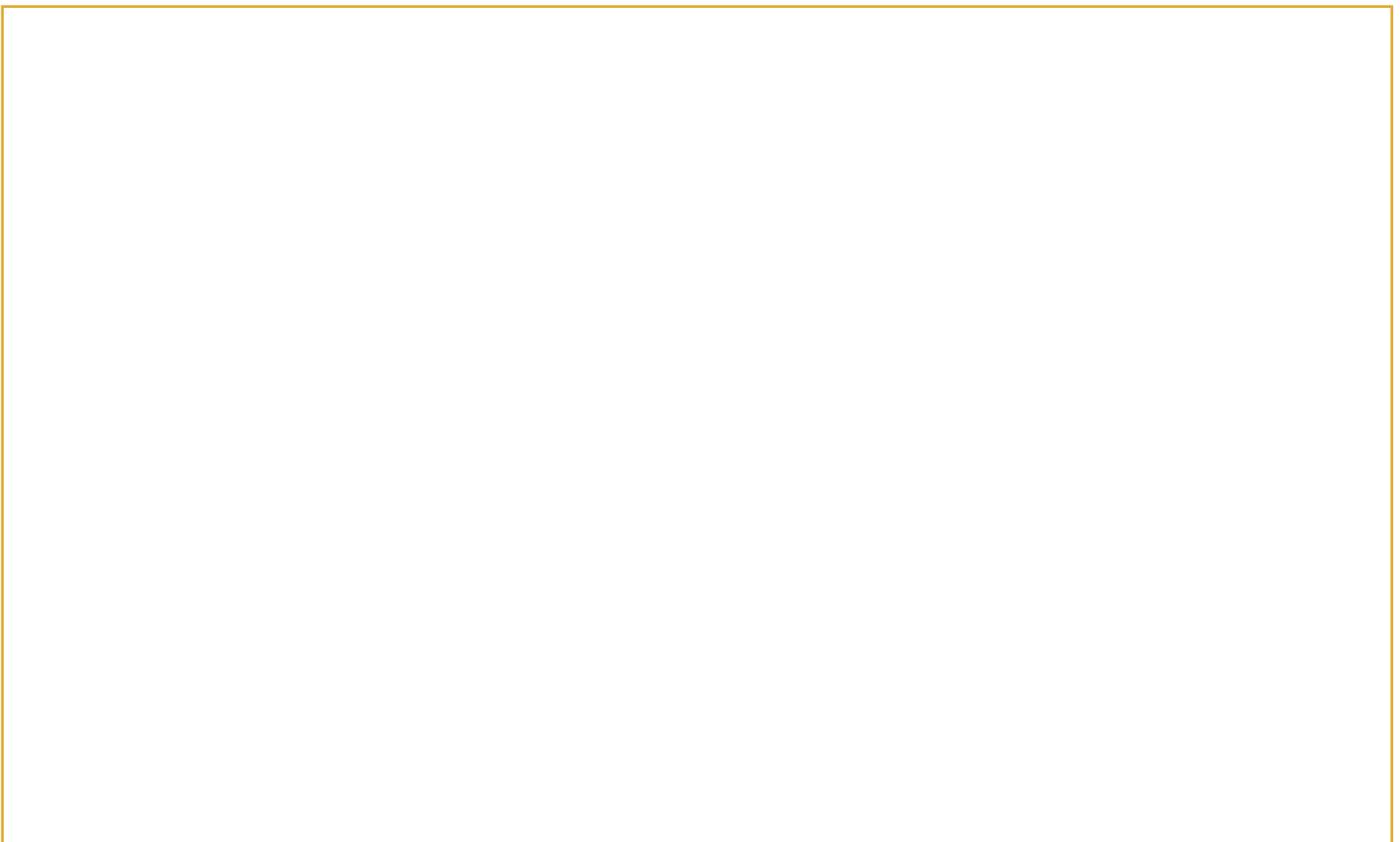
Intention two - list out the action steps or micro actions you need to focus on to realise this intention:



Intention three: list out the action steps or micro actions you need to focus on to realise this intention:



Who can support you with these action steps / micro actions? Do you need to ask anyone for help?



Any final thoughts you'd like to jot down when it comes to what you'd like to focus on in your life this winter season?

A large, empty rectangular box with a thin orange border, intended for the user to write their final thoughts for the winter season.

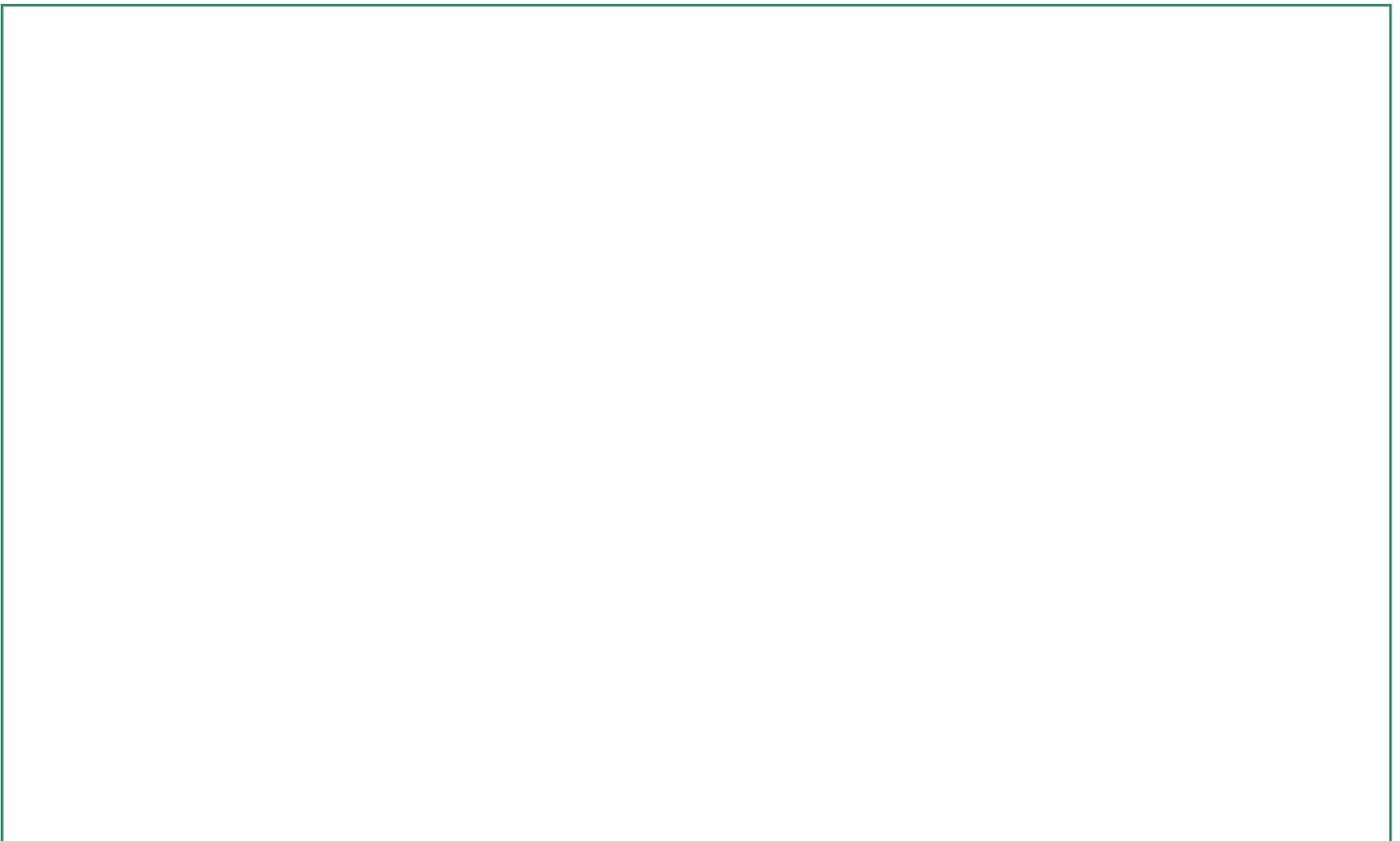
January



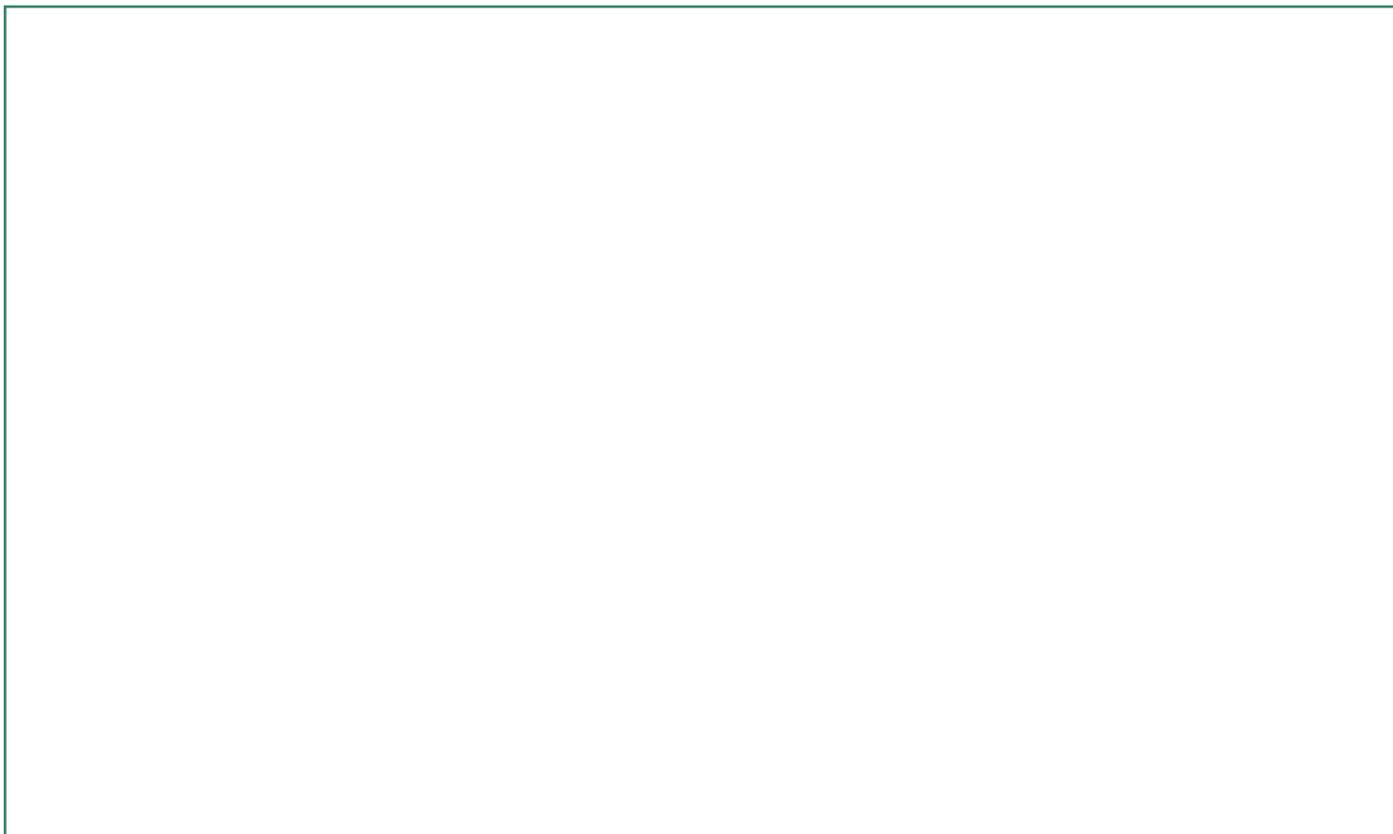
What's been working well in December?

A large, empty rectangular box with a thin black border, intended for a user to write their response to the question above.

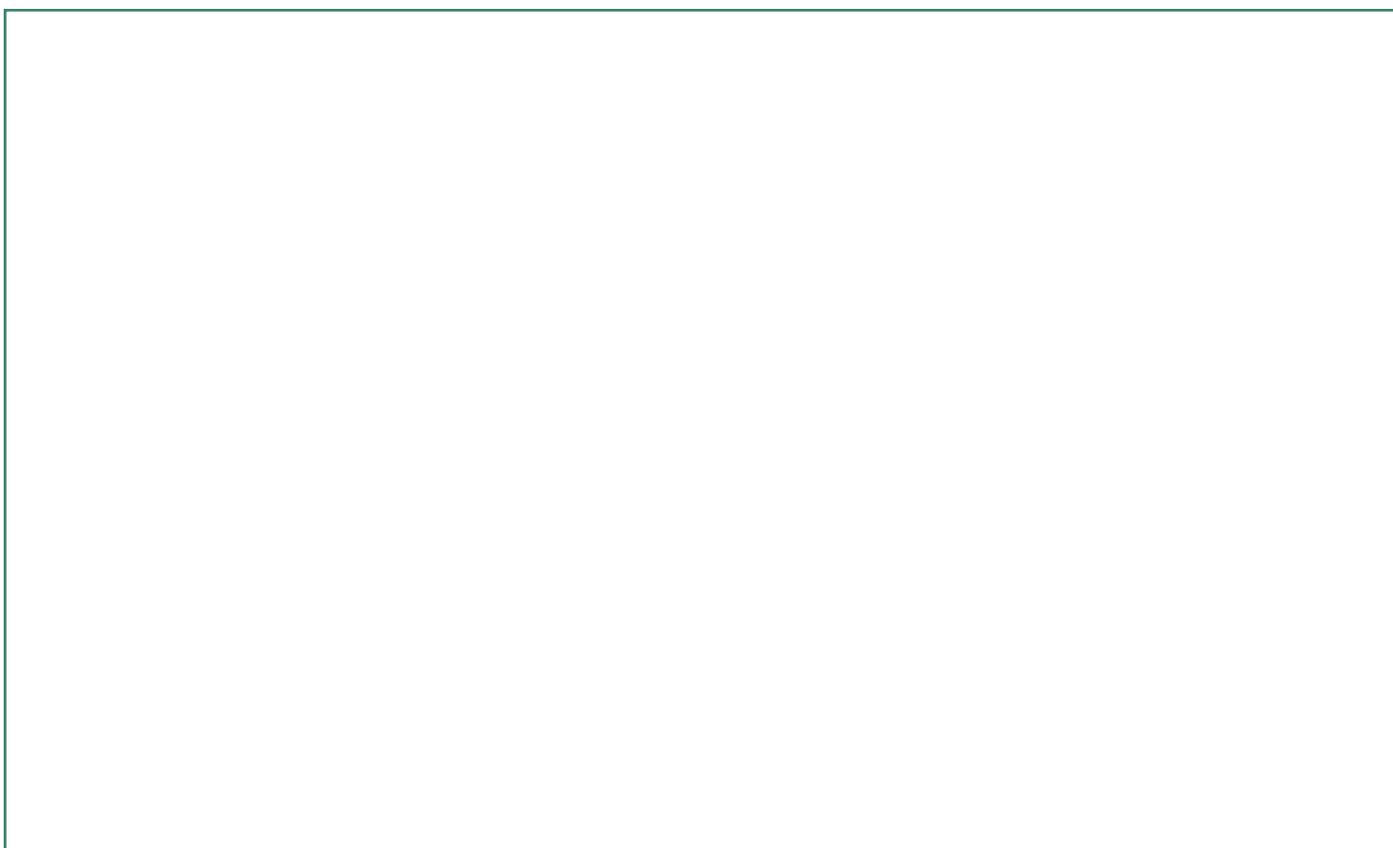
What's *not* been working well in December?

A large, empty rectangular box with a thin black border, intended for a user to write their response to the question above.

What needs to change?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

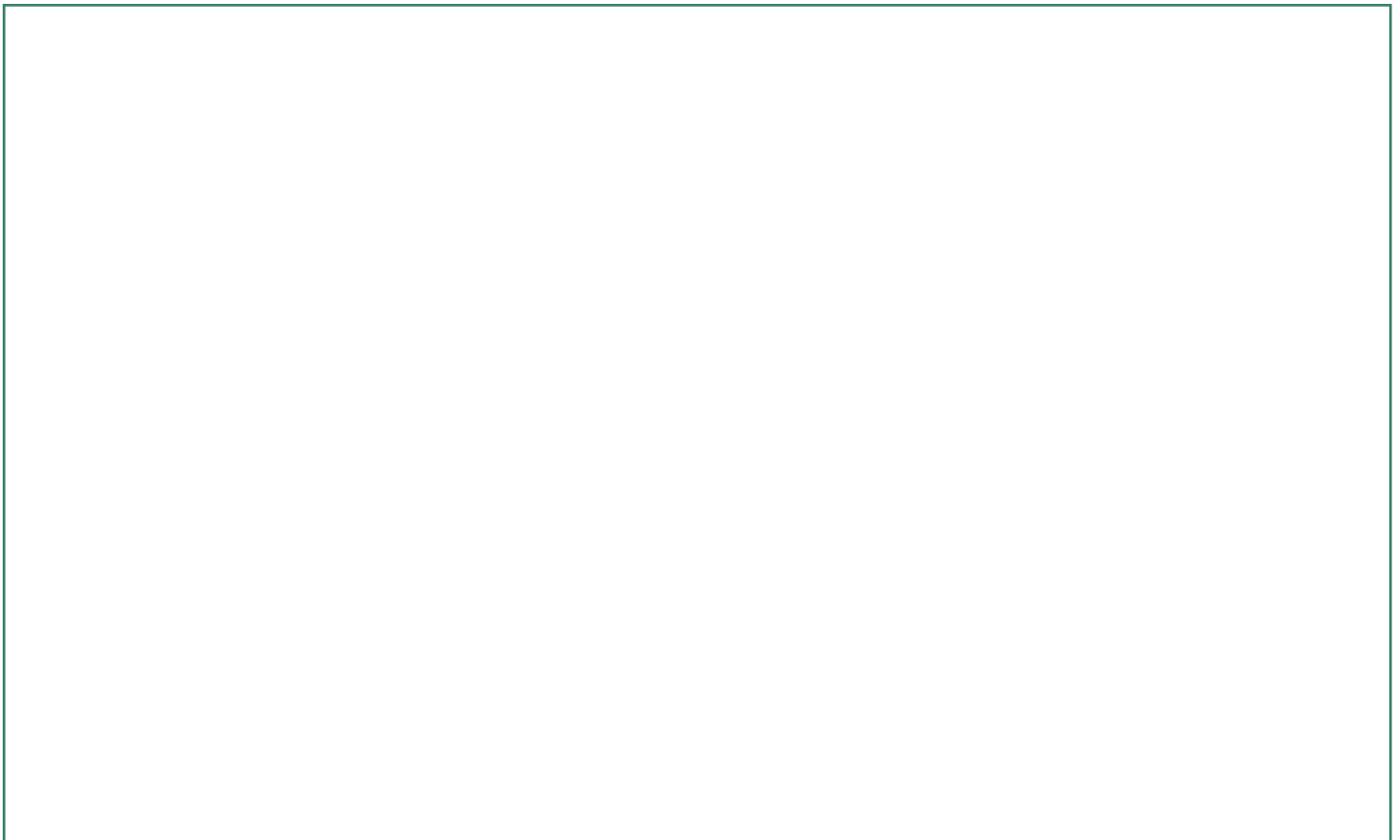
How are you progressing with any intentions you've previously set for yourself?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

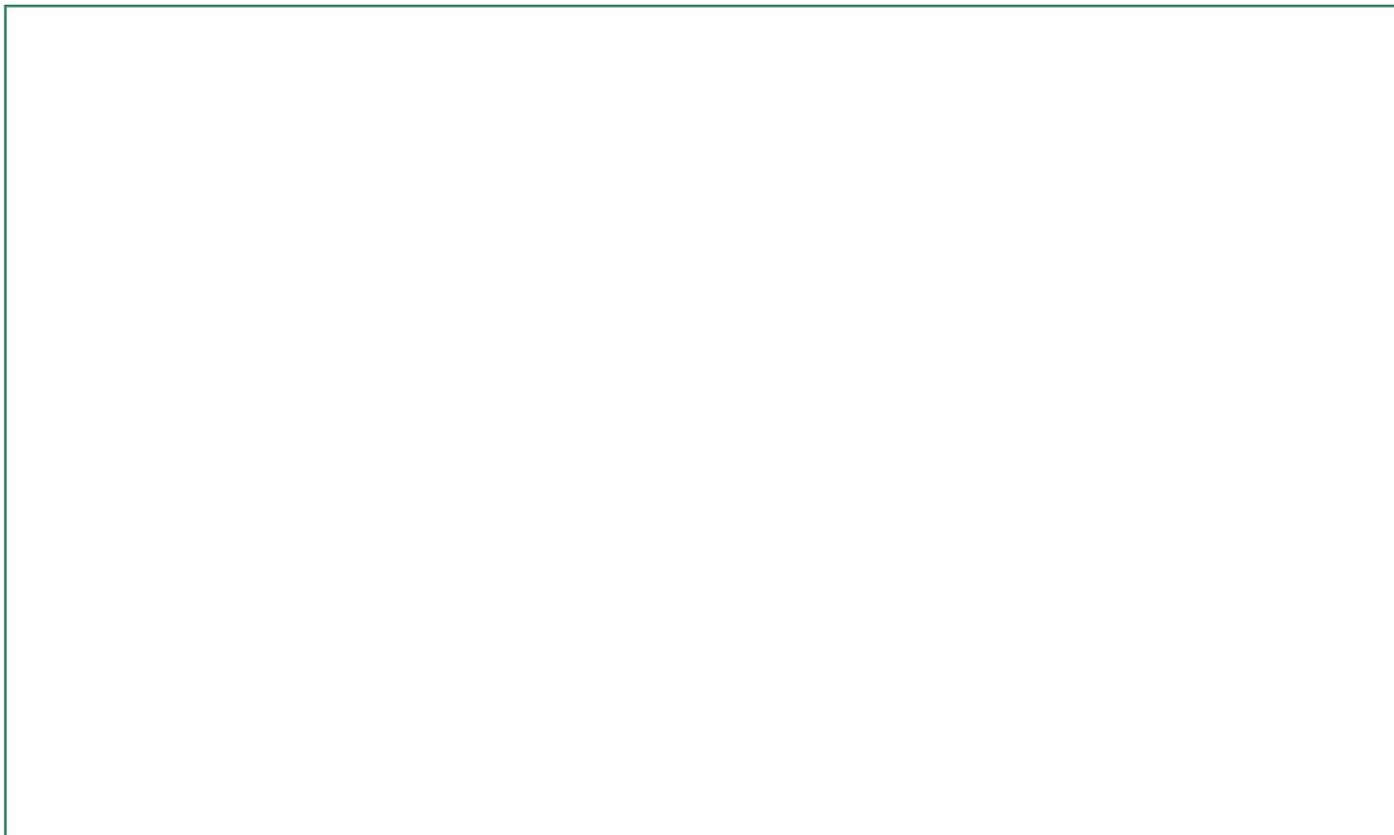
Where do you need to refocus?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

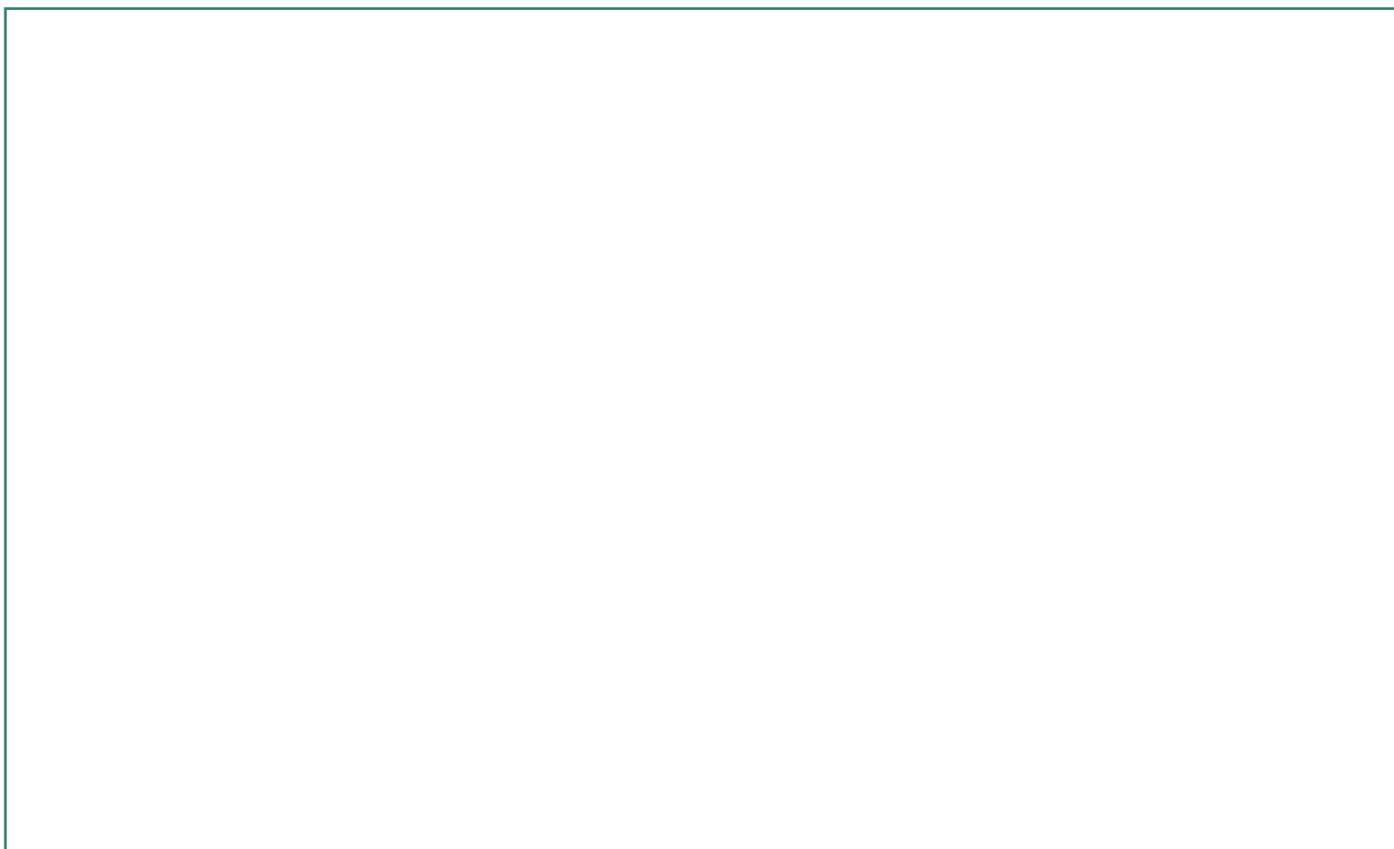
What ingredients need to be in your self care cocktail this month?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

What plans can you make that will bring more joy into your life this January?

A large, empty rectangular box with a thin black border, intended for the user to write their plans for the month of January.

Anything else you need to journal out to help this month be the best month it can be?

A large, empty rectangular box with a thin black border, intended for the user to journal out anything else they need to help the month of January be the best it can be.

Notes

JAN CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2 ○	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17 ●	18	19	20	21
22	23	24	25	26	27	28
29	30	31 ○				

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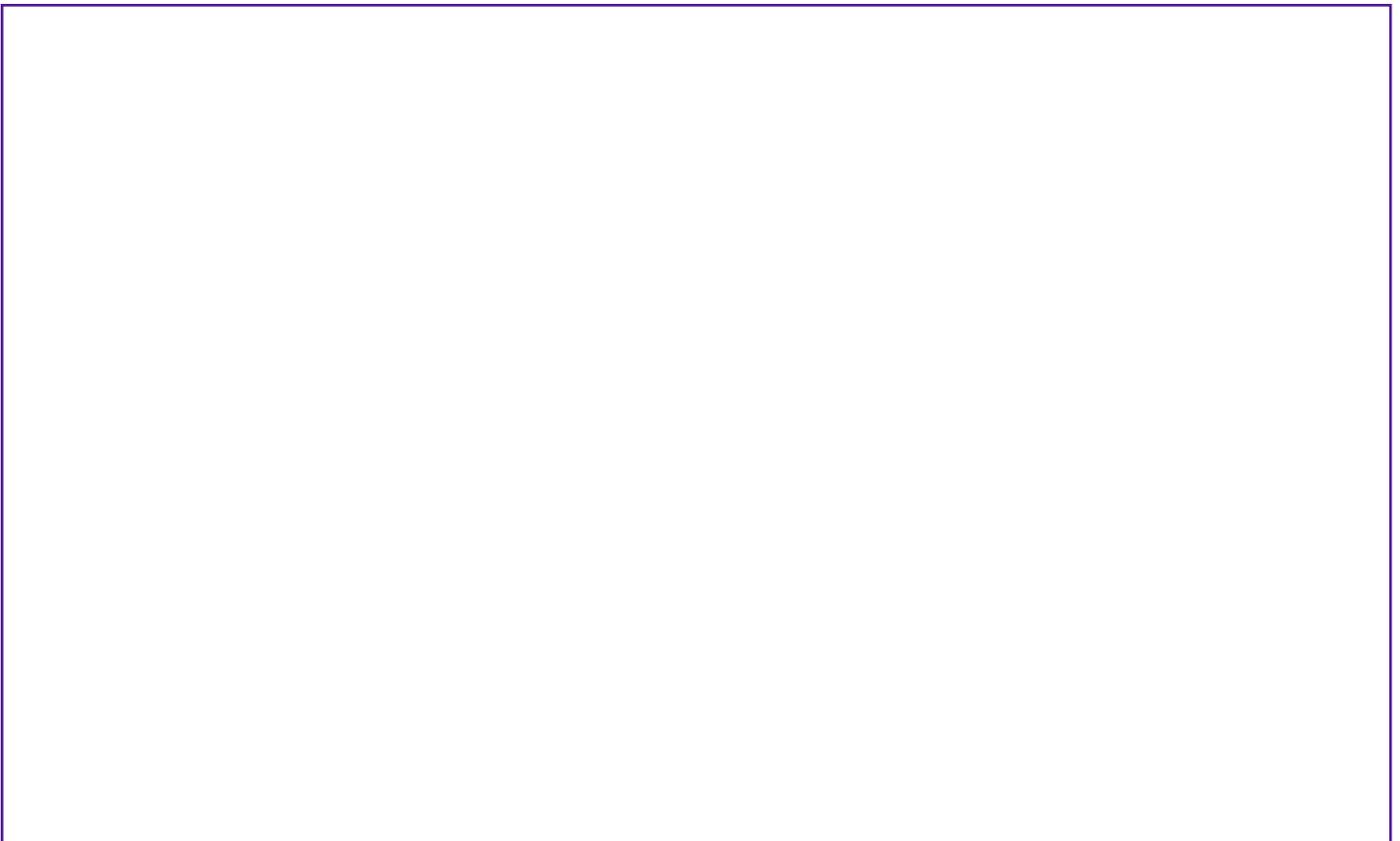
February



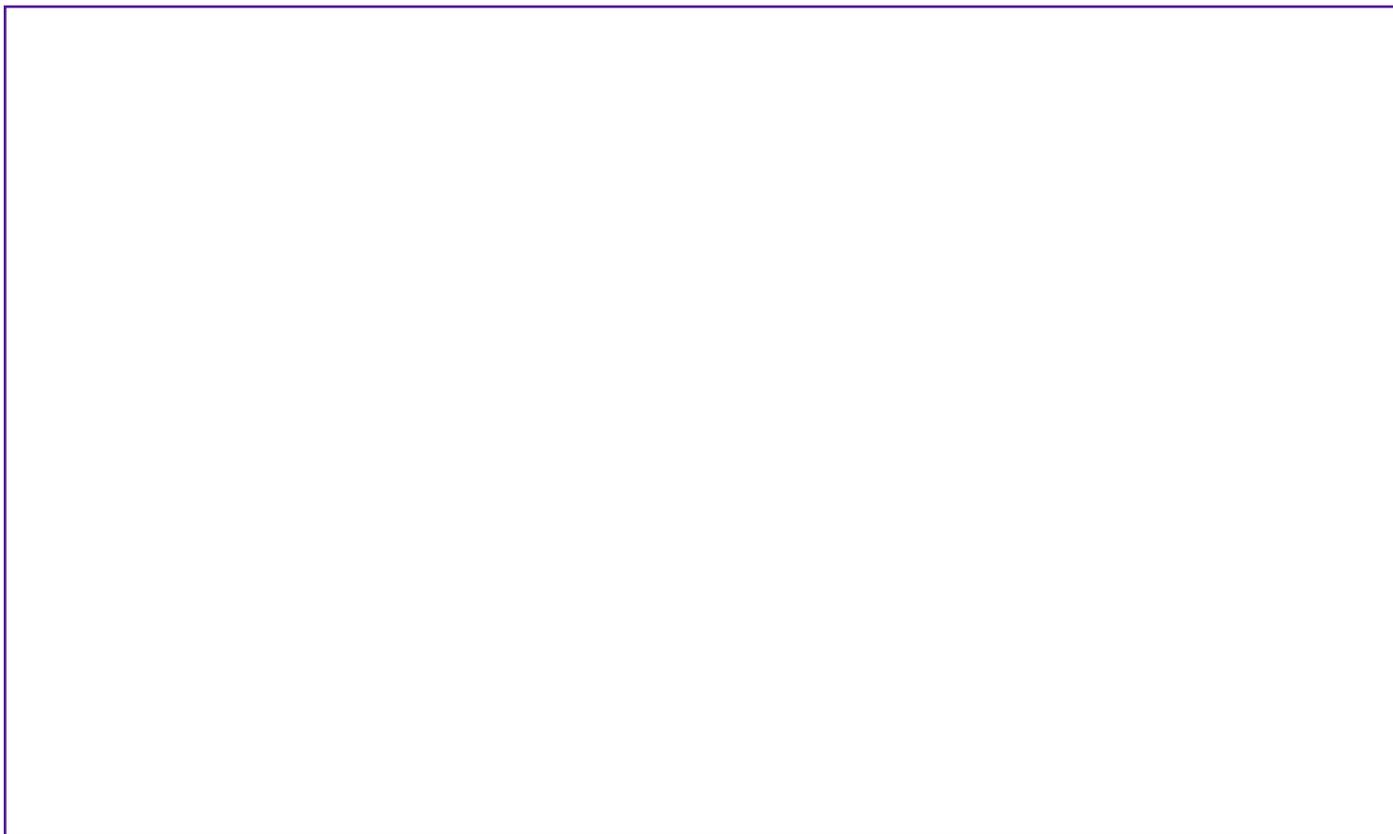
What's been working well in January?

A large, empty rectangular box with a thin purple border, intended for a user to write their response to the question above.

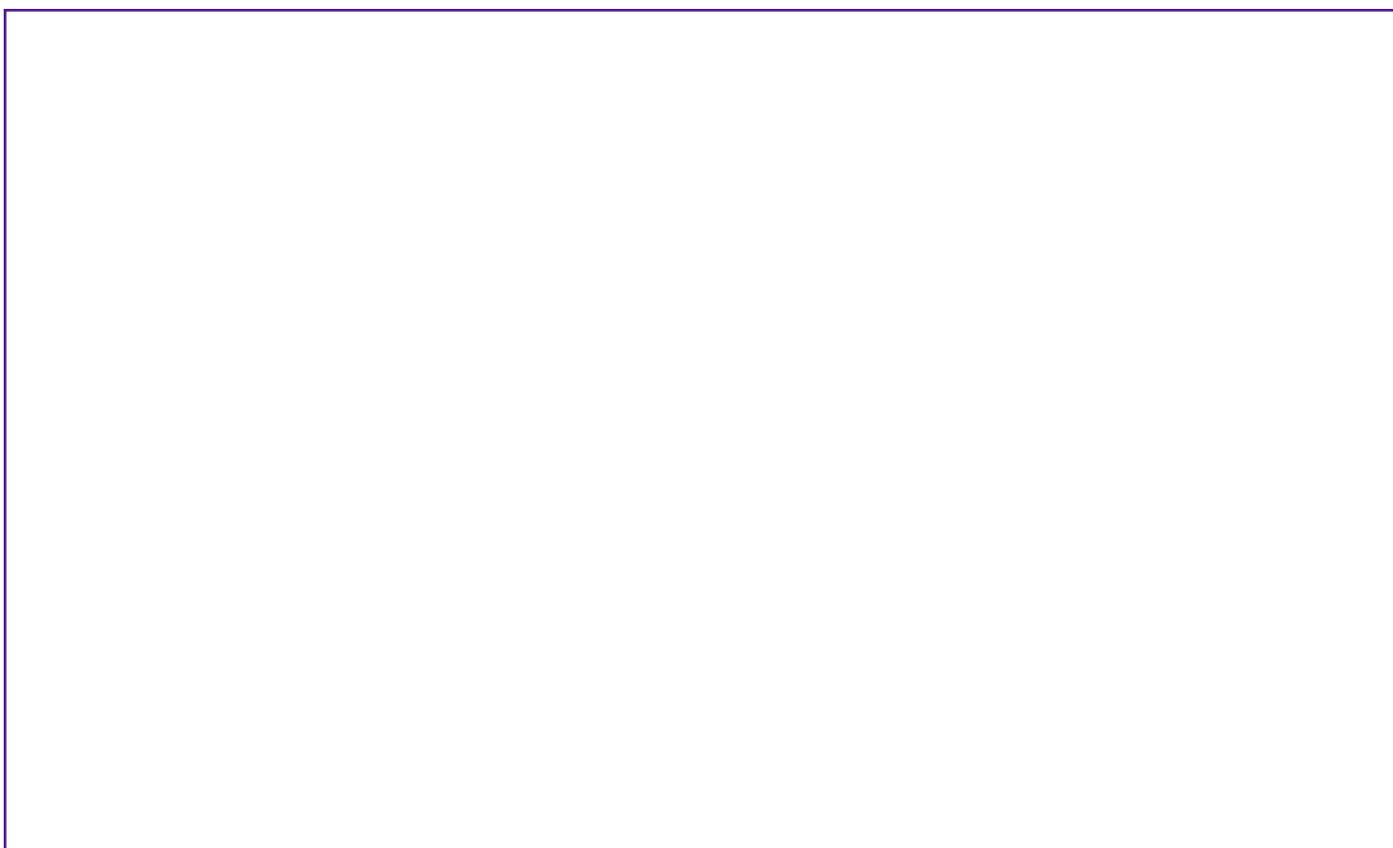
What's *not* been working well in January?

A large, empty rectangular box with a thin purple border, intended for a user to write their response to the question above.

What needs to change?

A large, empty rectangular box with a thin purple border, intended for the user to write their response to the question above.

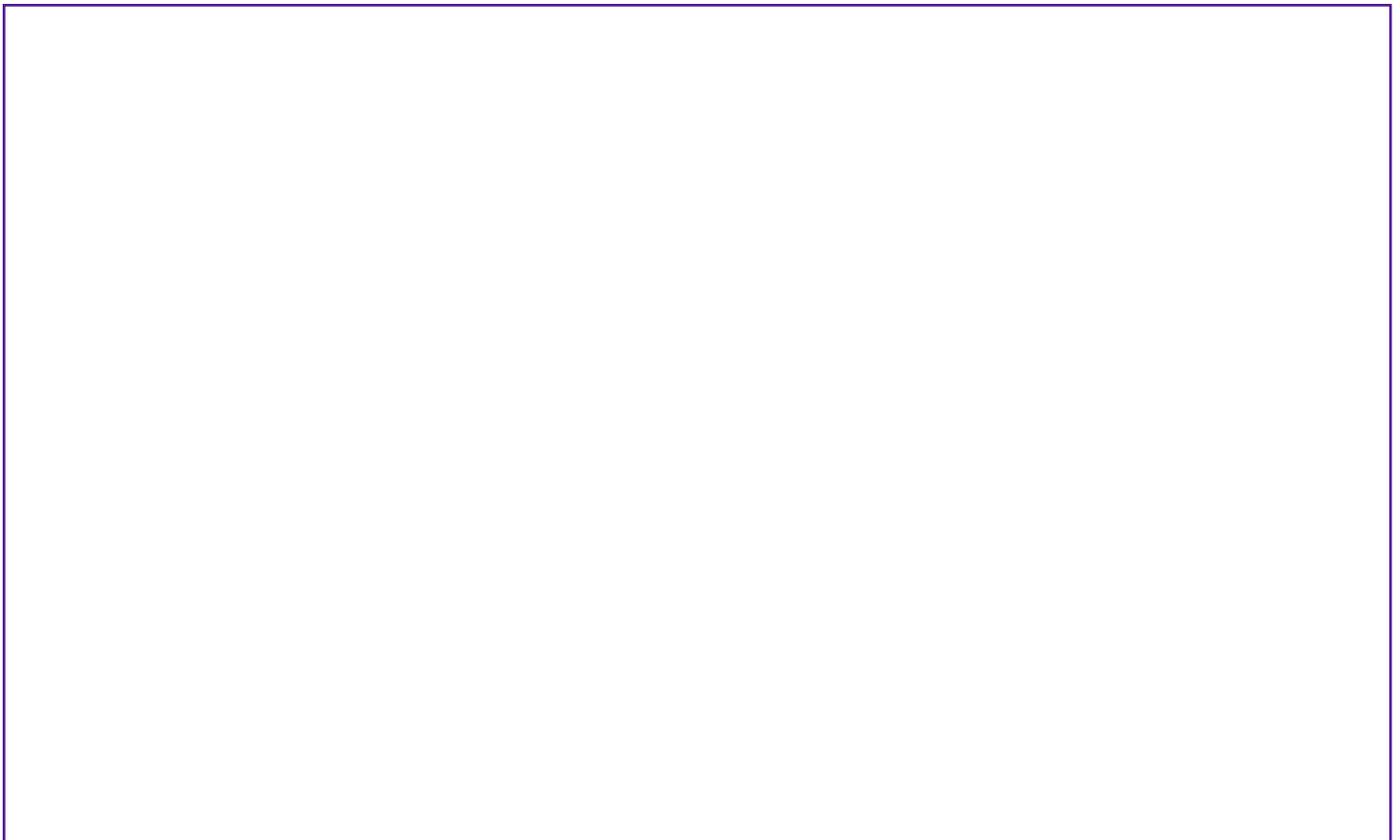
How are you progressing with the intentions you set for this season?

A large, empty rectangular box with a thin purple border, intended for the user to write their response to the question above.

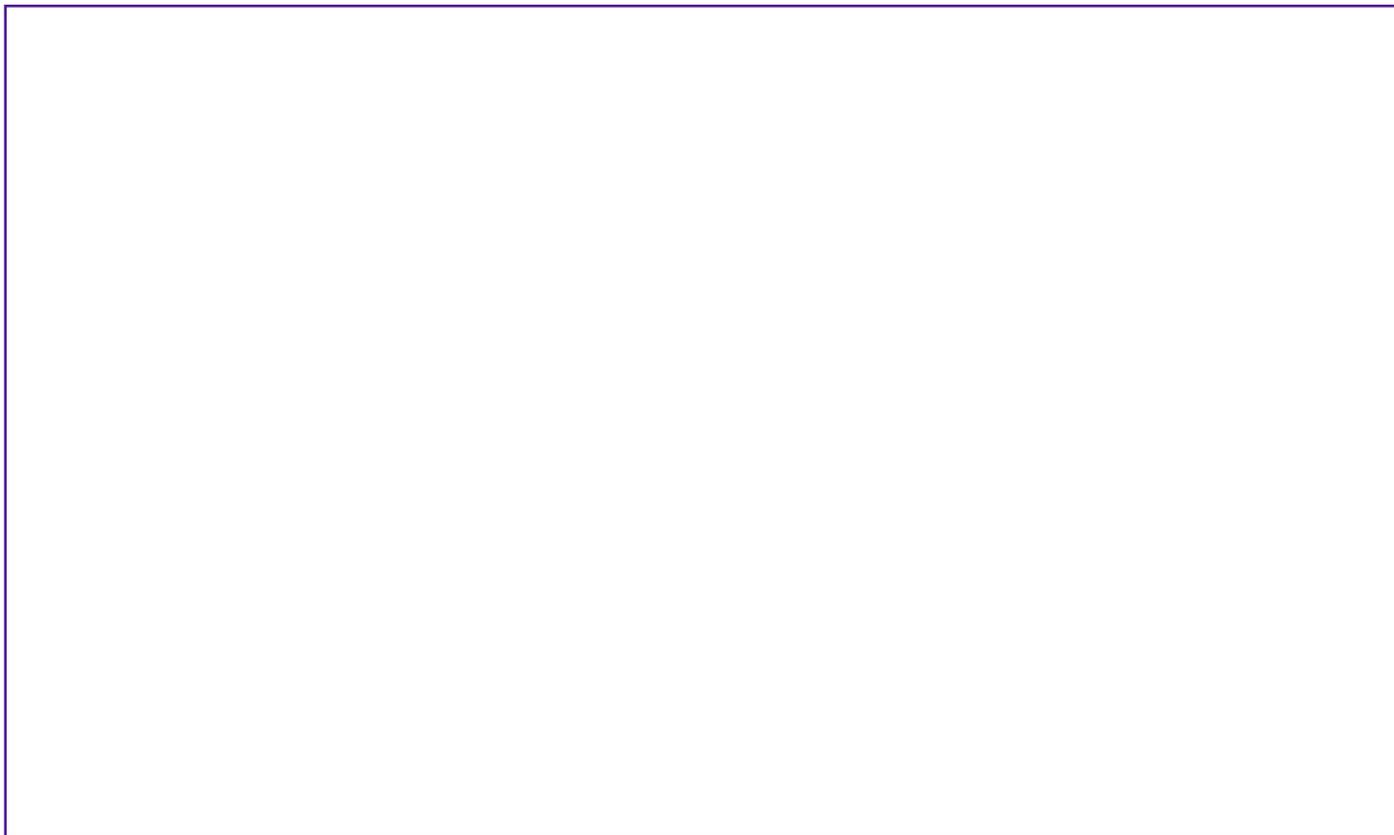
Where do you need to refocus?

A large, empty rectangular box with a thin purple border, intended for the user to write their response to the question above.

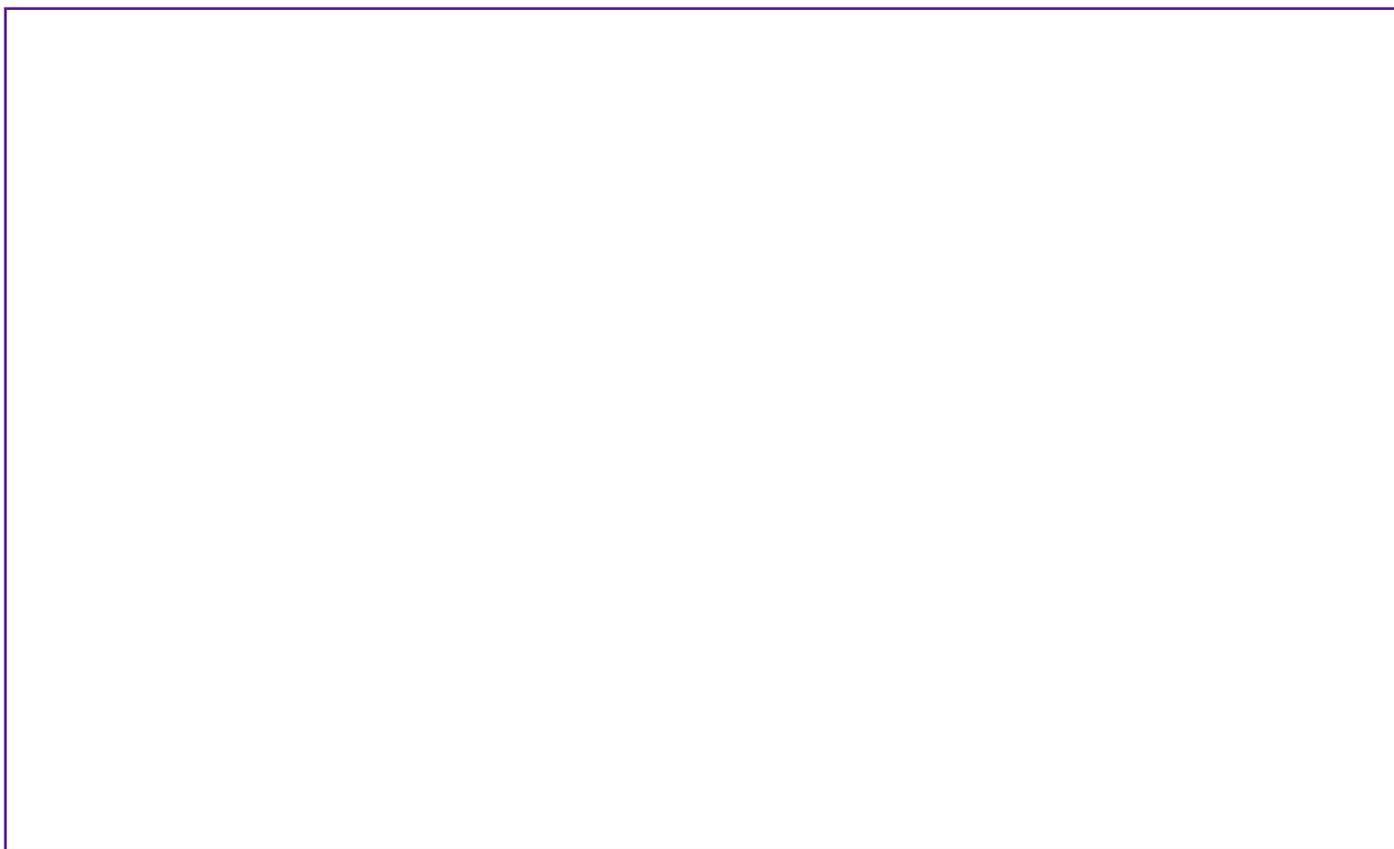
What ingredients need to be in your self care cocktail this month?

A large, empty rectangular box with a thin purple border, intended for the user to write their response to the question above.

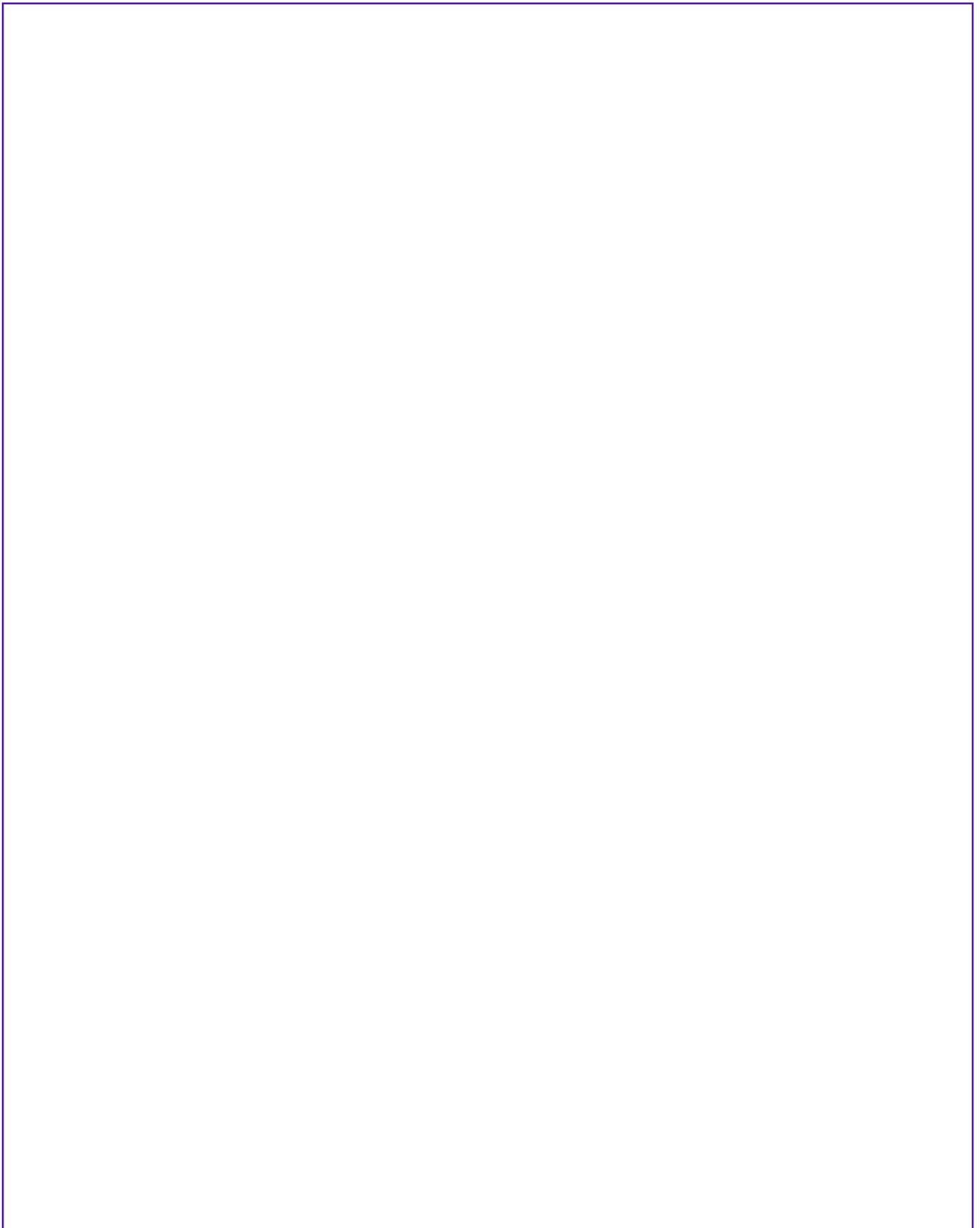
What plans can you make that will bring more joy into your life in February?



Anything else you need to journal out to help this month be the best month it can be?



Notes



FEB CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Imbolc	2	3	4
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12	13	14	15 	16	17	18
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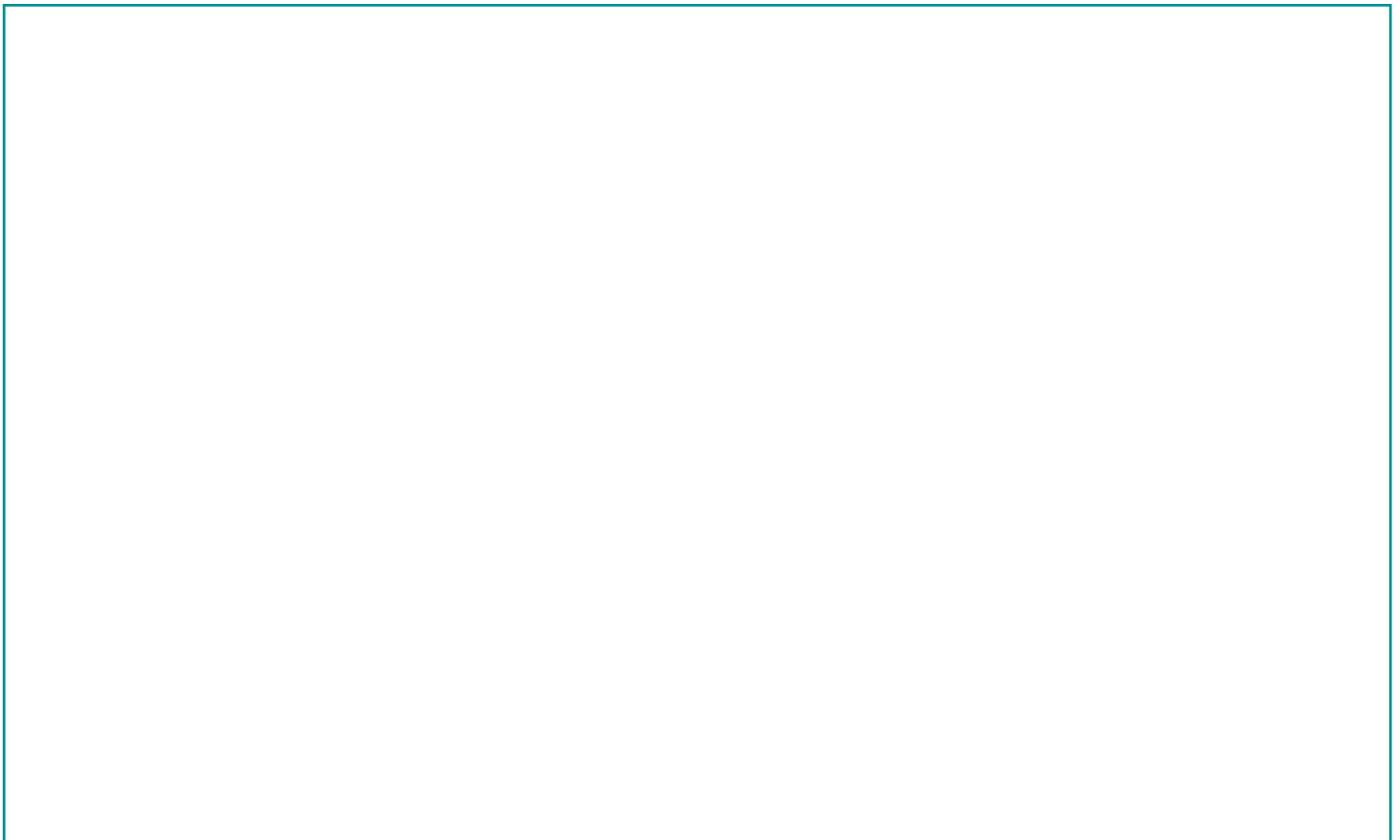
March



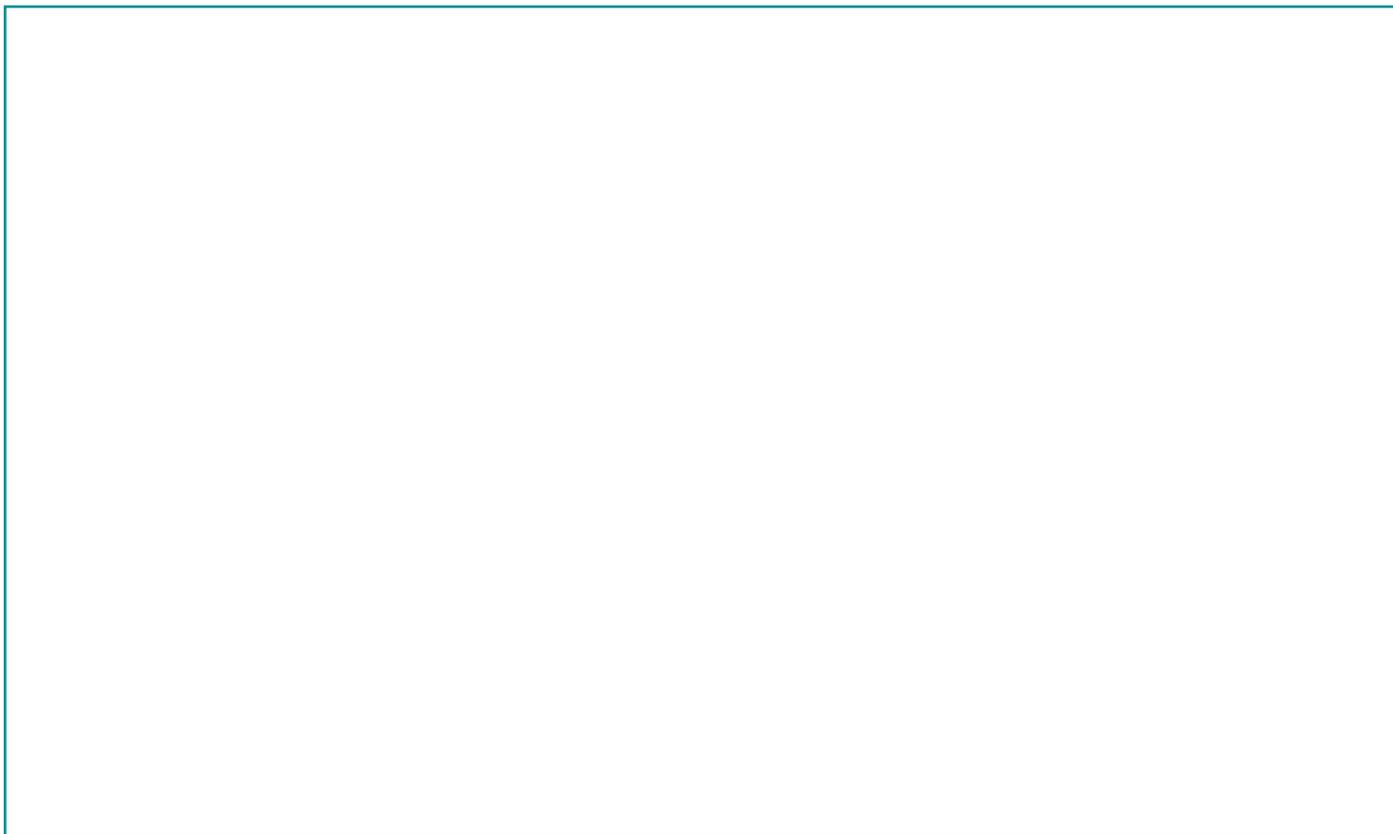
What's been working well in February?

A large, empty rectangular box with a thin black border, intended for a user to write their response to the question above.

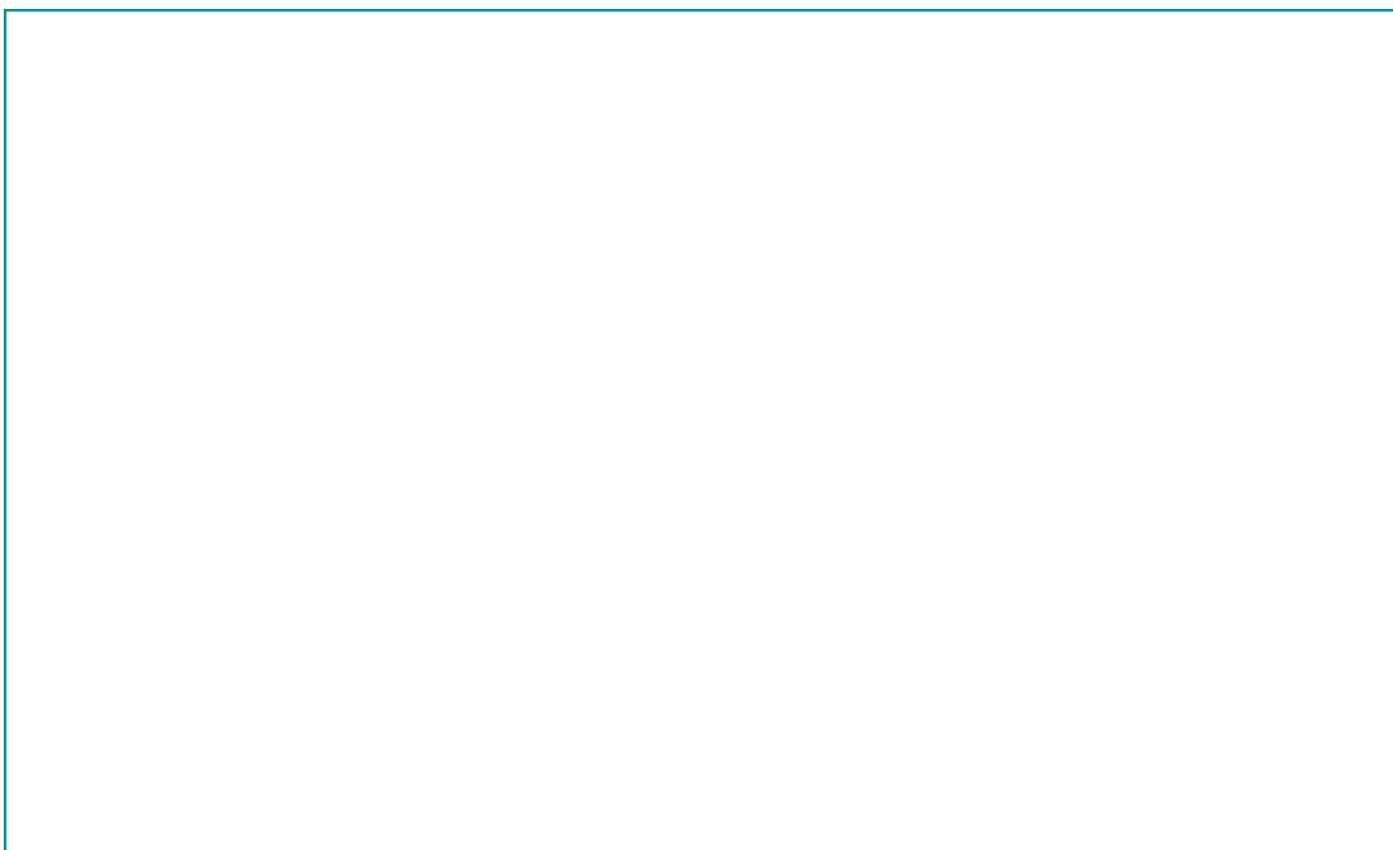
What's *not* been working well in February?

A large, empty rectangular box with a thin black border, intended for a user to write their response to the question above.

What needs to change?

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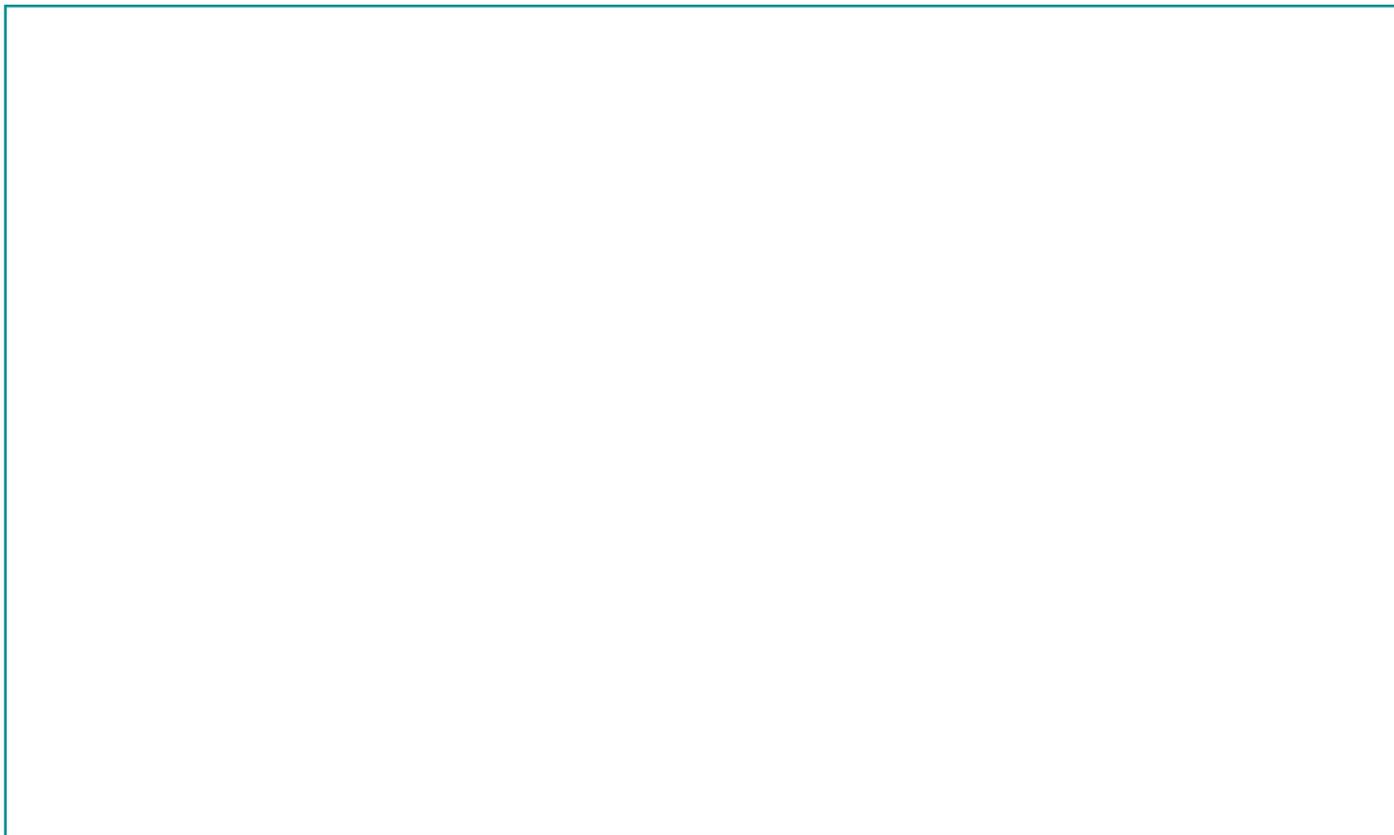
How are you progressing with the intentions you set for this season?

A large, empty rectangular box with a thin teal border, intended for the user to write their response to the question above.

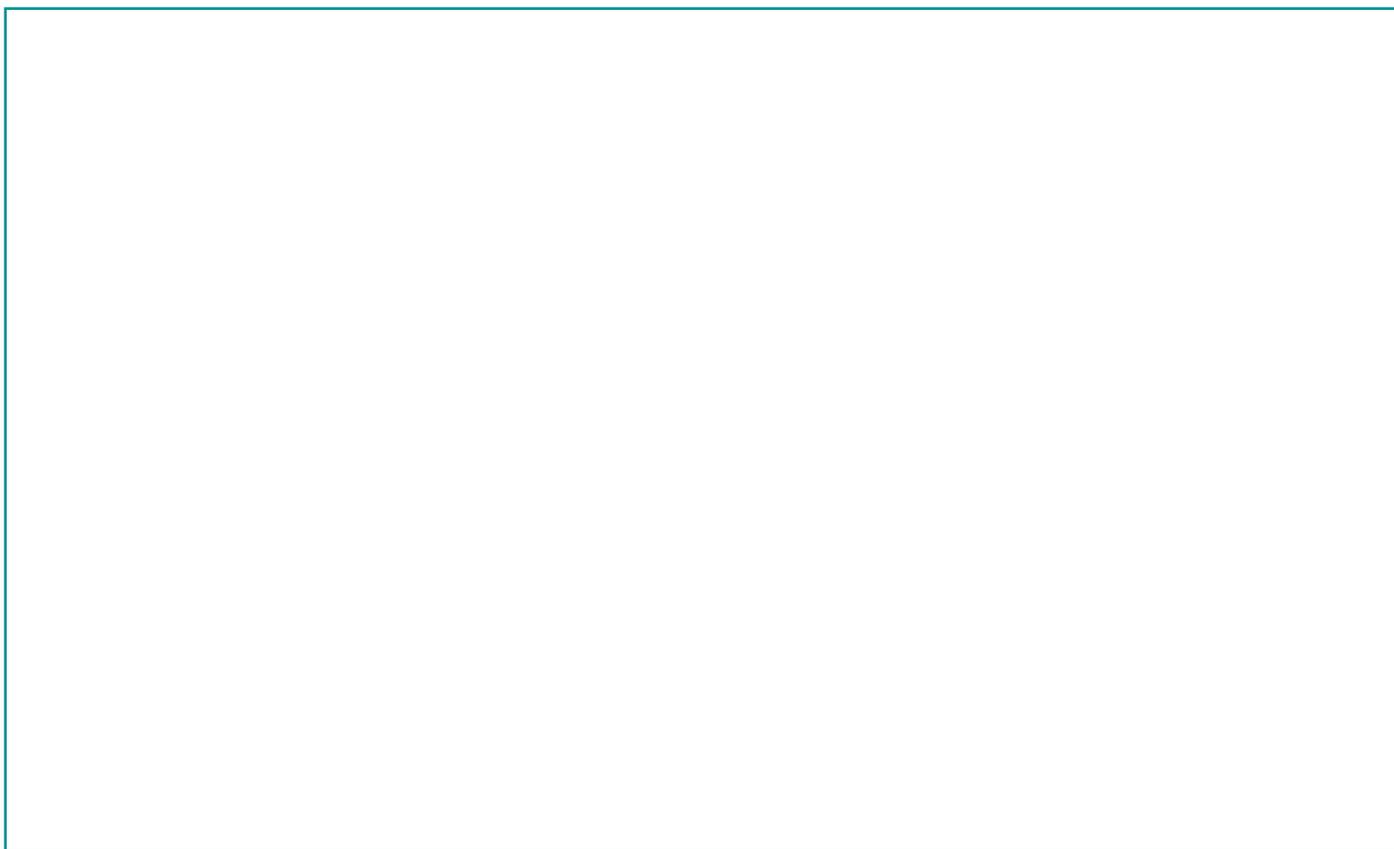
Where do you need to refocus?

What ingredients need to be in your self care cocktail this month?

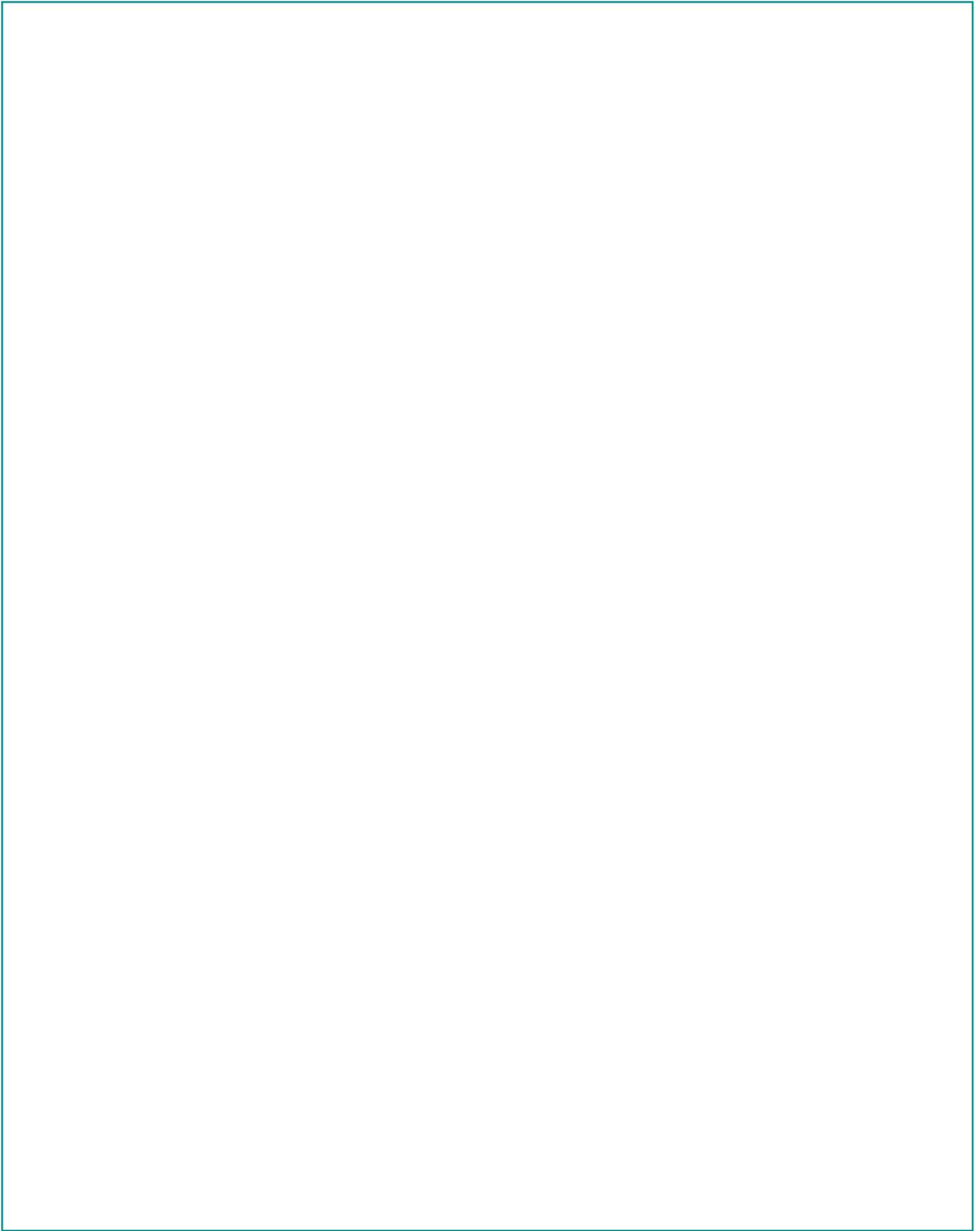
What plans can you make that will bring more joy into your life this March?

A large, empty rectangular box with a thin teal border, intended for the user to write their plans for the month of March.

Anything else you need to journal out to help this month be the best month it can be?

A large, empty rectangular box with a thin teal border, intended for the user to journal out anything else they need to help make the month the best it can be.

Notes



MARCH CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2 	3	4
5	6	7	8	9	10	11
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19	20 Spring Equinox	21	22	23	24	25
26	27	28	29	30	31 	

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YOU ARE

enough



