

7 HABITS

simple habits to **ease your anxiety**
and build your **confidence** to go
after your dreams!



Spoil alert: they
completely changed my
life and can change yours
too!



HOW CAN I HELP YOU?

Hi, I'm Kat - A certified life coach & Reiki practitioner (but think of me as your super sensitive friend), and I'm here because I struggled with anxiety and depression for years. I didn't want to take medication due to the side effects, so I found a holistic, **natural way to heal myself**. It took me years and lot of money to learn this but once I learned HOW, I felt better in just a few days!

Now, I'm here to **share everything** that helped me—and has helped my clients too! ❤️



WHY HABITS?

Habits shape your life – and they're the first step to easing anxiety.

They give you the energy and stability you need before diving deeper into the root causes, triggers, and inner work.

Because here's the truth: your body must feel safe before real healing can happen. ❤️

I know how it feels to want to change everything overnight... but that only leads to burnout and giving up.

That's why we keep healing simple and fun here. ✨

Start with habits you actually enjoy – so they feel natural, and you'll stick with them long-term.

7 DAILY HABITS

to start your journey

1

Move your body for at least 30 minutes (yoga, walking, gym, etc)

2

Practice mindfulness (meditation, breathwork, etc.).

3

Watch what you eat and maintain a balanced diet.

4

Feed your mind with podcasts, books, or online courses.

5

Practice gratitude—write down or reflect on what you're grateful for and WHY.

6

Follow through on your promises—do what you said you were going to do.

7

Create a simple morning and evening routine (5-10 minutes is enough!).

Pick 1 habit for now and do it at least for 21 days before you add more! Feel free to message me on Instagram which one you picked and update me on your journey - I want to cheer you on and support you! 🌈

If you're ready to heal anxiety at the root and have a step by step strategy, you can get the Anxiety Toolkit [here](#).