



New Leaf Healing

# LOST *to* LIBERATED



5 STEPS TO A NEW STRONGER YOU



**Justine Watt**

[www.newleafhealing.com.au](http://www.newleafhealing.com.au)

# A Message From **THE AUTHOR**



**W**e live in a fast paced, overwhelming and stressful time. We place so many demands and expectations on ourselves, we often lose sight of what is truly important. We spend more time thinking about other people, and all the things we have to get done, and not enough time thinking about ourselves. We don't even realise when we get lost or stuck in a negative loop. It can begin to feel like a movie – we are just watching our lives take place, with one day rolling into the next, and with no control over what happens. This isn't really living, it is surviving.

I'm here to tell you that you have the power to CHOOSE and design the life you want!

Having founded New Leaf Healing in 2006, I have helped people transform their lives through my hypnotherapy programs, energetic alignment treatments and meditation workshops. My passion is helping women who feel lost reignite their passions, reconnect with their true selves and live the life of their dreams.

I am no stranger to trauma or anxiety. When I was pregnant with my twins, I lost my mum unexpectedly. To lose my idol and best friend was truly devastating. I felt completely and utterly lost. I didn't know how I was going to keep it all together, let alone take on the responsibility of being a new mum. It was a defining point in my life. I made a decision that I was going to take control of my life. I sought help from my team of healers who helped me overcome my fears and my limiting beliefs. It didn't happen overnight, but with continued effort and dedication I was able to embrace a new way of life – one where I found myself and the life I wanted to live.

*“Not until we are lost do we  
begin to understand ourselves.”*

**Henry David Thoreau**

## Are you:

- 🕒 feeling lost and unsure?
- 🕒 stressed?
- 🕒 anxious?
- 🕒 stuck?
- 🕒 living in fear?
- 🕒 putting everyone else first?
- 🕒 screaming on the inside?
- 🕒 feeling shut down?
- 🕒 feeling that you are never enough?
- 🕒 ready to make a change, but you're not sure how?

If you answered yes to any of the above, this is YOUR time to put yourself FIRST, release the chains of the past and celebrate your true self. No more self-doubt. No more waiting for things to happen to you. No more excuses. I want you to know that you are in charge of your mind and your life. The power to change is in you and you are worth it!

So, let's get started and shake things up a little. You've got what it takes!

Step 1

SET YOUR INTENTIONS 

*"Everything that happens in the universe starts with intention."*

Deepak Chopra

What is an intention? Think of it as your plan or goal for something. Setting an intention holds a powerful energetic frequency and helps set you up for success.

Spend some time, in peace and quiet, contemplating what are your intentions for yourself and your healing journey. Ensure your intentions are framed as positives (I am present in the moment; I listen to my intuition; I choose to live a liberated life). This is a powerful first step towards self-sufficiency and self-responsibility.

Write down your intentions and read over them first thing every morning while your mind is fresh.

*“Your playing small does not  
serve the world. Who are  
you not to be great?”*

**Nelson Mandela**

Step 2  
**MASTER YOUR MINDSET**



*“You must learn a new way  
to think before you can master  
a new way to be”.*

**Marianne Williamson**

Your subconscious mind loves working with images and pictures. What are the images or “stories” you play over in your mind? Are they positive or negative? Are they fear-based or love-based?

Imagine your thoughts are like train tracks and your life is the train. Over time, the same thought patterns create the same journey that is repeated over and over – to the same destination! These thoughts may be limiting beliefs and stories you tell yourself, like: “I’m lost”, “I’m stuck”, “I don’t know what to do with my life”, “I feel shut down”, “I’m anxious” or “I’m not enough”. Do any of these sound familiar?

Consciously, we know we don’t want these negative or limiting beliefs to repeat for the rest of our lives! In order to create a shift, we need to change our thinking at the subconscious level.

Are you ready to accept responsibility to change your life and break free from limiting beliefs? Allow yourself the possibility that YOU have the power to create brand new shiny tracks for this train. This new direction represents your positive intentions and new empowering beliefs.

You CAN create these with total ease. They may be along the lines of: “I am liberated”, “I am healthy”, “I know everything will work out”, “I handle life with ease and grace”, “I am powerful” and “I am enough”.

Next time you are aware of a limiting belief or negative image playing out in your mind, STOP and take a deep breath and imagine the train diverting onto your new shiny tracks, travelling full speed ahead towards the new you.

This process is about you believing and trusting that you create your thoughts. Your mind does what you tell it. If you tell it that you're going to have a bad day, you will. If you tell it that you are going to have the best day ever, you will! Even if you don't believe these new empowering beliefs initially, with repetition your mind will absorb them with ease. Your subconscious mind always gravitates towards something better. Once you start feeling a positive shift within you, your subconscious mind will want more of that for you.

*“You know the truth by  
the way it feels.”*

**Author unknown**



Step 3  
**KNOW YOUR VALUE  
AND WORTH**



*“Sometimes you find yourself  
in the middle of nowhere and  
sometimes in the middle of  
nowhere you find yourself.”*

**Author unknown**

It is really important to know and understand your values. The more you connect to your values, the easier it will be to take the necessary action to thrive.

So what are values? Values are what make you unique and individual. If you are not honouring your values, you may fall back into old bad habits or feel emptiness, unhappiness or stress in your life. Alternatively, when you are honouring your values you will feel happy, at ease, fulfilled and that your life is on track.

What is the most important thing in your life? Can you remember when you were the happiest or most fulfilled? What values were you aware of in those moments? Understand why your values are important to you.

To help you understand what your values are, take some time and create a list of your 10 core values. These may be along the lines of family, love or compassion.

Now that you understand your values, are they expressed in all areas of your life? Is your job fulfilling your worth and purpose? Are you surrounded by people who are aligned with you?

Wherever possible take the necessary steps to ensure your life is aligned with your core values.

Step 4  
**DO WHAT YOU LOVE**



*“The amount of happiness that  
you have depends on the  
amount of freedom you  
have in your heart.”*

**Thich Nhat Hanh**

What makes your heart sing?

You know those moments when you are 100% present and there is nowhere else in the world you would rather be? It is almost as though time is standing still and everything else falls away. These are the ultimate sweet spots in life. When you fill your days with these moments (and the activities and people that help make these moments) your heart expands, increasing your energy and vitality.

It may have been some time since you felt this, or perhaps you have never felt this way. Can you set an intention now that you are going to start doing those things that bring you joy, even if it is as simple as having a bath, going for a walk, taking some deep breaths or talking to a good friend or family member.

When your heart energy expands, it helps you to move from the web of feeling lost and stuck to feeling the freedom of liberation.

Once you recognise those little things that feed your heart and bring you joy, do them often.

Step 5  
**TAKE ACTION** 

*“Pursue your dreams with fire  
in your eyes and kindness  
in your heart.”*

**Author unknown**

Moving towards a liberated life is not about moving mountains in an instant! You are reading this because a part of you, deep inside, knows that you are worth it and that the time to create a change in your life is NOW. The best way to do this is by taking little steps every day. This is not a quick fix; you are creating a new way of life.

What **action** can you take today? Taking action will help you move from feeling lost or stuck to feeling liberated! A few actions are listed below. If you feel you need a little help to get you started, ask a good friend or family member to hold you accountable for taking action. Even better, share this ebook with them so you can do these activities together!

### **Exercise.**

Moving your body daily is not only vital for your physical health and boosting your energy, but also for your mental health. Exercise that increases your heart rate stimulates the production of the “feel-good” neurotransmitters called endorphins. These help you to feel calm, clear and energised.

If you are feeling uninspired, try making a deal with yourself to move for at least 10 minutes. You will no doubt feel so much better after 10 minutes, you will want to keep moving!

## **Meditate.**

Spend a few quiet minutes each day in meditation. If you have space in your home, you can set up a quiet space for your meditation practice. You don't have to meditate for 30 minutes every day to feel the benefits. If you are starting out, only 2-5 minutes each day can have a big impact. Meditation creates a sense of harmony within yourself and settles your energy.

## **Connect to nature.**

Leave your devices at home and spend some time outdoors. Connecting to nature is healing on many levels and helps to clear and stabilise your energy and boost your mood. Next time you are outdoors, awaken all your senses to what is around you. What do you see? What do you hear? How does it make you feel? Do you feel better by the ocean, or in the mountains? It will be different for everyone – do what works best for you.

## **Nutrition.**

The foods we eat have an impact on our physiology, biochemistry and mental health. You can follow online food blogs or buy a new healthy cookbook for inspiration. It may benefit you to see a qualified nutritionist or other health professional for tailored expert guidance.

## **Stay hydrated.**

Drink plenty of fresh water. Your body and mind will thank you for it. Water is vital for almost every function in the body. Increasing your water intake can help boost your energy and mood.

Believe you are worth it and know that you are enough.  
Allow yourself to be liberated NOW.

**Remember:**  
**You are loved**  
**You have a voice**  
**You are free**  
**You are enough**  
**You are worth it**

My wish is that this ebook has inspired you to take the first step(s) towards shifting your energy and mindset to your new inspired and liberated life!

If you are ready to take the next step on your healing journey, contact me for a free consultation to find out more. I would be honoured and blessed to help you!

**Justine x**

<http://www.newleafhealing.com.au/contact>  
<https://www.facebook.com/newleafhealing>

