

7 STEPS TO

finding *flow*

*Create your plan
to find your flow*





Choose Again. Choose Differently.

May your choices reflect your hopes, not your fears. – Nelson Mandela

It's time to choose the balance that works for you. Get intentional about it by sitting in the driving seat of your life, with boundaries to back you up. And when life happens, be flexible enough to flow back into your balance daily. Embrace those days where you need to do better again tomorrow with care, empathy and forgiveness.

Your best is more than good enough.

Every opportunity you are faced with is an opportunity to choose again and choose differently. Don't look back; look forward with perspective, having learned the lesson, but without anxiety and stress for the future. As Hagrid says in J. K. Rowling's Harry Potter and the Goblet of Fire, 'What's comin' will come, an' we'll meet it when it does.' Trust that you have everything you need within you to meet the future when it comes, and thrive.

The start to living your best life is one choice away to start your journey to heal and be well. To be less of a slave to stress in your life. It's time to choose differently for ourselves. When I chose to heal, I was amazed at how quickly I was able to do so – possibly, as I was so unequivocal in my choice. In a recent gut biome test, my gut lining health and digestive efficiency came back as good, scoring 80 out of 100 and showing significant improvement. I sleep deeply through the night (on my stomach) and no longer have to consider maternity jeans or undoing my jeans button due to a swollen stomach. The skin on my stomach has returned to normal as my bio-markers show that my body is now processing and absorbing nutrients as it should. I'm not reactionary and defensive at the drop of a hat; I don't feel overwhelmed, struggling to come up for air and I'm not locked into my straitjacket of stress.

It's unshackled. Stress still happens in my life, but I have changed how I manage and react to it. Life happens for me and not to me. Sure, I still have the odd shoulder and back tension. But the difference is that I now feel it and my back is able to release it and move through it with ease. I listen to the signs that I need to rest or choose differently with an easeful life as my guiding, North Star.

The stigma of stress and the impact it has on our health can be debilitating, shameful, even. But you're not alone and we need to start to normalise that it's not okay to live a life that is less than our best. And that it is even more okay to ask for help. I'm here to support your journey every step of the way. Loving yourself enough to invest in your health and choose a quality of life that supports the life that you want to live is possibly one of the greatest gifts you can give yourself.

Join me on www.nickyrowbotham.com for my upcoming digital courses, notes on flow, and for support in any way you need it, including downloadable plan templates and other resources.

Find your flow and a life full of ease.

START SMALL.

START TODAY.

JUST START.

The present is our greatest gift. Let's not waste another minute.

Let's make those choices count.

A handwritten signature in black ink that reads "Nicky". The signature is written in a cursive, flowing style with a large, prominent 'N'.



Finding Your Flow

It's time to build your own personal plan to finding flow as you have read in my book, 7 Steps to Finding Flow. If you don't yet have a copy, it's available at www.nickyrowbotham.com/book.

In the book, all of these suggestions are things that I did and incorporated for a period, or regularly, into my life. Some of them served me for a specific stress intervention and others became lifestyle changes. The suggestions in Chapter 11, Step 7 – Finding your Flow, have been broken into two categories to help you find your flow and I have broken the two plan templates up accordingly as well:

- Dabbling – for those just testing the waters and trying this out
- Going all in – for the enthusiast or those ready to make real change

If you're looking for something in-between, go ahead and mix and match. Choose the ideas from the book that feel easy and easeful for you to implement, as this is often the easiest way to get started; and remember to consult your doctor or health specialist on any techniques and supplements.

The templates over the page will provide an easy structure to help you get started.



Plan Sample

FINDING FLOW STEP	RELEASE	TUNE IN	CONNECT BACK IN	LIGHTEN THE LOAD	REST AND REGENERATE	A PAUSE FOR POTENCY
DABBLING	<ul style="list-style-type: none"> • Deep breathing exercises • Massage therapy • Emotional Freedom Techniques - Tapping • Yoga • Meditation • Music • Exercise • Water therapy • The Basic Social Engagement exercise 	<ul style="list-style-type: none"> • Create an awareness • Acknowledge and understand why • Create space to listen to your body's signals • Stop controlling everything • Don't numb and ignore • Create time to check in – do you feel safe? • Full stop at the end of your day 	<ul style="list-style-type: none"> • Listen to your intuition • Trust your intuition • Go barefoot on the grass • Get outdoors and active in nature • Be present in the moment • Practice gratitude – use a gratitude journal 	<ul style="list-style-type: none"> • Review and replace your household, body care, skin care and makeup products with more natural alternatives • Using a water filter for drinking water • Eliminate artificial sweeteners and sodas • Vit B • Lemon Water • Glass food storage • Fabric beeswax food wraps 	<ul style="list-style-type: none"> • Create a sleep routine to help your body repair and regenerate with 7 to 9 hours sleep • Block out Curtains • Supplements: magnesium, Omega 3, Vitamin C • Blue light glasses or red sleep specs • Switch off Wi-Fi off overnight • An Epsom salt bath 	<ul style="list-style-type: none"> • Play – without outcome or purpose • Embrace a creative hobby • Microbreaks during day • Naps • Movement • Walking meetings • Read • Listen to music • Watch the sunrise or sunset
GOING ALL IN	<ul style="list-style-type: none"> • TRE® • Craniosacral therapy • Rolfing 	<ul style="list-style-type: none"> • Design your day with an architectural mindset • Pattern and Trigger Interrupts • Device boundaries • Personal boundaries 	<ul style="list-style-type: none"> • Grounding mats, sheets or yoga mats 	<ul style="list-style-type: none"> • Cull your email subscriptions, social media accounts and friendship circles by eliminating those that no longer serve you • Shower water filter • Parasite Cleanse • Rhodiola or Ashwaganda • Cut down: Caffeine and alcohol • Binders: fulvic acid or cholrella 	<ul style="list-style-type: none"> • Sleep Tracker • Drop of pure lavender on pillow • An old fashioned alarm clock • Charge your phone outside of your bedroom • Avoid devices 2 hours before bed • Cut out caffeine in the afternoon 	<ul style="list-style-type: none"> • Essential oil pulse point roller • Plan holidays each quarter • Bring elements of your holiday into every day • Adopt a creator or founder mindset, scheduling a day or a diary that serves you



Your Plan Template

FINDING FLOW STEP							
FINDING FLOW STEP	RELEASE	TUNE IN	CONNECT BACK IN	LIGHTEN THE LOAD	REST AND REGENERATE	A PAUSE FOR POTENCY	
DABBLING							
GOING ALL IN							
YOUR PLAN				SUPPORT REQUIRED			



Finding Your Flow

BOOKS THAT HELPED ME FIND MY FLOW:

Mark any of the ones that you want to read below

- The Stress Code* by Richard Sutton
- Accessing the Healing Power of the Vagus Nerve* by Stanley Rosenberg
- The Invisible Load* by Dr Libby Weaver
- Rushing Woman Syndrome* by Dr Libby Weaver
- Rest: Why you get more done when you work less* by Alex Soojung-Kim Pang
- The Tapping Solution* by Nick Ortner
- The Science Behind Tapping* by Peta Stapleton
- Why Zebras Don't get Ulcers* by Robert Sapolsky
- Why We Sleep* by Matthew Walker
- Daring Greatly* by Brené Brown
- The Gifts of Imperfection* by Brené Brown
- Year of Yes* by Shonda Rhimes
- The Sleep Revolution* by Arianna Huffington
- Earthing: The Most Important Health Discovery Ever?* by C Ober, S Sinatra & M Zucker

MY FAVOURITE PRODUCTS TO HELP LIGHTEN THE LOAD AT HOME:

My advice: start small and start affordable as you begin to iteratively make changes. I have saved so much in my homecare and know that my body (and wallet) are thanking me for it.



Here are some of my favourite, affordable ways to low-tox your home and skincare:

NATURAL SKIN & BODY CARE

- **Skin Care**

- Esse Probiotic Skincare
- Earth & Kin
- Skoon
- Simply Bee

- **Make-Up**

- Lula Fox
- Dr Hauschka
- MS London minerals

- **Body Care**

- doTERRA OnGuard foaming handwash
- Dr Hauschka deodorant
- doTERRA OnGuard natural whitening toothpaste
- Bio-Oil skincare oil (natural)
- Africa Organics body wash
- doTERRA salon essentials hair care

RECIPES TO LIGHTEN THE LOAD AT HOME

Here are some of my favourite, affordable ways to low-tox your home:

All Natural Counter Cleaner

There is no need to pull out your rubber gloves and surgical masks when you clean your home. Simple and inexpensive non-toxic cleaners can be made from ingredients already lying around your house. Using essential oils to create your own cleaning



spray is not only safe for the environment, but it is safe for your family as well. This spray is perfect for cleaning hard surfaces in the kitchen, bathroom, etc.

Ingredients

- ¼ cup white vinegar
- ¾ cup water
- 30 drops essential oils (I use doTERRA as I love that it is 100% pure, certified therapeutic grade)

Recommended essential oil combinations:

- 15 drops each of lavender and lemon
- 10 drops each of eucalyptus, peppermint, and wild orange
- 30 drops doTERRA On Guard®

Add all ingredients to a 500 ml spray bottle. Shake thoroughly. Spritz on surfaces and wipe clean.

Clean Fruit and Vegetables

Rinse your fruit and vegetables to remove any pesticides and parasites before eating.

A great method that I use:

- Blast your fruit or vegetables for a few seconds with warm to hot tap water
- Rinse in cold water with a few drops of doTERRA On Guard® or lemon essential oil (or a few drops of white vinegar or apple cider vinegar). I often leave them to soak for a minute or two.
- Rinse with clean, cold water again.
- Now your fruit and vegetables are safe to prepare or eat

Descale your kettle

To naturally remove limescale, calcium deposits and stubborn stains in your kettle, quarter a lemon and place it in your kettle, filled up with water to your kettle's



maximum limit and switch on to boil. I always do this before going to bed and allow the lemons to sit, post-boiling, in the kettle overnight. Leave yourself a note to remove the lemon and rinse the kettle the next morning before making coffee.

Drains and Dishcloths

A few drops of wild orange essential oil in my sinks and drains daily and on my dishcloths at night are the perfect way to freshen up my kitchen and bathrooms. They create a hint of zesty freshness whenever I enter the room and come into my kitchen in the morning.

My plumber was the first to throw my conventional, store-bought drain cleaners away. He rather taught me how to unclog drains using small amounts of bicarbonate of soda and white vinegar to remove any minor debris. I always follow up by rinsing with hot water from the tap.

Clean your Washing Machine

I'm a big fan of reasonable household cleaners that pack a natural punch. White vinegar and bicarbonate of soda are two staples in my cleaning cupboard. If you have a front loader, add two tablespoons of bicarbonate of soda into the detergent compartment and 1 to 2 cups white vinegar into the empty drum and run a normal wash (on hot). Just keep an eye on the machine while it's washing as you may find it suds up a lot inside due to the build-up of soap residue.

Given the acetic acid levels in vinegar, take care when using if you have sensitive skin and maybe wear gloves when cleaning with it. The acetic acid in vinegar can also damage some surfaces, so vinegar is not recommended for use on aluminium, cast iron, waxed wood or natural stone.

Clean your Dishwasher

To clean your dishwasher out naturally and remove any nasty odours, place a cup of white vinegar in a dishwasher-safe container on the upper rack of the machine. Run



the dishwasher through a hot-water cycle. This will wash away grease and grime and remove musty odours, too. You can also sprinkle one cup of bicarbonate of soda across the bottom of the dishwasher to add an extra boost.

Sparkling Windows

To get sparkling, streak-free windows, use a spray bottle and mix 50% white vinegar and 50% tap water. For tough, dirty patches prewash with very soapy water, then go to the vinegar spray or try rubbing hard with a cloth dipped in undiluted vinegar.

Shower Spray

Fill a clean spray bottle with equal parts water and white distilled vinegar. Spray the solution onto the front and back of the shower doors. I also spray it onto the tiles and grout and allow it to sit for a few minutes before rinsing off.

Food Storage

Aside from storing my food in glass, I also use reusable bees wax wraps as a non-toxic option to wrap leftovers, cheese, sandwiches or any on-the-go food in.

Good Night Kitchen Routine

To set up my kitchen at night for my morning to flow with ease the next day, I spend a few minutes saying goodnight to my kitchen. I run my diffuser in the kitchen every evening to clear the air and start the next morning afresh. My favourite blend for the kitchen is two drops each of lemon, lavender, wild orange and rosemary essential oil. Fresh, cleansing and zesty!

While the diffuser is running, I clean all the counters, empty the sink, pack (and switch on) the dishwasher, place a few drops of wild orange on my dish cloths and in my kitchen sink drains to welcome me into the kitchen the next morning. I also set up my coffee for the next morning and prep my water bottles for gym and to stay hydrated during the day. I use glass or stainless steel waterbottles to minimise my exposure to



plastic and place a drop or two of doTERRA lemon or peppermint essential oil (which are Certified Pure Therapeutic Grade, so these particular oils are safe to ingest in limited quantities) to perk up my water and ensure I stay hydrated the next day.



FOR MORE INFORMATION AND SUPPORT - IT'S ALL IN

7 Steps to Finding Flow

by Nicky Rowbotham

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TO PURCHASE YOUR COPY OR FIND OUT MORE



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