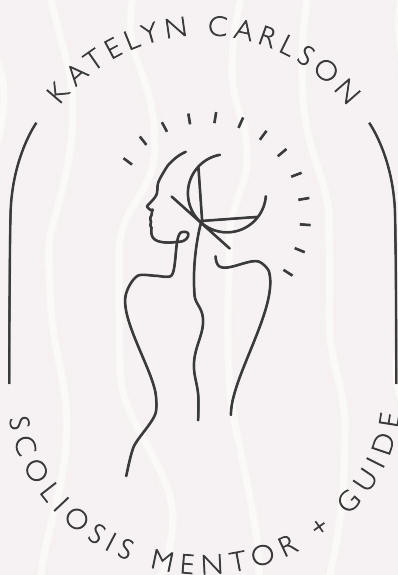

SCOLIOSIS SUPPORT + CARE GUIDE

FOUR DAILY HABITS TO SELF LOVE




Welcome. I'm so glad you're here.

Since you downloaded this guide, you must have or know someone with scoliosis. It's a diagnosis I've been living with for as long as I can remember, and the lack of holistic care in my journey inspired me to start a business to help people with scoliosis feel at home in their body, tap into their sacred power, and bloom fully in the world. Throughout this guide, I'll be here with you the whole time, and always only an email away if you have any questions.

LET'S BEGIN





The stories you tell yourself about your scoliosis have power.

Sometimes those stories can sit heavy on your shoulders. Other times, your stories can grant you wings to fly. But it's not always obvious what we're believing about ourselves. Understanding the stories you hold requires checking in with yourself daily, seeing where you're at, what's working and where you'd like to make some adjustments. These four daily habits are designed to help you explore what's alive for you in your internal landscape and infuse your day with whatever qualities you need to help you feel free, nurtured, and whole.





1.

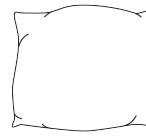
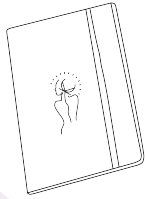
SETTING THE STAGE: MAKE SPACE FOR YOU

In order to understand your internal landscape, it's important to create a more mindful, present state of being. This is a crucial step in learning how to develop a deep relationship to the self and all the realms of experience we have access to. When you set the stage for yourself, you're learning how to connect to yourself, make time for yourself, and establish your connection to YOU as an important and worthwhile relationship. So often we dive right into our days without really taking the time to slow down and understand how we are mentally, emotionally, physically, and spiritually. When we set the stage for ourselves each day, we're moving from a powerful and engaged place and fueling the rest of the day with that energy.



What you'll need

First, find a journal, something to write with, and a comfortable place where you can be with yourself. Make your space feel special by lighting a candle or listening to some soft music, whatever inspires you. Stretch out your body, take a few deep breaths, notice how you're feeling, notice your surroundings, and welcome yourself to the present moment. You're worth it.



From this place, we gain access into more parts of ourselves. This sets the tone for more engaged and present connection to the self and more fruitful self exploration.





JOURNALING PROMPTS

Now that you've created a safe and sacred space for yourself, it's time to bring your inner world to life through journaling. Sometimes writing things out reveals thoughts, feelings, or ideas we didn't otherwise know were there. Writing also helps us keep track of our progress and can serve as a tool for deeper reflection over time.

2.



*What am I excited
about today? Why?*

*What is challenging
me today? Why?*

*What am I grateful
for today? List at
least three things.*

*How can I support
myself today? List
three actions.*





3.

AFFIRMATIONS & INTENTIONS

Based on your findings from the journal prompts, you are invited to write an intention and affirmation to carry you through your day. These are key because intention helps you to actively and powerfully create your own reality where affirmations help you to say YES to the life you want in the present moment.



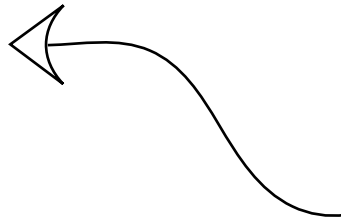
Setting Intentions

An intention is different than a goal. When setting an intention you're not necessarily setting your sights on a particular outcome. Instead, you're setting your sights on a particular quality or set of qualities you would like to align with. It's an aim or purpose you'd like to move with throughout your day.

HERE'S HOW TO SET ONE:

Setting an intention is a lot like making a wish. It can be a whole sentence or just a word or phrase describing what you would like to bring into your day. Make it present tense, positive, and personal. Write it down, put it in your pocket, and take it with you throughout your day as a reminder.

"My intention is..."



Once you have this written, it opens you up to more mindful decision making and helps you to embody the life you want.



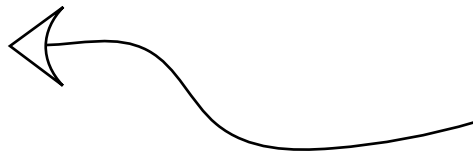
Building Affirmations

An affirmation is a declaration that something is true. You're literally affirming or saying YES to the reality, thought, or feeling that you want to embody.

HERE'S HOW TO SET ONE:

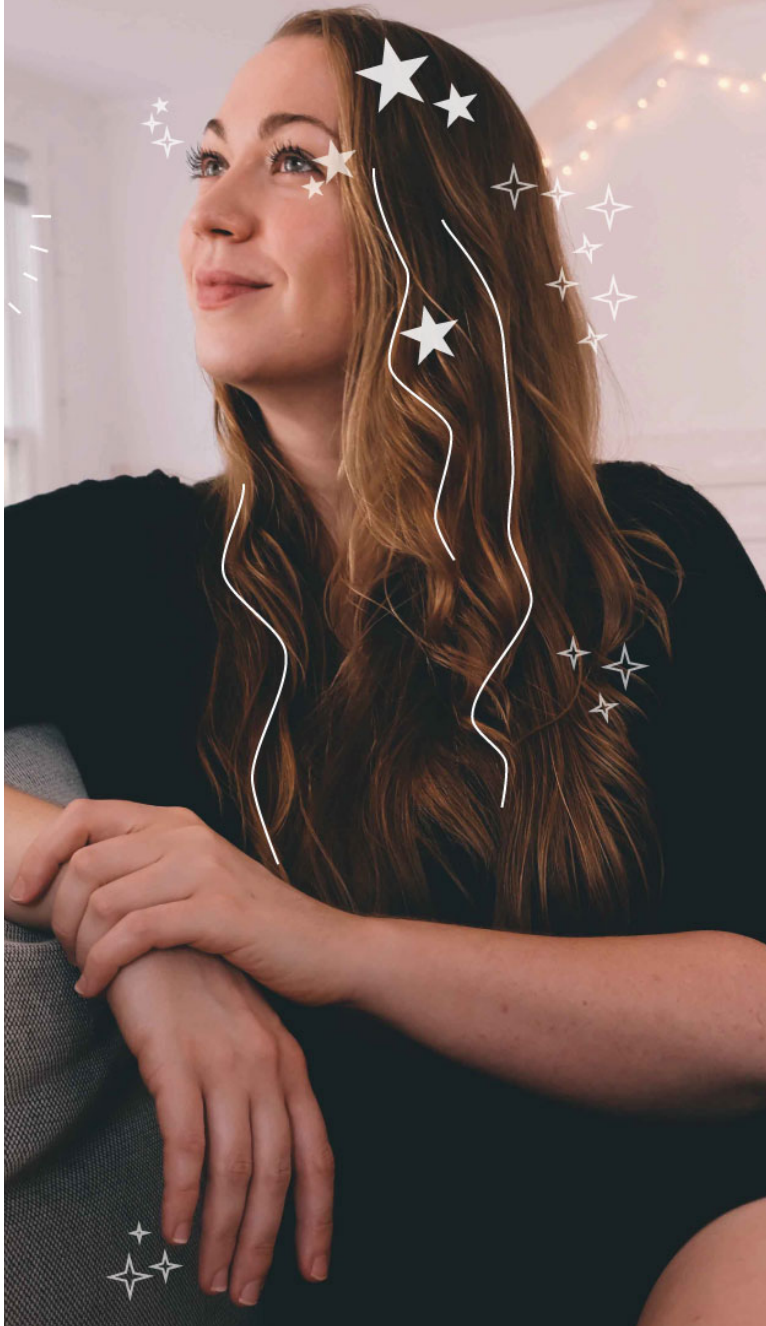
Affirmations work by helping you take ownership over your thoughts, beliefs, and feelings, which can lead to shifts and changes in every aspect of your life. These are also present tense, positive, and personal statements. Write it down, put it in your pocket, and take it with you throughout your day as a reminder.

"I am..."



Once you have this written, it invites you to become what you believe in the most powerful way





4.

REFLECTION

Whew! It's the end of the day and it's time to look back on your affirmations and intentions. Reflecting on how they came to life throughout your day will help you develop a powerful, dynamic, and creative relationship to yourself and your life.




List three ways...

...your intention
came to life today

...you called upon
your affirmation today

At the end of the day, take time to observe yourself throughout your day. How did your actions align with your intentions? How did your affirmations help shape your day? This is how you learn to integrate these practices into your daily life, by taking the time to get curious about the impact and value of setting intentions and affirming yourself.





The stories you tell yourself about your scoliosis have power.

WITH THESE FOUR HABITS, YOUR STORY WILL BLOOM.

**MAKE SPACE
FOR YOU**

**JOURNALING
PROMPTS**

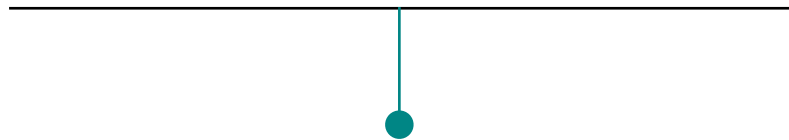
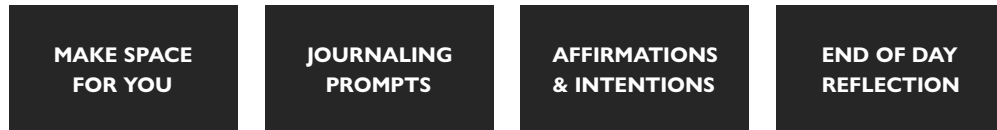
**AFFIRMATIONS
& INTENTIONS**

**END OF DAY
REFLECTION**

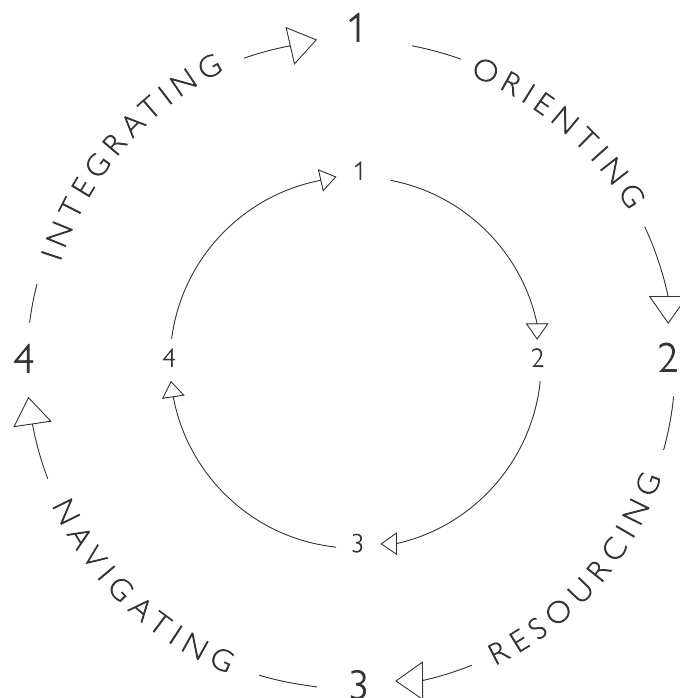
Are you ready to feel at home in your body, tap into your sacred power, and bloom fully in the world? I'm here to help support, honor, and uplift all of who you are as you move through your experiences with scoliosis and beyond. My work, The Core Connection Program, is designed to help you find the tools and build the skills for developing a sense of trust in your mind, body, and spirit and feel comfortable BEING you.

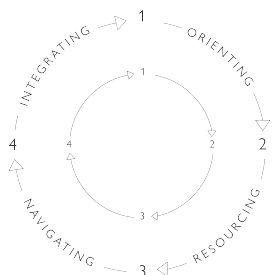


THESE ARE A JUST A FEW EXAMPLE HABITS WHICH ARE INCORPORATED INTO THE CORE CONNECTION PROGRAM



The outer ring (full program) mirrors the inner ring (each session) allowing you to orient, resource, navigate and integrate your revelations in each session as well as the entire program. Regardless if you're in a 1:1 session or a group program, you will be brought through these four steps.





Cycles of The Core Connection Program

1. ORIENTING

In the first few weeks of our work, clients will identify the different realms of experience, relationships, and topics they would like to cover over the course of the program. We'll discuss what's important to them, where they struggle, where they thrive, and what they need support around on their journey with scoliosis.

2. RESOURCING

Here's where clients will learn new skills, explore new concepts, and develop and deepen their relationship to their own body, the language it speaks, and the stories it tells. Key learnings will be dependent upon the client's needs but could include: mindfulness, meditation, their own unique ways they find safety, joy, and a sense of wellbeing, mapping the energetic and emotional body, the connection between mind, body, and spirit, keys for confidence, and more.

3. NAVIGATING

Navigating is where a lot of the fun, growth, sharing, and connection happens. After establishing where they're at in their relationship to their diagnosis, where they want to go, and feeling equipped with the necessary tools for the journey, we get into the process and travel through all the different areas of exploration.

4. INTEGRATING

While the journey with scoliosis never truly ends, clients do reach different points of arrival, spaces where they can reflect on their process and soak up all that they have learned. In this phase of integration, clients get a chance to acknowledge how they've grown and celebrate all that they are.

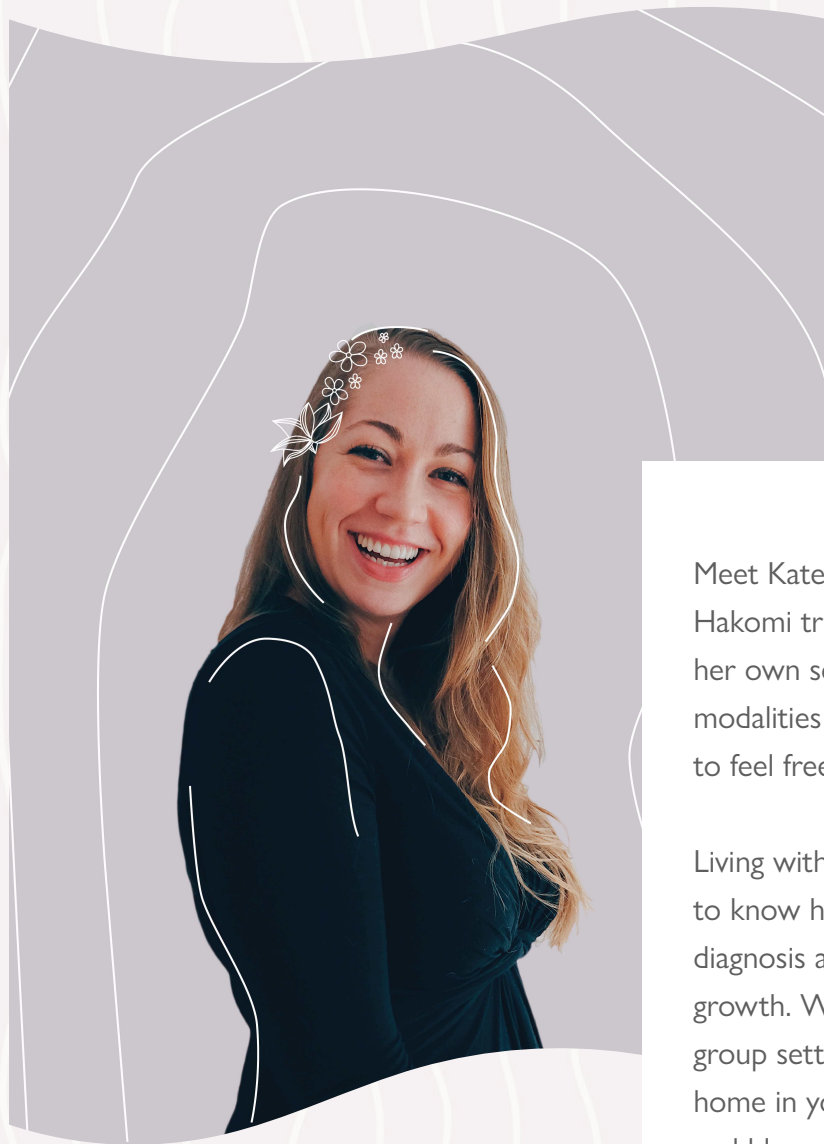


Let's welcome your whole self home.

I hope you found these habits useful. Once you have taken yourself through these habits for yourself or your child, schedule a complimentary consultation or contact me here to discuss if scoliosis mentorship + guidance is the right next step for you or someone you know.

BOOK MY FREE CONSULTATION





Meet Katelyn Carlson: a licensed bodyworker and Hakomi trained specialist who learned to navigate her own scoliosis journey with body based healing modalities and now guides others along this path to feel free, nurtured, and whole.

Living with scoliosis sparked an awakening to get to know herself at a core level and welcome this diagnosis as a sacred and powerful invitation for growth. With services ranging for individuals to group settings, Katelyn is here to help you feel at home in your body, tap into your sacred power, and bloom fully in the world.

Want to work 1:1 or in a group setting?

Let's chat [here](#)!



