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CLIENT CASE STUDY & TESTIMONIAL

What Challenges Was The Client Facing?

1. Be punctual. No matter what I do it's really difficult for me to be on time. And that makes me feel unaccountable.
2. Having a hard time dealing with money. Sometimes I feel guilty about spending money although I control what I earn and what I spend.
3. Feeling I'm not good enough. Insecurity and fears.
4. Fear of compromise.
5. I overthink.
6. I'm organised (very) but I don't have discipline.

How Did the Client Overcome The Challenges?

- More Time: Sandra was spending a lot of time procrastinating for no reason. We identified that she was not motivated enough in any area of her life. By creating a more purpose-led attitude, she changed her habits so that they aligned with her overall aims (to find a partner and travel).
- Confidence: A lot of overthinking was due to not having clarity or focus. She was feeling as though there wasn't time left to create the life she wanted. We identified limiting beliefs and reframed old stories to help overcome resistance.
- Inner-work: By healing from past trauma and not being defined by it.
- Money mindset: By identifying the stories related to money, Sandra was able to break-free from them and create a new way to handle money. One that is still mindful but less restrictive.

The Client's Testimonial

"I'm more aware of where I spend my time, what is really important to do and what is a fake mechanism of control, ego control. And I've stopped multitasking. Now it's one thing at a time.

I'm learning how to eat better. The importance of walking 30 minutes everyday. Sometimes it's even an opportunity for guided meditation. Other times, I just feel blessed for taking a walk in nature.

Learning to support myself. As I didn't get that support from my mother I was looking for it in the wrong places. Now I know I just have to turn my attention to me - it's something I am more aware of everyday.

Loving myself. I didn't know that was possible. But it's where love begins. It's not magic. It's something I know I have to work on every day. But every time I honour my inner-self I know I'm growing love for myself.

Abundance: I'm starting to believe in abundance. I pay my bills and I don't spend what I don't have, but I'm starting to believe I have enough. And I always will.

I started this journey in February 2021. It's been an experience of a lifetime, and I can only thank you for having you by my side all the way. Especially for not giving up on me when I didn't know what to say because I felt really lost.

Somewhere in my life I've lost the capacity to distinguish between who I am and who I was supposed to be.

I'm not there yet, but I'm so much more aware of myself, more focused on what I like instead of what I don't like. More in silence and in peace with myself so I can listen to my inner guidance. And willing to take the actions that will lead me to my purpose. Watch me ;)"