

Chapter 1

# HEY! YOU'RE AWESOME

Hey, reader of this book!

YOU ARE POSITIVELY AWESOME.

It's so easy to forget that.

Life gets in the way, we keep adding to our to-do lists and firefighting our way through (big and small) daily battles.

But you are capable, you are interesting, you can do hard things.

You are enough, just as you are.

We fail to remember our awesomeness and we don't give ourselves the credit we deserve. But this book aims to change that. I want to remind you of all the reasons you are your own kind of wonderful: to provide ideas and tools to help you through the days that feel grey; and to shine a light on the ways you can be your truest, sparkliest self.





I don't claim to be an expert.

But I am a fully-fledged empath, excellent cheerleader (in the supportive sense, I couldn't do a handstand if you paid me), self-care enthusiast and proud member of the

'I'm not sure how, but we will get through this' club.

Qualifications like this obviously don't come for free: I've earned my stripes!


In fact, like lots of us, I've had my fair share of stormy times.

I supported my boyfriend (now husband) through cancer. I've championed those closest to me through mental health struggles. Family estrangement, loss and grief have all been thrown in for good measure. I've had three babies in four years and particularly gruelling pregnancies.

That's all on top of the drip, drip, drip of everyday rain showers. The juggle, never-ending mum-guilt, trying to maintain friendships, everyday anxieties (don't get me started on the stress of parallel parking) and wondering when I will get time to try all of the projects and recipes lingering on my Pinterest boards...

Top that with some imposter syndrome, poor body image, too much social media-ing, not enough rest and the constant nagging feeling of not quite being or doing enough.

I've got first-class honours in this stuff!



Through these good days and bad days, I draw and I write: bold rainbows of illustrations and peeks into the ups and downs of my life that I share online.

With every illustration I share and each social media post, I'm reminded it's not just me.

It's not just me that struggles with self-care; not just me who sneaks off for a cry when the washing is piling up and the kids are bickering; not just me who is juggling work and life and feeling bulldozed by the big stuff and overwhelmed by the little stuff.

And if it's not just me, it's not just you either.

