



The WHY



HEALTHY
HABITS FOR
AN EPIC LIFE



Isabelle Cornish

The WHY

HEALTHY HABITS FOR AN EPIC LIFE



TEXT AND ILLUSTRATIONS BY

Isabelle Cornish

murdoch books

Sydney | London

About This Book

The most powerful question you can ask yourself is *why*? My *why* is the motivation for my lifestyle and healthy habits. If you have picked up this book, it means that you're open to asking yourself that same question. Throughout this book I will encourage you to ask many questions. The more you understand yourself, your dreams and your desires, the more equipped and empowered you will be to take positive actions each day that align with your future.

I identify as she/her and like to call myself a 'warrior woman'. My definition of a warrior is having strength. Strength can mean something different to many of us but, to me, it means a person who knows they are worthy of living the life they crave. It's about having belief in yourself, having your own back in times of need and being able to show up and courageously face all of life's challenges. It's about having respect and love, even when things get messy, and picking yourself up again. It's about being dedicated to your health

and happiness and holding value in supporting and caring for others. However, being strong doesn't mean you have to go it alone. We all need supportive people and guidance along the way. That's why I've written this book so, even if we're not together physically, this book is here to support you growing (at any stage of life) in a fast world. It's a safe space that provides you with knowledge, lifestyle practices, wisdom and love.

ASK YOURSELF WHY?

Why do you want to take this journey? Because it's YOUR EPIC LIFE and you deserve to experience it with health, love and happiness.

I get it. I know how hard some moments of this magical life can be. I've broken down, lost myself, cried a thousand tears and felt sadness so deep I have left my body. I've experienced chronic pain and mental-health issues. I believe that we are all connected, and so many of us have experienced similar challenges at one time or another. When I realised that the way I was living wasn't sustainable, I knew I had to develop lifestyle habits that would assist me in the long term. The ways of living and thinking I share in this book are now my lifestyle. Without them, I wouldn't be the woman I am today.

I was inspired to write this book because I hope that by giving you a peep into my world and showing you how I stay committed to my health and wellness, it might help you on your own journey. I want to share with you the exercises and ways of thinking – the 'tools' – I have used to clear my own mind, upgrade my lifestyle, heal old wounds, care for my soul, cherish my body and become a better friend to myself.



*My mission is to help others,
See in rainbow colours.*



HEALTHY HABITS, TRUTH BOMBS AND EXERCISES

In this book, you will come across ‘healthy habits’ – in the context of this book, ‘healthy’ relates to the body as a whole, including the mind, and ‘living a healthy life’ means working on different aspects of ourselves and our lives that contribute to our overall mental, emotional and physical wellbeing.

Habits are the things we do regularly and the choices we make each day that become our life. The more positive, health-enhancing habits we add to our lifestyle, the greater effect these have on shaping our lives.

You may see that I refer to some of these as ‘key healthy habits’. These five things – journaling, meditation, dance, breathwork and earthing – are the foundation of my lifestyle, my non-negotiable lifestyle practices. I don’t necessarily use them all at once, but I’ve found what works for me. For example, I may use all my key healthy habits some weeks whereas, other weeks, I might dance every day and just do a little breathwork. But the beauty of individuality means you can take my words, ideas and love to create a healthy lifestyle that works for you – a routine that nourishes your mind, body and soul. Add your unique quirk and vibe. The things I share in this book are my personal reflections and may not be suitable for everyone. The suggestions I put forward are all simply meant as ideas for your exploration.

Throughout the book you may notice that I also drop some ‘truth bombs’ from time to time. These little nuggets of wisdom are things that I wish I had known earlier. You’ll also see practical ‘try this’ exercises, which are designed to further help you on your journey of self-reflection. And again and again it all comes back to asking yourself questions, asking yourself *why?*

I often think to myself, *If only there was a book that could have taught me what I know now.* That’s why I’m here. This is the book I would have loved to read. I really hope the healthy habits help you as much

as they have helped me. I know what it feels like to crumble, and I know what it's like to experience happiness and love that expands beyond our beliefs.

ATTENTION: ALL GOOD THINGS TAKE TIME

I hope this book helps you to remove any obstacles clouding your vitality, glow and love of life. I am here to help you see and feel your power. To provide you with uncomplicated and practical content that helps you to kick ass. Enter this process with an open heart and mind. Please be gentle towards yourself, take baby steps and stay with it. Go at your own pace. Take your time absorbing these new ways of thinking, because you are about to devour some epic information. If some of this content is confronting or creates discomfort or distress, take some time out to sit with it and reflect. You can also talk about these things with a support network like family, friends or a mental-health professional. Healing takes time, and you never have to do it alone.

The Why is not a quick fix. It's a practical guide that aims to help in the long term. All I want is for you to show up as best you can at every moment. The core of my teachings centre around the following.

- **Authenticity** – Authenticity is about being real, true to yourself and your beliefs and intuition, and not being influenced by others. It's when you feel comfortable living and expressing yourself honestly, and not worrying about how others perceive you.
- **Love** – Love is the core, the centre, of all that heals. It's about working towards loving yourself, loving all beings and loving the earth.
- **Growth** – This is about finding an opportunity to grow despite everything that troubles and challenges you.

In this book you'll learn that it's the small decisions, actions and habits that help create your future. You don't have to wait for your epic life to begin; you can take the first small step to start to live it today.

Some people notice that the benefits come instantly but, for others, it takes time. It's not a race. When I first committed to my health and happiness, it took a while to notice the big changes, and I'm only just noticing some now, years on. But, every step you take will not go to waste.

Stay committed and trust that your work will pay off. Don't worry, as I'll help you with tips on staying motivated. We'll work on using your inner strength to create a deep commitment to creating the life you want. The value of the work is about improvement, not perfection – showing up each day and planting seeds of growth, as well as having patience, love and consideration for yourself.

No matter where you are on your health journey, the past was essential for your growth. It doesn't matter what you haven't been doing. What matters is what you're about to start doing. It's important to realise that everything you have been through was necessary for you to be here with me today.

In this book I share a lot of my story, but it's not just about me. I want to show you how love, health and wellness can nourish you on a beautiful journey of self-discovery. By sharing, we learn that we are not alone and that we are not so different after all. We realise that we are all human and a part of something greater. I encourage you to dance with me through these chapters. I want you to know that I see you and I've got you.

From this moment, you get to make a choice. You get to make a promise to yourself that, no matter what life throws at you, you will pick yourself up and move forward with love, compassion and courage. Now, let's get into it. **WHY?** Because it's your epic life, you can choose how to live it and you can start today. Are you ready to chase the rainbow? Okay, let's do this!

Part 1

CLEAR YOUR MIND



Thinking Big and Small

I practise the philosophy of ‘thinking big and small’. I was inspired to develop this method of thinking in the early stages of COVID-19. When the devastating news and impact of the pandemic hit, I found myself feeling uneasy. I’m sure many of you have experienced, or are still experiencing, hardships as a result of the pandemic too.

My feelings of uncertainty made me explore ways of thinking that would allow me to stay present, but still allow me to expand my mindset with big thoughts. I asked myself, *How can I think about the future but not try to plan my next few months or years?* So, I focused on thinking big and thinking small. Practising these two ways of thinking can serve us well and support us in life.

Thinking big is necessary for growth and transformation, as it inspires us to look forward and work out the qualities and goals we crave for our future. Without defining where we want to go, we cannot work each day to become better. *Think big* when it comes to

long-term growth. You might ask yourself questions such as: *Where do I want to go in my life? Who do I want to be? What is the large goal?* We have to think big to gain clarity on our goals of growth. Thinking big helps us strive to become a better person, lover and friend.

On the other hand, we need to *think small* to remain present, in the now. Thinking small is about appreciating what is right in front of us on a daily basis. We also need to focus on the small things we can do today, which will help us in the long term to benefit the BIG PICTURE. Fixating only on the big and getting stuck in thoughts of the future or the past can remove us from the magnificence of the *right now*, such as seeing the dreamy colours of the sunrise on a morning walk or feeling the ocean breeze on our skin.

The key is to integrate these two ways of thinking into our daily lives to remain present and yet to realise our longer-term goals. This can be likened to the Eastern principles of Yin and Yang. According to Taoism, Yin and Yang are said to represent dualism, polarity and balance and show how two halves or opposites (light and dark, calm and chaos) achieve wholeness and equilibrium, which is how thinking big and small can be viewed.

There are definitely things in life we can't control, but there are just as many things we *can* control. These include our values, the way that we treat ourselves and others, our actions and our lifestyle habits. These are all choices. It's what we do and how we think on a daily basis that shapes us. Change and breakthrough are an accumulation of all the little moments. These moments can be as simple as showing respect to someone we meet or speaking to ourselves with loving kindness. Every day is an opportunity – our opportunity.

WHY IT'S GOOD TO ASK QUESTIONS

I was feeling flat. My world had taken a tumble. I was freshly single after the end of a long-term relationship and on a quest of rediscovery. My motivation had melted down the proverbial drain. I had forgotten

my purpose. I had lost touch with my dreams and desires. I realised that not having clarity about my dreams (aka the life and future I desired) had stopped me from moving towards becoming the person I wanted to be.

I purchased some new books. One was an audiobook on high performance in relation to exercise. My interest in sport had me seeking new methods to improve my training. I was a few months into training for a half marathon and, 10 kilometres into a Sunday morning run, the audiobook in my ears struck me with one of those lightning-bolt moments of clarity. *OMG*, I thought. It was like the clouds had parted, and I realised what was missing: I had failed to see the goddamn big picture! I had been searching for meaning, but taking turn after turn with no destination. I had forgotten to ask questions. I had forgotten to ask *why*? No wonder I was feeling flat.

I asked myself the questions below, and now might be a great time for you to do the same. So, grab a pen and paper (or use the Notes section of your phone) and ask yourself:

- what kind of person do I want to be in 5 or 10 years?
- what do I want my life to look like?
- what do I want my friends and family to say about me?
- what attributes and qualities will I have?

I spent a few days asking myself these *big* questions. Once I uncovered my answers through journalling, I was finally able to put together the pieces that I had been missing. I defined my dream destination. I understood *why* I needed to change my actions. Diving into my mindset by asking myself questions, and asking *why*, enabled me to see what I needed to do to become the woman I desired to be in 5 or 10 years. I saw my future by thinking *big*. From that day, my internal and external world transformed. Then I used ‘thinking small’ to figure out what my daily mindset needed to be and what

habits and practices I could implement to stay present but still be driven by my **BIG** goals. My life took a positive turn, and I was finally back on track to living the life I desired – an **EPIC** life.

