LOUISE ROBERGE

FOREWORD BY MIKAËL ZAYAT

Go within

... One day at a time™

FIVE PILLARS GUIDE

Roberge, Louise

Go within... One day at a time ™

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This book, Go within... One day at a time™, is filled with joy, love and wisdom. It encourages us to connect with our own Being, to discover our uniqueness and move forward on our life path.

There's no need to put this book away in the library; you can keep it close at hand, choose a page at random and receive the message that will guide you at the right moment.

Each of the five pillars supports the foundation of our anchorage and enables us to build the edification of our being on Gaia, our beloved planet.

Louise is a kind-hearted woman who accompanies us on our path and helps us to bring out the light within ourselves. As a coach, she helps us regain a global vision to pursue our mission.

Mikaël Zayat

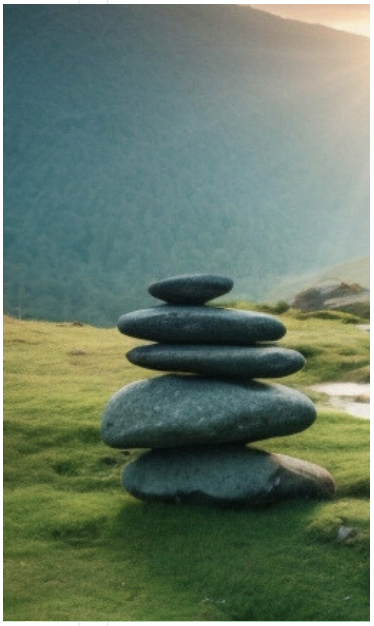
Note to readers

The 5 Pillars guide Go within is a tool based on self-empowerment and personal development. Through these writings, the author aims to enable readers to explore a path and enrich their human potential.

As each person is unique, the themes presented in this guide can lead, if necessary, to professional coaching or support from a natural health expert.

Go within... One day at a time ™

Enjoy your reading !



THE PILLARS

01 SELF-KNOWLEDGE

- Discovering your inner self
- Unleash your human potential
- Access our authenticity

02 MINDFULNESS

- Alignment Be, Do, Have
- Mindfulness in everyday life
- Living each moment with intention and presence

03 EMOTIONAL HARMONY

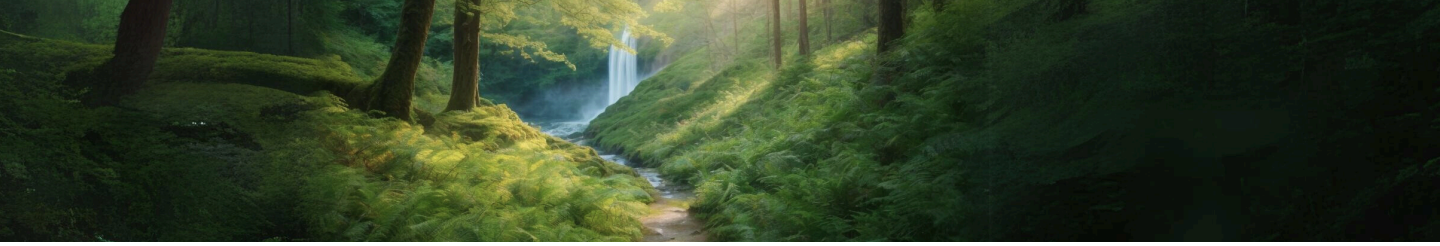
- Decoding your emotions
- Embrace positivity and recognition
- Love and gratitude

04 VITAL ENERGY

- Holistic approach
- Conscious eating
- Tuning your frequency

05 RECONNECTION TO SOURCE

- Nature calls us
- Connection to nature
- Strengthening this connection



GO WITHIN

...ONE DAY AT A TIME™

Every ending marks the beginning of a new adventure. In this continuity, welcoming transitions becomes a way of integrating the natural flow of life and revealing the valuable lessons they bring.

As we embark on our quest, where everything starts from within, here are a few concrete steps to take. First, let's remember that adaptability is an essential quality for navigating through change. Let's immerse ourselves in reflection, because it's in silence that we find the answers to our deepest questions. Give ourselves the space to examine ourselves, and we'll honor our journey, unlocking the hidden treasures of our soul.

Then, let's seek to complete our journey with new experiences. Whether modest or significant, each discovery is a star added to the constellation of our existence, making our inner sky brighter and brighter. Let's celebrate the diversity of the lesson's life offers us, for it is through a wide range of experiences that the path to wisdom takes shape.

Finally, let's cultivate curiosity and the desire to learn. Every day is an opportunity to renew ourselves, to see life from new perspectives that will lead us to a better understanding of ourselves and the world around us. Fulfillment is not a destination, but a dynamic process, a dance between accepting what is and aspiring to what could be.

By recognizing that everything begins with us, Go Within, we fully appreciate this ongoing adventure, complete with learning and personal and professional evolution. Let's embrace it with curiosity and courage, because every experience we have enriches the panorama of who we are, and what we're working towards, bringing us ever closer to our authenticity.

For most of us, nature inspires us to take our time. It brings intuition to the surface, guiding us back to the source for new personal and professional challenges. You may be looking to embrace change in a life transition. This path of self-discovery can lead you to explore the depths of your Being and enrich your human potential. The Five Pillars guide is a didactic and personal development tool. True transformation is rooted in the heart.

I'm Louise, creator of Kalla Santé. This guide is an invitation to fill yourself with kindness, to cultivate your curiosity and to get to know yourself better. You'll discover insights to help you live your healthiest life.

Kalla means "source" in Swedish. It can symbolize a return to the source, based on the conviction that each of us holds within us riches yet to be discovered. You'll be invited to navigate through the landscapes of your own universe, equipped with keys that open doors to the pursuit of your goals. It also means engaging in an intimate dialogue based on your values, where you can recognize the results that come from your intentions, your choices, and your actions.

Go within... One day at a time™

Author, speaker, naturopath, certified coach. A graduate of Montreal's HEC Business School, Louise Roberge has been working in the business world for over 25 years. She holds a certification in health and wellness coaching, and is a member of the International Coaching Federation (ICF). Her professional coaching accompanies entrepreneurs in life transition or business projects, as well as people facing change who need the support of a coach in a holistic approach. She emphasizes the importance of self-care, vitality and self-knowledge. She inspires you to listen to your intuition, and guides you to make inspiring choices, then regain motivation by taking action, one day at a time.

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www.kallasante.ca

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