

TORONTO'S SEASONAL LIFESTYLE ON-LINE MAGAZINE

HER COLLECTION

SPRING/SUMMER 2023 • ISSUE 1 • VOLUME 4

COLLECT.CONNECT.CREATE.

SOLO TRAVELS

Share my journey through Italy



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editor's note

I'm writing this on the heels of talking to my travel agent to review my itinerary for my solo trip to Italy - Sicily (Taromina & Siracusa). I'm turning 50 and am coining this a "wild-stone" birthday. It feels weird and wonderful simultaneously, like I'm entering the best season of my life in a chariot that's on fire.

Mid-2022, I decided to stop waiting on the perfect time, travel buddy, money and all the other excuses I made over the years. The truth was I was scared of taking such an expensive trip without a friend or partner, so for years, I would talk about my dream of visiting Italy, which never came to fruition.

FEAR, I have learned, is the biggest obstacle for every person I have had the pleasure of coaching, with very few exceptions.

Fear and its effects on women are so prevalent that it has shifted the work I do. I am still coaching to purpose, but I now emphasize coaching through fear to get to living on purpose.

Entering Spring, which will always represent new beginnings, is the perfect time to reflect and refresh every aspect of one's life. So, as we enter Spring/Summer 2023, I encourage you to take a look at where you are in your life and where you want to be. During these moments, get really honest with yourself and ask - what have I put off because I have been afraid?

Answer this question without shame or judgment. Prioritize the answers and choose one of them. Next, list everything that scares you about achieving your goal, create a plan, and push past fear. Finally, when fear shows up, ask yourself if it is real.

This season we are Rejuvenating HER. We are shaking off the fears that have held us back, forging courageously ahead and leaving no dream behind. In 2023 we are setting the stage to live the life we deserve.

This season, our contributors will take us on a journey of self-love expressed through how we care for ourselves - physically, emotionally, spiritually and financially.

Enjoy!

Tanine

EDITOR IN CHIEF

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GOING IT ALONE



A MIND THAT IS STRETCHED BY
A NEW EXPERIENCE CAN
NEVER GO BACK TO ITS OLD
DIMENSIONS
- OLIVER WENDELL HOLMES JR.



Since my return from Italy, friends and acquaintances have asked if my trip was life-changing, and my answer to them has been **no, it was life-affirming.**

Having planned my trip for nine months before leaving, I had plenty of time to question, doubt and work myself into a frenzy of what if's. The first fear I knew was unrealistic and highly unlikely, being kidnapped. I would laugh about it to friends until weeks before my departure; a real fear popped up on my social feed. A young woman travelling through Rome with friends shared stories of the horrible incidences of racism she faced, so much so that she felt her life was in danger and left.

Story after story started filtering through my FY (for you) page, to the point that I would scroll past them so as not to increase my fears. I felt stuck, I couldn't cancel my trip, but I also didn't want to be attacked or harassed.



**A SHIP IS SAFE IN THE
HARBOR,
BUT THAT'S NOT WHAT
SHIPS ARE BUILT FOR.
- GAEL ATTAL**



Living with this fear consumed me. Days before my departure, an incident happened at my local dollar store where a woman who clearly was not mentally well started an altercation accusing me of attacking her calling me names and bringing the Karen energy we see on social. While it unfolded, I was neither scared nor angry but more annoyed that this person was taking up my space with her ignorance. I laughed at how absurd she was and later felt sorry for someone who allowed hatred to consume them to the point where she clearly was unwell.

That incident reminded me that I could not let bigots affect me and how I move through this world. That I have every right to enjoy all that life has to offer, and that was the energy I was surrounding myself with and brought to Italy.

When I exited the plane, I stepped into my power, walking across the tarmac and into the airport I felt energized. My street smarts activated as I started to navigate and check off the must-dos of my journey.

The first was to locate a sim card, and the second was to get to my hotel. It was amazing how all the fear and nervousness melted away once I became present, allowing me to take control of the situation.

As I marched through the streets of Rome, I felt a quiet confidence that was often interrupted by awe. The sights and sounds of this great city left no sense untouched. I was finally here.

With each navigational win, my confidence grew till I sat in joy, I had arrived, and the adventure I had waited for my whole life had begun. Now, I still had missteps, like almost missing my flight to Sicily, but when they arose, I did what I always do: figuring it out.

My younger self had ventured out on solo trips and was overcome by loneliness, but looking back, it was more boredom than loneliness. Those destinations were all-inclusive beach stays with little to do but read and tan. I am a sight-seer who loves being on the go.

Each day I would wake up, get ready and hit the streets, walking for hours, taking in all the beautiful architecture, nature and people and feeling comfortable and content with my own company.

With the exception of one incident, every person I met was warm and helpful and made me feel welcome.

This adventure in Italy was my first major solo trip, but certainly not my last. I am very grateful for this experience, as it helped me appreciate my strengths and reassured me that no matter the situation, I will be good.

Fino a quando non ci incontreremo di nuovo Italia (until we meet again).

Ciao!

By Laura Marchione-Giurdanella **Radiate Love & Happiness from the Inside Out**

On the journey toward becoming happy, healed, and fully integrated human beings, there is only one path through which this becomes possible: self-love. Love is the foundation of all happiness, and the foundation of love is rooted in the love we have for ourselves. Self-love is the foundation of all love. Self-love has no ties to egoic, narcissistic, self-absorbed tendencies and is the polar opposite of selfishness. In truth, without a solid foundation of love rooted oneself, we cannot fully love another person unconditionally. Self-love is the precursor to love, and love is the precursor to happiness; therefore, to radiate happiness from the inside out, we must begin with loving ourselves first.

Loving yourself requires a deep understanding of who you truly are. It involves loving the “you” beneath all the cultural and social expectations and attitudes you’ve been burdened with since childhood. To discover who you are, you must peel back the layers of your programming and release the unreal expectations that leave you entirely disconnected from your true self. Social and cultural expectations and socialization have taught you to forget who you are. When you feel disconnected, there simply is no room for alignment, fulfilment, or happiness. As a result, there is no room for love.

How do you reconnect with your true self? First, spend time alone—time in silence, time fasting, and time without thought, without distractions.

Be Still: Silence your external environment, and take a break from the noise that creates chaos in your mind. Shut down the channels of negative information and situations that only serve to depress your environment and mood. Silence is golden in times when we want to connect with ourselves.

Fast: Quiet the body’s interference. Give the body time to heal itself without the burden of unnecessary cravings. If fasting is foreign, make time for yourself and avoid excessive snacking.

Meditate: Quiet the mind and open your heart to receive Divine guidance from your Higher Self. You’ll be amazed at the insight you’ll receive when you take some time just to listen.

Finding the self takes time because it involves unlearning everything you have learned and stepping into new dimensions of the self that you choose and deem relevant for your joy and fulfilment. This process requires curiosity, compassion, non-judgement, and loving patience. In addition, unravelling the layers that have separated you from yourself all your life takes time.

Once you achieve this, you will truly step into your power.

© Laura Marchione-Giurdanella,
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Certified Health & Life Coach
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2023 Success Planner



SMART TOP 3 GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	SPECIFIC WHAT DO I WANT TO ACCOMPLISH?	
M	MEASURABLE HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	ACHIEVABLE HOW CAN THE GOAL BE ACCOMPLISHED?	
R	RELEVANT DOES THIS SEEM WORTHWHILE?	
T	TIME BOUND WHEN CAN I ACCOMPLISH THIS GOAL?	

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TOP 3 GOALS

3. Choose **three** goals that you want to work on this year
4. Write out all the actions necessary to make this goal a reality
5. Prioritize the task in the order they need to be completed

GOAL 1	KEY ACTIONS
•	
•	
•	

GOAL 2	KEY ACTIONS
•	
•	
•	

GOAL 3	KEY ACTIONS
•	
•	
•	

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DREAM MAPPING

YOUR IDEAL LIFE?

Let your imagination go wild. For each section, write exactly what you envision for your ideal life. Be as specific as possible. You have five minutes.



2. Take a moment and circle one goal in each section that would move you closer to having your ideal life.

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Summer Superfoods

Top 5 Superfoods to Add to Your Summer Diet!

After a long cold winter, I am ready for the flavours of Spring and Summer. So here is a quick look at what superfoods (fruits and veggies) are in season, their impact on your diet and how you can incorporate them into your life.

Enjoy!



THE FOOD YOU EAT CAN BE EITHER
THE SAFEST AND MOST POWERFUL
FORM OF MEDICINE OR THE
SLOWEST FORM OF POISON.
- ANN WIGMORE

01

BLUEBERRIES

When: May through October.

Why: Combat inflammation. Anthocyanins, the natural plant compounds that give blueberries their deep colour, may have antidiabetic effects.

How: Pancakes, smoothies, fruit salads and frozen snacks!

02

WATERMELON

When: May through August.

Why: Aside from the refreshing factor, watermelons have lycopene, an effective weapon against prehypertension, a precursor to cardiovascular disease.

How: Aside from cute-up wedges, try watermelon in smoothies with coconut water, lime juice and mint leaves for an awesome cooldown!

03

FIGS

When: Start appearing in the spring and are ready to eat in late summer.

Why: Excellent source of dietary fibre (almost 2 grams each), a good calcium and potassium source.

How: Lovely addition to a cheese platter and a fantastic ingredient to make a cause for salmon.

04

RED BELL PEPPERS

When: May through September.

Why: They contain 11 times more beta-carotene than green bell peppers and 60 percent of the recommended daily value of vitamin C- red gives you 240 percent.

How: Dip them in hummus, roast them on the grill, add in salads or cut them up and snack throughout your day!

05

BEETS

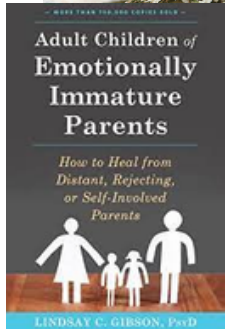
When: June through October.

Why: They contain the pigment betacyanin, which gives them their distinctive hue. Beets are also a good folate source, which guards against congenital disabilities, colon cancer and osteoporosis and can reduce blood pressure.

How: Try pairing with contrasting ingredients- a salty/ creamy cheese (i.e., goat or blue) or toasted nuts (i.e., walnuts or almonds). Add to your salads or pickle them as a side addition to your meals.



THE READING ROOM



"...This book can be a source of healing for adult children of these kinds of parents—particularly for young adults. But it's also insightful for bosses, therapists, friends, and anyone else who works with, cares for, and supports the people described in this book. Gibson's professional background allows her to anticipate people's emotions and reticence—and urge them gently forward."
—Foreword Magazine

This book appeared on my TikTok FY page, and as a member of the "least parented generation," I was immediately intrigued.

Adult Children to Emotionally Immature Parents is a self-help book that will help you navigate your feelings around loneliness, neglect and betrayal. Upon reading this book, you will have several ah-ha moments that will assist you in developing your self-awareness, zeroing in on your own limited emotions, lack of boundaries and other related behaviours. The book does not serve to vilify emotionally immature parents, but it also does not victimize them - we all know the saying "hurt people hurt people." Instead, it focuses on the impact of this parenting style on you as an adult and gives you relatable case studies, research and ways to navigate healing.

As a therapy enthusiast, this book will help the reader bring up unhealed areas that have been buried to discuss in your next therapy session.

This short but impactful read pulls no punches and uses several exercises to help you navigate your healing. Whether you are on the first steps of addressing childhood trauma or have been in therapy for years, this book is an excellent resource for your journey.

This series has additional workbooks and tools if you want to dive deeper into your self-help pursuit of happiness.



GOOD EATS

OEB Breakfast Co.

125 E LIBERTY ST,
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I may be late to the table, but I am happy I arrived.

During a recent trip to Edmonton, I was introduced to OEB, one of the best little breakfast places I've visited in a long while. It claims to be THE destination for Canadian brunch, and they are not wrong. It is definitely an elevated breakfast experience that won't break the bank.

I always order the classics, eggs, bacon and toast because I know if you knock that out of the park, everything else is a win!

The restaurant was founded by Chef Mario Martina in Calgary back in 2009, and I was happy to learn that there is a location in Liberty Village- if you know, you know.

With a focus on quality, presentation and taste, you will be satisfied, and I have yet to mention the decor.

It's a lil' kitschy, pun intended. Each location is a variation on the theme of crisp white with pops of yellow and orange that amplifies the supple egg nuances everywhere; it was a sight for hungry eyes. Add the attentive service and their gluten-free options; I was in brunch heaven. The only thing that would have improved my dining experience is trying one of their fabulous cocktails, which means I need to visit my local Toronto location soon.

Get crack'n and check it out!



IT'S MONEY HONEY

How Speaking Your Truth Will Help You Financially



You can speak good into your life and existence. I've downloaded free apps that send me affirmations every hour. I tell myself I love you when looking into a mirror and say the same thing to my money.

I wasn't honest with my finances or myself for the longest time. Instead, I let negativity run rampant. But when I started speaking the truth, my whole life changed. Here is why speaking the truth will help you achieve financial wellness.

Being honest with your finances is the first step in achieving financial health. When you stop being in denial about your overall financial picture, you know what steps to take to get where you need to be.

Sit down with yourself, a pen, and a piece of paper. Close your eyes and imagine what it would be like to be financially well. After you've meditated on that, put pen to paper and start writing. The first step to achieving any goal in life is to set the intention to recognize opportunities as they arise.

Speaking the truth will help you get out of debt.

If you're someone who hides credit card bills from yourself, you're not alone. The average Canadian is \$73,532 in debt, according to Equifax Canada. Gen-X seems to be the most debt, making sense as many more people in their forties have a mortgage and kids versus someone just graduating college.





IT'S MONEY HONEY

Debt can help you do beautiful things, like go to college or put a roof over your head. Unfortunately, debt can also make you feel ashamed and wonder how you'll ever get out of it. It's essential to be honest with yourself about the amount of debt you're in because you will tackle it. When you get real, shame can no longer bind you. It's okay to say no to those happy hours with friends and yes to financial progress.

Speaking the truth to save more money

You can't save what you don't earn. I also know it's hard to save money when you have a lot going on. I have several savings goals written down on a chalkboard wall next to my desk as I type this. I look over and smile at the progress I've made on some, then quickly frown at the ones I haven't.

How to speak the truth to save more
Set aside one weekend to declutter your house. Make three piles for each action: donate, throw away, or sell. You can also put items you need help with aside and then stick them in a box to look at later. Now, look at everything in your life that used to be money in your checking account.

We keep items that no longer serve us because they had monetary value at some point, but they no longer do. So by looking at what you spend your money on, you'll now be in a better place to put up boundaries when it comes to your spending.

How to speak your truth to curb emotional spending

Start journaling. Buy a notebook or use a random one you have lying around (not that I'm talking about myself), and set aside 10 minutes daily to start journaling. You can find writing prompts online or even do it in Dear Diary style. It's up to you, but this is a way to get your thoughts and emotions flowing onto paper, not your wallet.

Speaking your truth in any area of your life will empower you.

It's hard at first because being honest with yourself is more complicated than being honest with others sometimes. But by continuing at it, you will feel confident with yourself and your finances. You won't want to live any other way.

We promise you.



Loveleen Rai
Money Mindset Coach
Have questions reach hercollected@gmail.com

Coaching Corner

Healing The Wounded Warrior

BY JANINE BOWEN

Therapy is the gift we give ourselves.

This sentiment is one I preach to every person who can hear or read my words.

There is no shame in healing and growing the parts of you that have been damaged. Because this damage can impact every aspect of your life and prevent you from being whole. So, having a trained professional available when you need them is an essential resource for any human.

After years of therapy, I am at the point where I require "tune-ups"; these are usually prompted when life throws a triggering event that unleashes feelings that go back to childhood traumas.

Over the past few years, I have been on a journey of healing and reconciliation related to my relationship with men. This journey has had many twists and turns, revelations and releases and ultimately, tests. The climax happened when I reconnected with my first love in 2021. My friends, the universe is *#savage*. You will be tested when you resign your past pain, healed that space, and are ready to move forward.

**If you always do what you've always done,
you will always get what you always got.**

After cleaning out the last debris from my most recent ex, I thought I was free and clear to invite new love in. There is a neutral place you live in when you have no romantic love in your life, and it's safe for the most part. No recurring thoughts, wanting or yearning, just blissful nothing. These are the times I think I might be dead inside because I have 0 interest in anyone. That was until a spark from what seemed like the most unlikely source reignited my heart.

These tests we endure are meant to show us how far we have come and, ultimately, if we have learned the lessons.



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For example, when bumping into first love some years ago, I thought I had nothing left inside; clearing out the trash those past months, it seemed a tiny ember still burned and suddenly burst into a flame over a casual dinner meant to catch up. This dinner led to another; with the assistance of tequila, truths were told, and feelings were revealed.

If this were a Rom-Com, we would have been whisked away into a happy-ever-after, but sadly this was not that kind of movie. Instead, this was the film where the heroine, me, is put into a very familiar situation and had a choice to do what she has always done - pursue someone who is not emotionally available or do something different.

It took one week for me to process the feelings - sadness followed by disappointment - then I shifted my thinking, and like a switch, I checked myself.

Admittedly, no one was more shocked than me. In the past, I have ruminated on feelings for far too long, leaving me emotionally crippled.

My healed self knew that when you take responsibility for your role in every situation, you can take control of your feelings because they are yours. However, disappointment was the most challenging part for me; I needed help. That's when I call my therapist.

At the end of my session, I was given rest as my homework. My therapist described me as a wounded warrior whose months-long battle had come to completion; now, it was time for healing. I had done all the work and, by my standards, passed the final test. So I choose peace and truth and stay the course.

No matter your journey, knowing that if you walk in faith and stay the course, the prize at the end will surpass your wildest dreams - that, my friends, is how I am healing my wounded warrior.

Janine Bowen
Success Coach

Founder of HER COLLECTED

send your questions/requests to hercollected@gmail.com

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HER COLLECTION

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