



Holistic Lifepath

Resources



Toolkit

Everything you need to get started
on your Holistic animal care journey.



www.holisticlifepath.co.uk

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There are a few key items that any good Holistic Lifepath Toolkit should contain. You can, of course, evolve and develop the kit over time as you build up experience.

- 1. Journal**
- 2. Timeline**
- 3. First Aid Kit**
- 4. Support Team**
- 5. Training**

1. The Journal

We all love to think we have a wonderful memory. And perhaps some of you out there really do! Being able to remember all there is to remember about your animals is a great skill. It is in your head and the information is always at hand. There are, however, a few possible drawbacks.

- It is not always easy for someone else to know all that is in your head.
- It can be tricky to analyse all the data that you may be carrying around.
- Sometimes, memories are not as accurate as we like to think.

With all this in mind there is a very simple, neat solution:

Keep a journal.

This can be as big or as little as you want. You can record as much or as little as you want. It may be a physical book. It may be a Word document. It may be a spreadsheet. It may just be words. Maybe picture or diagram. It may have photos or videos. You may write every day about your animals or just when something of note is going on. You may evolve and adapt the style as time goes by. The creative potential is there for you to explore.

Having developed your journal it will become a very useful tool for the on going management of the lives of animals in your care.



2. The Timeline

This is, perhaps, a subset of the journal concept. And it is so powerful a tool that it is worthy of its own discussion. The whole Holistic Lifepath philosophy is centred around the life of an animal unfolding through time. A Timeline becomes a map of that journey through time.

Again, you can get creative in the way you design, manage and evolve the Timeline.

- **The Big Timeline** - Can be used to map out a whole life.
- **The Problem Timeline** - Can help you tackle and monitor a given problem.
- **The Waking Up Timeline** - When you just start to take charge of managing an animal's life differently. Do two timelines. One looking back over what has happened so far. Then one looking forwards for how you plan to continue to manage affairs.
- **The Year Planner** - To create a Timeline looking a year into the future, perhaps dividing into months or quarters of the year. You can then plot out you intended Holistic Care-plan.

The scale used on the timeline obviously reflects what you are working with. For some very acute issues, you may make entries every few minutes or hours. For average acute disease management it may run over a few days.

You can plot all sorts of things on the Timeline. It may be illnesses and ailments, along side treatments and responses. It may be routine medical procedures or therapies. It could be events or injuries, stresses or challenges. Background things such as diet or weather can also be included.

I always recommend making it as visual as possible. Large bits of paper can be helpful. If you are technologically minded you may prefer to create a spreadsheet. The overall idea is for you to have a map of the territory that you are managing.



3. First Aid Kit

There will be so many areas where you, as a committed holistic owner, will be able to nip things in the bud or support the problem elegantly in the Amber, while it has Red Level veterinary treatment. To do this well it is essential to create yourself a First Aid Kit.

Every First Aid Kit is unique. There can be the regular collection of standard items. Beyond that, to Holistically manage the Lifepath of an animal in your care, a range of natural medicines will be really useful. These may be Herbal products, Homeopathic remedies or others items.

The range of products that you keep will be dependant on the nature of problems that you may anticipate being an issue. Always remember you will need to have appropriate training to know how to use such natural medicines well.



4. The Support Team

There will be a range of professionals that can be very useful to help you keep your animals happy and healthy.

Your local veterinary practice can be invaluable, especially for issues in the Red Level. If you are fortunate, you may have a practice that is able to offer Natural Medicine therapies, such as Herbal, Homeopathy, Acupuncture, Traditional Chinese Medicine. Beyond that other support skills such as Physiotherapy, Osteopathy, Chiropractic, Healing and many others can be useful.

Your personal team can be individualised depending on your needs and interests.



5. Training

If you want to become good at managing the Holistic Lifepath Principles and Toolkit, then on going training will be invaluable. I will be providing a variety of training opportunities to help you develop your skills in the Courses and Events section.

There are many other possible resources. The internet and various books can be very helpful. Again, you can be guided by your personal interests, needs and enthusiasms. You are aiming to become the best possible Holistic Owner you can be.

To find out more about developing your personal Holistic Lifepath Toolkit, get in contact with Holistic Lifepath.

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