



3 CHOICES

TO A FULFILLED
OT LIFE

{A GUIDE FOR THE GO-GETTERS }

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Hi I'm Rhiannon!

I'm a wife, mum, occupational therapist, small business owner and the founder of The OT Lifestyle Movement.

I'm so glad you found me! You're here for a reason. I know you want to live a life rich with meaning and purpose. You want to shape your own career destiny. And you're looking for ways to reduce the burn out, fatigue and stress, and do more of what you love.

I want to share with you 3 choices I made to live the OT life of my dreams. Seriously! That might sound a little bit airy fairy and over-the-top, but I've been in jobs over the last 13 years as an OT where every day has felt like ground hog day. Where I am just going through the motions, Monday to Friday to get a pay check at the end of the week. Can you relate?

Once I had the awareness that that was my reality AND that I could actually change it - doors opened and my life changed. I believe we're all capable and worthy of living our best life. And there's no time like NOW!

IF I CAN DO IT, SO CAN YOU

So here goes. Here's the 3 choices I made to
live my most fulfilled OT life!

BE YOUR OWN OT!

Day after day, after day - you are helping people get on with their lives. You are supporting them to engage in meaningful occupations that truly fulfil them. You are over-thinking, over-analysing and over-working to ensure life is truly satisfying for another human being in your care. But when was the last time you took this time and energy to focus on you, and be your own OT?

If you were your own OT, what would you say?

Literally. What would you ask yourself?

**What's most important to you right now?
What's your biggest challenge right now?
How are you spending your time?**

Take a moment to answer these questions, not skim past them. Then reflect. You have the answers inside you, but maybe you have never stopped to ask the questions. Are you spending your time intentionally? Are your habits and routines centered around what you value most in life? Or is there a misalignment? How can you do more of what you love? What obstacles are getting in your way? Is your environment supportive of your goals, dreams and aspirations? If not, how can you make a change. Remember if nothing changes, nothing changes.

When I started to be my own OT and do a life audit, my path became clearer. My work became my passion driven purpose. My business grew to 6 figures. My home life was more peaceful and less frantic. And leisure activities were no longer an occupation that I put-off for when I 'had time' - because let's be honest, I never had the time! So now I make the time. I make the time for what is most important to me and I take steps towards this - one occupation at a time.

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KNOW YOUR OT WORTH

There was a time when I never felt enough. I didn't feel experienced enough, smart enough or qualified enough. I doubted my skills, second-guessed my intervention plans and was even hesitant to promote my own business (in case I got caught out for not knowing something).

Let me tell you right now.....

YOU ARE ENOUGH

Let's be real though, of course there will be things you will not know and things that will not go to plan. There will be stuff-ups and mishaps. There will be other health professionals who don't know what you do and undervalue your work. But know this - YOU ARE ENOUGH. And it's time to own your worth.

You have SO much to offer. You care for the mind, body and spirit of another human being and try to see life through *their* lens. You help people engage in the meaningful occupations that nourish their soul and feed their dreams. You help them get back to the ordinary routine tasks that others take for granted. You walk along side people in their most vulnerable states as they navigate their healing journey. You my friend are indispensable. So don't for one more second question your worth!

We are really good at seeing the strengths in others. Let me ask you, what are you really good at? What are your personal strengths?

Know you are *enough*.
Embrace your *strengths*.
And recognise that the work you do is truly *life changing*.



3 MERGE YOUR PASSION WITH YOUR OT WORK

One thing I have learnt over the past few years is that our OT scope of practice is almost limitless. I had boxed myself in to traditional thinking and never thought to explore the possibilities within our profession. I just did what I knew.

Now, after talking to countless occupational therapists from around the world, interviewing world leaders on my podcast {The OT Lifestyle Movement}, and from first hand experience - I know what's possible!! It's absolutely possible to **merge passion and profession**.

I know OTs who are weaving **sport, dance, music, gardening, art, yoga, surfing, rugby and even circus** into their work! These occupations become the therapeutic modality, the healing means and the occupation-based intervention.

Personally, I weave a lot of my passions into the work I do with children. Skateboarding, boxing, dance (freestyle!), nature, sport - depending on the needs of the child.

I can tell you honestly, when I work from the space of "**I get to do this work**" rather than "**I have to do this work**", there's a massive energetic shift. My life changed not just on a professional level, but also on a personal level. Life was fun again. Vibrant. And joyful.

What are your interests, passions and hobbies?
What occupations bring you most joy?
What would life look like if you could weave your passions into your work?
How would you feel?

- YOUR INVITATION -

ONLINE LIVE EVENT



MERGING PASSION & PROFESSION

Saturday 13 November, 9am-11.30am AEDT (Sydney NSW)

**REPLAY AVAILABLE IF YOU CANNOT MAKE IT LIVE

ONLY \$33 AUD

LEARN MORE

THE EVENT WILL:

- SHINE A LIGHT ON THE POSSIBILITIES WITHIN THE OT SCOPE OF PRACTICE
- INSPIRE YOU TO DO MEANINGFUL OCCUPATION-BASED WORK
- HELP YOU RESPOND TO THE NEEDS OF A CHANGING WORLD

<https://otlifestylemovement.com/merging-passion-profession-landing-page/>

IT'S TIME TO

live your little OT heart out

AND DO THE WORK YOU'RE HERE TO DO



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