

Overcome Limiting Beliefs and Mental Blocks to Achieve Your Dreams

In just 90 days, you'll discover the mindset tricks to change your habits and become your best self

I want to let you in on a secret...

It's about those women you've always envied.

Those effortlessly together women whose lives have magically fallen into place.

You know the ones... They have a fantastic career that barely feels like work, great relationships, and you just know they bounce out of bed every morning, full of life and purpose. They know exactly who they are and where they're meant to be.

But here's the thing... They're not just lucky.

They've mastered the mindset secrets that have made it happen.

They've built their own success and happiness...

... And you can do it too!

You Can Learn These Exact Same Tools!

Imagine how you'll feel when you can:

- Overcome limiting beliefs and mental blocks that are keeping you stuck
- Have tons more energy and enthusiasm
- Be more self-aware so you can be first on your priority list - not last!
- Be more productive and focused in reaching your goals

We'll work together to overcome the things that are holding you back.

Things like:

- You've tried to change your mindset but it's never worked because you can't change your habits for long
- You've always tried to change your mindset all by yourself. I 100% believe that you can have it in you, but I also believe that you need an extra bit of support to make sure of it. Think of me as your personal cheerleader, guiding you and supporting you every step of the way!
- You have self-limiting beliefs that are holding you back from taking control. You may not even realize what these are right now but we'll unlock them and address them.

How Do I Know If This is a Good Fit For ME?

So by now, you'll know how well these tools have worked for changing my relationship with food for good but what about you?

The program is perfect for you if:

- You're going through the motions every single day but you KNOW your life could be so much more
- You're not living your true passion and it's eating you up inside
- You have BIG dreams but no idea how to make them happen
- Your mindset patterns are keeping you stuck
- Anxiety, depression, lack of motivation and fear of failure are consuming you
- You're a victim of your circumstances and not a driving force in your own destiny
- You're so busy trying to make everyone else happy and there's nothing left for you
- You're a high achiever and know what you should be doing but you need support and accountability to see it through

I bet you can relate to more than a few of these right? I'm ashamed to admit it now, but I ticked ALL of these boxes, and it was super hard to face up to.

But trust me, it's the way to achieve that lasting change that's been so elusive up until now.

I'm going to be here with you every step of the way. I know you can do this!

Working with a coach is a big commitment but it's also a HUGE investment in yourself and your future.

It's your promise to yourself that you're going in a different direction — one that will set you up for being the best version of you.

I know exactly how scary it is to invest in yourself. I have invested close to \$12,000 in the last 6 months and I don't plan to stop anytime soon!

These investments in myself have truly made the difference from living a mediocre life where I was just going through the motions to an EXTRAORDINARY life that I always knew I was made for!

My journey has made me super enthusiastic about helping high achieving women to release their own mental blocks and live their true passion.

So, let's talk a little bit more about me and my story!

Who Am I?

My name is Katie & I am a Mindset & Health Coach specializing in Habit Change.

I love guiding women to unlock their inner greatness!

I do this by coaching you to change your habits and release mental blocks that are holding you back.

I know all too well how devastating it can be when you're not living the life that's meant for you.

I've been to rock bottom, and I've hauled myself right back up again. I've built the life I've always felt ready for, which truly felt impossible not so long ago.

Here's why...

I hit rock bottom in the last quarter of 2018.

It was a perfect storm...

A 6-year relationship ended, I was financially struggling, and I was binge eating like there was no tomorrow.

I'd wake up every morning feeling depressed or demotivated, with no purpose or direction.

The negative voices in my head were too loud to ignore and I was drowning in self-loathing and self-pity.

How the hell was I going to turn this around and become the person I knew I should be?

Eventually, I knew I was done with living in this destructive, negative headspace. It wasn't me, and I knew I was meant for much more.

So I hired counselors and coaches and started showing up again.

And you know what really flipped the switch? I changed my mindset and worked hard on matching the conversations in my head with the person I wanted to become.

This is part of the habit change that will help you take control of your future.

Here's how it works:

Over the next 90 days, you'll get:

- Personalized 1:1 habit coaching with me
- Weekly 60-minute 1:1 coaching calls with me via Zoom or phone
- 24/7 access to my private Facebook group for support and coaching in between calls
- Action steps and worksheets

I believe the magic of transforming your mind and body happens in the day to day, which is why I'm here to support you through it all.

With my coaching and support, you be perfectly placed to take back control of your and confidence and set the framework for a healthy mind, body and soul!

Discover the Secret to Lasting Change

I'm not going to lie to you on this one.

The thing about changing a habit is it's DIFFICULT!

In fact 95% of what we do daily is a HABIT. No wonder they are so hard to change!

But if you want to change your life, you HAVE to start with your habits.

But let me guess, you have tried that before right?! And it didn't work. There's good reason for this.

I'm going to let you in on a secret that'll help you understand why you've been feeling so stuck...

I like to call this the "3 brains". They are the major players in how we think, process, feel, and act. They are the emotional brain, the survival brain, and the logical brain.

Our survival brain is super resistant to change.

It believes all the habits we have are needed for survival, even the ones that don't serve us to be our best.

But the logic brain LOVES change and growth!

You may have experienced trying to will yourself to wake up earlier or stop watching so much TV (or any other change you want to make) but what happens? You fall straight back into this rut.

Sounds familiar, right?

That's because our habits are formed in our survival brain, yet we are trying to use our logic brain to change them.

And guess what? The survival brain that wants to prevent any change and protect our survival always wins.

That's where my habit change coaching comes in.

If we understand these fundamental truths about how our brains work, we can successfully create new habits in a way that is easy and fun, so that it just becomes a part of who you are.

Just take a second to think about what it would be like to no longer have to WILL yourself to change? To more easily show up for yourself in the ways that matter, and finally feeling the fulfillment and clarity you had been searching for.

I promise it's not a dream. If you show up and work hard, you can make it a reality. Just like I did!

That not-so-little voice in your head that keeps telling you you don't deserve to be who you want or you're not cut out for making it happen? We're going to crush it into oblivion and show it who's boss!

I can't wait for you to ditch those feelings of anxiety, self-doubt, and self-loathing, and finally start embracing a life you love!

With the right mindset, you're not just *surviving* every day. You can wake up super excited to dive in and see what happens.

I've gone from absolutely dreading waking up to yet another day of doing battle with the depressing voices in my head to absolutely loving the prospect of a new day and more opportunities to do what I love.

And it all started with habit change!

I can't promise you that it'll definitely work for you. It's all about how much effort you can put in and how much you're willing to keep showing up for yourself day after day.

But I can tell you that if you're ready to work hard on your mindset and commit 100% to engage with the feedback you receive on coaching calls, you can start on your transformation to a brand new you.

I'm So excited for you to start taking control too!

Are you ready to take that leap?

Apply for a free discovery call to see if working together is the right fit!

You've got nothing to lose, right? Let's get started!