

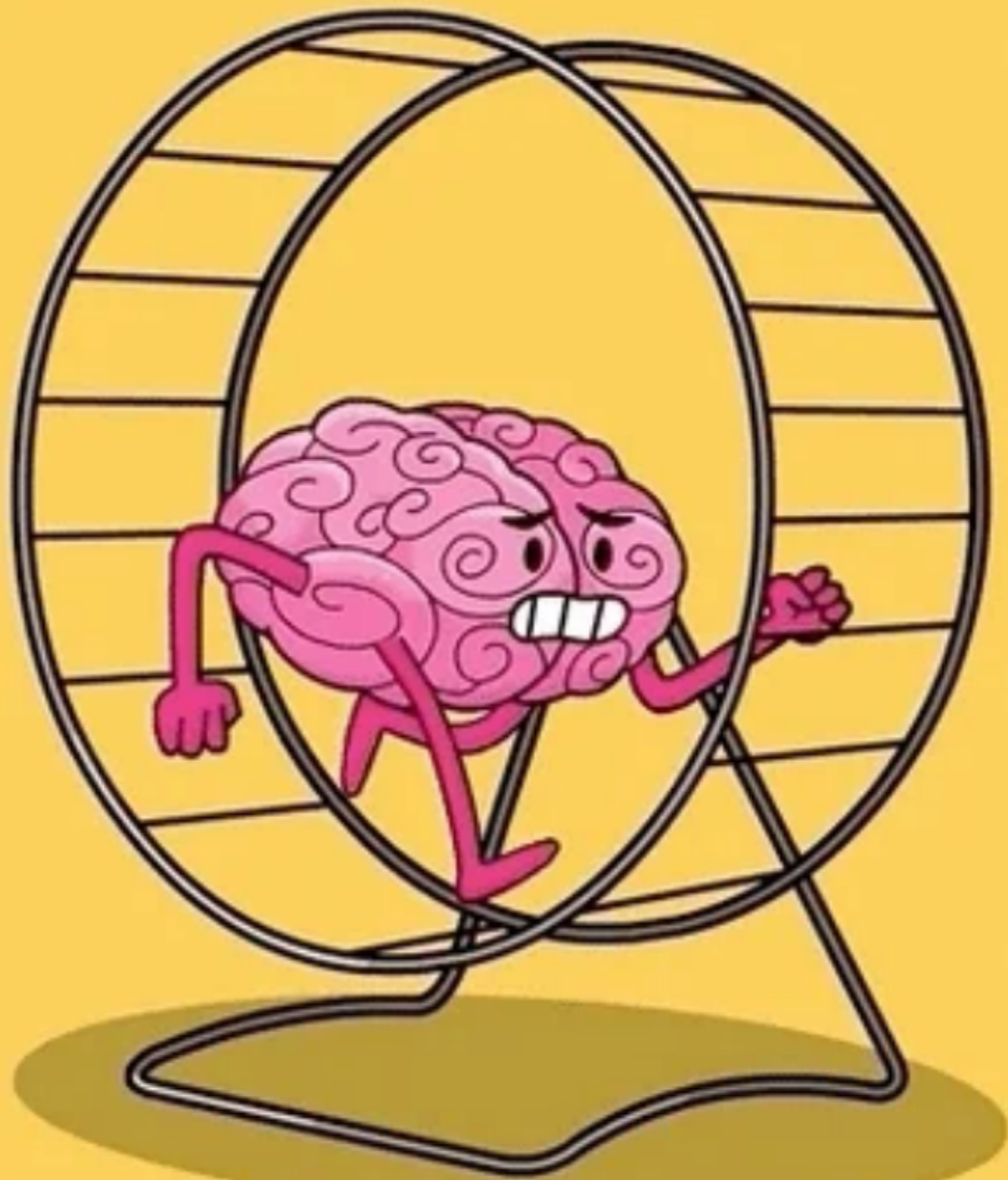
CATHERINE CHAPMAN

**Master Motivation
and prioritise your
wellbeing in 5 easy
steps (hint,
Willpower is BS!)**

You are in the right place if...

- YOU ARE SO FRUSTRATED BY NOT KEEPING THE PROMISES TO YOURSELF. AND YOU TAKE OUT YOUR FRUSTRATIONS ON EVERYONE ELSE
- YOU FEEL FLAKEY AND SECRETLY JUDGE AND ARE ENVIOUS OF OTHERS
- YOU ARE ALWAYS AT THE BOTTOM OF THE PRIORITY LIST
- YOU DON'T FEEL AT PEACE IN YOUR BODY OR YOUR MIND

There is another way





- Vitality & Wellbeing Coach
- Creator of Vitality Rooms
- International Retreat Facilitator

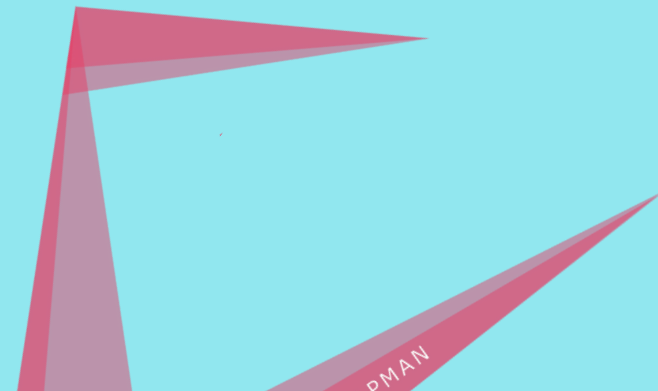
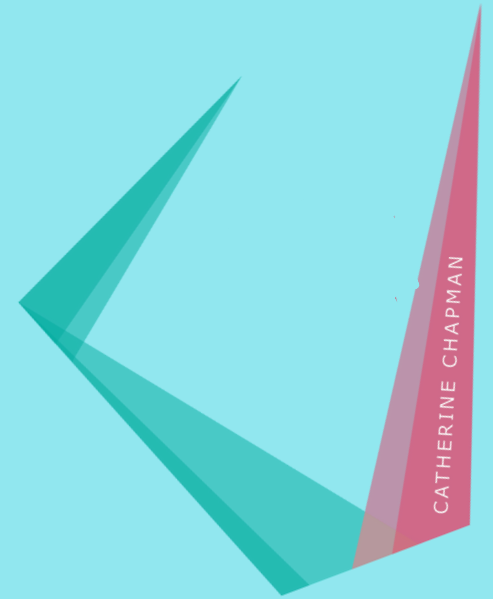
Catherine Chapman



- Subconscious Transformation coach
- Breathwork Healer
- Meditation coach
- Registered Nurse
- Pilates Coach

It's in the transformation

- YOU GET TO LET GO OF WHAT YOU THINK YOU WANT BECAUSE SOCIETY SAYS IT IS SO AND ACHIEVE YOUR OWN DREAMS (THIS MAKES BEING MOTIVATED SO MUCH EASIER!)
- YOU'LL FEEL FORWARD PROGRESSION IN AREAS THAT HAVE BEEN STAGNANT FOR YEARS
- YOU WON'T FEEL LIKE YOU ARE WALKING UP A TREACLE COVERED HILL IN WELLIES!
- AND YOU SEE THAT IT'S NOT YOUR FAULT



Willpower is BS!


IT IS LIKE A BATTERY, THE MORE YOU USE
IT, THE FASTER IT RUNS OUT.
IT IS FINITE,
IT IS HARD
AND IT FUTILE BECAUSE YOU ARE NOT
GOING TO OUT WILLPOWER YOUR
SUBCONCSIOUS PROGRAMMING

NOT planning


I JUST WANT TO GET ON WITH IT!
(I TOTALLY GET THIS!)

IT'S NOT ALL ABOUT THE DOING

TRYING TO WILLPOWER YOURSELF
THROUGH - AGAIN! RPT!



The session provided a safe space to access my true self, still my mind, access some pain stored within me, let go off my created self, and let the real me break free from some emotional rubbish that binds me and stops me from truly being me.



MISTAKE 3

Isolation

THINKING YOU HAVE TO GO IT ALONE

ASHAMED THAT YOU HAVE NOT DONE
WHAT YOU SAID YOU WERE GOING TO DO

PRETENDING IT'S ALL OK

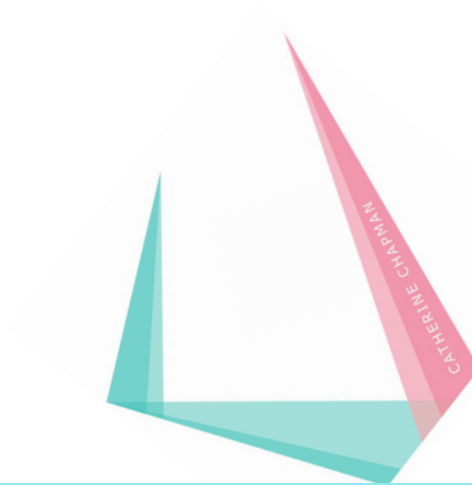
“

*showed how strong we were
as individuals and as a group
of women, supporting
each other every step of the
way and encouraging one
another to take that next step*


”



What do you need motivation for??

- WHAT IS YOUR TASK/GOAL
 - WHY DO YOU WANT THIS?
 - IS IT OK FOR YOU TO HAVE IT?
 - WHAT DO YOU GAIN BY NOT ACHIEVING IT?
 - IS IT FOR YOU?
 - HOW DO YOU **FEEL** ABOUT IT?
- 

What do you need motivation for??

SMART  ER

SPECIFIC

MEASURABLE

ACHIEVABLE

RELEVANT

TIME

EMOTION

REVIEW

Your non~negotiables

CATHERINE CHAPMAN

WHAT THINGS ARE YOU GOING TO DO EVERY DAY
WITHOUT FAIL?

&/OR

WHAT 3 THINGS ARE YOU GOING TO DO EACH
DAY TO GET YOU TO YOUR GOAL?

PLAN THEM



Environment & Habit stacking

CREATE AN ENVIRONMENT THAT
SUPPORTS YOUR SUCCESS

ATTACH THE NEW HABITS YOU
WOULD LIKE TO FORM WITH
EXSISTING ONES





Plan to Fail

YOU WILL FALL OF THE HORSE!
GET BACK ON ASAP - DON'T WAIT
TILL MONDAY!

WHAT SUPPORT NETWORK DO
YOU HAVE AROUND YOU?





5



a



Procrastination is Fear in disguise

WHAT ARE YOU AFRAID OF?

GO BACK TO TIP 1!

IS IT SAFE FOR YOU TO ACHIEVE
THIS?



What now

1. DO NOTHING - THIS IS A CHOICE!
2. IMPLEMENT WHAT YOU HAVE LEARNT, CLOSE YOUR JOURNAL AND HOPE THINGS DON'T GO BACK TO THE WAY THEY WERE.
3. BECOME PART OF A SUPPORTIVE COMMUNITY WHO ARE GROWING TOGETHER

I WANT YOU TO KNOW THAT IT IS POSSIBLE FOR YOU TO ACHIEVE
YOUR WELLBEING GOALS WITH **EASE** AND **FLOW** AND WITHOUT
THE FEELING OF HEAVINESS AND PUSHING

I HAVE DEVELOPED A NEW FRAMEWORK TO HELP
BUSY WOMEN INTUATIVLY LOVE AND CARE FOR
THEMSELVES AND LET GO OF ALL THE PUSH, SHAME
AND GUILT.

FOUNDATIONS of VITALITY

- MOTIVATION MASTERY
- FREEDOM FROM FRUSTRATION
- EXCLUSIVLY YOU
- RE-STORE RESILIANCE
- WORTHY WIZARDRY

CATHERINE CAPLIN

FOUNDATIONS of VITALITY

- MOTIVATION MASTERY

DEEPER INTO WHAT WE HAVE LEARNED TODAY.

YOU WILL GO FROM - GOING AROUND IN CIRCLES OR
YOYOING WITH THAT CONSTANT FEELING THAT YOU
SHOULD BE DOING SOMETHING FOR YOU AND ARE STILL
NOT

TO - EFFORTLESSLY CARRYING OUT A WELLBEING
PRACTICE THAT WORKS FOR YOU AND FEELING THE
ENERGY AND STRENGTH AND CALM THAT COME AS A
RESULT.

CATHERINE CHAPMAN

FOUNDATIONS of VITALITY

- FREEDOM FROM FRUSTRATION

YOU WILL GO FROM FEELING SO FRUSTRATED AND HAVING GIVEN UP ON YOURSELF; NOT RECOGNISING OR LIKING WHO YOU SEE IN THE MIRROR. DOING (OR NOT DOING) THE SAME DIET/EXERCISE PLAN AND EXPECTING DIFFERENT RESULTS!

TO - FEELING THE FREEDOM, RELIEF AND PEACE IN YOUR BODY THROUGH DEVELOPING A DEEPER UNDERSTANDING OF YOURSELF. GETTING (AND KEEPING!!) THE RESULT YOU DESIRE

FOUNDATIONS of VITALITY

- EXCLUSIVELY YOU

YOU WILL GO FROM FEELING LOW IN YOUR SELF-CONFIDENCE, INDECISIVE, A LACK OF TRUST AND DISCONNECT TO YOUR INTUITION, LOW MOOD AND SENSITIVITY.

TO - FEELING THAT INNER PEACE AND CONFIDENCE THAT COMES FROM TRUSTING IN YOURSELF AND YOUR BODY.

CATHERINE CHAPMAN

FOUNDATIONS of VITALITY

- RE-STORE RESILIENCE

TAKES YOU FROM A PLACE WHERE YOU ARE BEING FLOORED BY EVENTS (BIG OR SMALL) THAT ARE OUT OF YOUR CONTROL. FEELING LIKE LIFE IS CONSTANTLY CHIPPING AWAY AT YOU, LEAVING YOU EXHAUSTED AND RESENTFUL TO - USING THESE EVENT TO GROW AND LEARN FROM. BE ABLE TO PICK YOURSELF UP AND DUST YOURSELF OFF QUICKER

FOUNDATIONS of VITALITY

- WORTHY WIZARDRY

YOU WILL GO FROM

KEEPING UP WITH THE JONES' AND FILLING THE
GAPS WITH THINGS, PEOPLE AND PLACES.

TO - TRUELY FEELING YOU ARE OF VALUE,
WORTH LOVE, FIRST AND FOREMOST FROM
YOURSELF.

CATHERINE CAPMAIN

FOUNDATIONS of VITALITY

BONUSES!!!

- AN OPEN DOOR TO VITALITY ROOMS -
- 6 LIVE CLASSES PER WEEK
- TENS OF RECORDED CLASSES
- 30 + VEGGIE RECIPES
- THE MINDSET HUB - £88
- VIP PASS TO VITALITY ROOMS EXPERIENCE - £44
- DEDICATED, PRIVATE FB GROUP WITH UNLIMITED ACCESS TO ME - £PRICLESS
- WEEKLY GROUP COACHING CALL - £360

FAST ACTING BONUSES!!!

- £222 DISCOUNT
- ADDITIONAL SUPPORT IN A VOXER GROUP - £PRICLESS!!
- 30MIN LASER COACHING CALL - £60

CATHERINE CHAPMAN

FOUNDATIONS of VITALITY

- 6 WEEKS FOUNDATIONS OF VITALITY STARTING 27TH JULY 23
- PLUS BONUSES (WORTH £492)
- £666 - OR 3 PAYMENTS OF £222

JOIN US IN THE NEXT 24 HOURS AND GET :

- 6 WEEKS FOUNDATIONS OF VITALITY PROGRAMME
- BONUSES
- FAST ACTING BONUSES!!!
- £222 DISCOUNT
- ADDITIONAL SUPPORT IN A VOXER GROUP - £PRICELESS!!
- 30MIN LASER COACHING CALL
- £444 - OR 2X £222

CATHERINE CHAPMAN

I can see how I can use these tools and techniques to help me re-gain perspective. The whole experience has also showed me that I'm pretty bloody brave actually and that the only thing holding me back is me!

Q & A