

You were born to Shine

**My 5 step training to help you
beat the overwhelm, self
doubt and chaos and create a
business and life you love**

KATRINA MYERS - MINDSET AND WELLBEING COACH



WHO AM I?

Hi, I'm Katrina! I'm a business owner, entrepreneur, mother of four and well-being warrior and my mission is to support the next generation of superstar women on their personal and business growth journey. I believe that every woman has the power to find her true purpose and create the life and business of her dreams. I focus on helping women who struggle with overwhelm, self doubt and imposter syndrome build a foundation of good wellbeing and uncover their true purposes they can create a business that gives them the freedom to enjoy life. I'm here to support you to go to the next level and create a business and life of your dreams.

I've spent the last 6 years going from stressed out business owner in survival (barely) mode to getting my shit together and learning to love my life. I now have great wellbeing and I've created a life and business I truly enjoy. 6 years ago I was miserable, rushing around like a crazy woman, anxious all the time, comparing myself every single minute, feeling generally pretty shit about myself, feeling like a crap mother, never organised, taking on way too much and pretending like I was 'fine'.

I thought that it was just the way it was and I had NO IDEA about the world of wellbeing or entrepreneurship. I just thought life was hard and that's it. I actually even thought well-being was a bit wanky! Then one day a very honest friend basically told me I really needed to sort my shit out and it was just the wake up call I needed to change the direction of my life. I started seeing a therapist and I started researching meditation, mental health, listening to podcasts, reading books, doing courses, learning about the brain and I discovered a whole world of stuff that you can do to look after your mental health. Mind blown. I had no idea. Fast forward to now and there's barely a book, course, podcast, YouTube series I haven't done on wellbeing. I am a sponge, the growth has been incredible and overall I now feel really great about my life. The other thing I've learnt is that we are all here for a reason and everyone has a purpose, they just have to find it and once you get your wellbeing sorted you can. Once I started to get my mental health right, I realised that I had so much more to give this world and I became super interested in the world of online entrepreneurship and business and learning how to find your purpose so you can do the work you're passionate about. I now know that my purpose is to support women to find themselves so they can give their gifts to the world. Setting up a foundation of good wellbeing allows you to shine.

And that's what I want for you. You can be thriving, you can have good mental health, you can stop being 'too busy' and stressed, you can stop judging yourself and others, you can get yourself happy and you can figure out what you were born to do and live a life on purpose. It all starts with you. It won't all be easy and takes work, discipline and commitment but it's soooo worth it! I mean it's hard either way right? You either do nothing and life is hard because you feel shit or you do the work that's hard but you get to feel good and create the business and life you want as a result. So, read on to uncover the 5 steps to helping you shine xx

THE STEPS:

STEP 1 WHAT DO YOU WANT YOUR LIFE TO LOOK LIKE?

I often get asked "where do I start?" when someone is looking to change their life and it really starts with getting clear on what you want. Before you can create the life you want you have to be clear on exactly what you want your life to look like and what it is you want out of life. So many of us never stop to think about what we really want. Step 1 is to get really clear on what you want and why.

If you don't know where you're going how will you get there? You also need to think about the why behind what you want. Why do you want the dream job, the holidays, the travel, the family? And how do you want to feel when you have these things? Some questions to get you thinking:

1. What are you after? What do you want to create?
2. What gets you excited?
3. What do you want to learn?
4. A magic genie appears in front of you and you have unlimited wishes - what would you ask for?
5. You've been given a billion dollars, what would you do?
6. What would you do if you knew you couldn't fail?
7. It can also be helpful to think of what you definitely don't want.

I first started getting clear on this after starting the Miracle Morning with Hal Elrod and it's amazing what you can achieve once you have more clarity on what you want. Especially as women after having children, we don't often get the space or time to think about what we really want so do it now. I give you permission.

Let The Universe know what you want.



STEP 2

STEP 2 IDENTIFY WHAT'S HOLDING YOU BACK

We all have stories that we tell ourselves about who we are. We form our beliefs throughout our lives based on our experiences. Many of us have negative limiting beliefs that hold us back from doing the things we really want to do. So it's important to identify these limiting beliefs.

- What is your story?
- What do you believe about yourself?
- Where are you lacking self worth and where does this stem from?
- What are the deep rooted beliefs you are holding onto about yourself and what you are capable of?
- Where does your lack of confidence come from?

Think about the experiences you have had that have led you to this point. What experiences have been negative?

This step can be confronting as you need to go deep in to thinking about why you have these beliefs, so be ready for some deep feelings in this step and be kind and go gently with yourself.



STEP 3

STEP 3 CHANGE THE BELIEF TO CHANGE THE PATTERN

Once you identify your beliefs you can then start to do the work to transform those beliefs and replace them with a new more empowered set of beliefs.

So for example, if you have a belief that you're not capable of starting your business or you don't have enough experience then you'll never get yourself started. The fear will take over and you won't take the steps you need to take. If you change the belief and flip it around, the steps you need to take will become clear and you'll start.

If you believe you can't do something you won't. The thinking around this is actually very simple but it's so so hard to change your belief patterns. They have been engrained in us since childhood.

Transforming your beliefs can be achieved using a variety of tools such as affirmations, meditation, NLP and EFT and some other nifty brain science things.

So many people think that change is made through the action steps we take when the reality is that it's your mindset and your beliefs that create abundance and the change you want.

With the right beliefs, anything becomes possible.



Step 4

STEP 4 TRANSFORM YOUR ENERGY

The next step is to actually transform the way you feel. It's not enough to just believe it you actually have to embody the feeling. So as well as transforming your negative beliefs, it's also important to assess where you holding onto negative energy.

We are all made up of energy and we are a magnet to things that we are a vibrational match to.

When you hold onto negative energy, it can actually block the flow of positive manifestations from coming into your life.

So if you are constantly down and complaining about things, this is what you will attract.

Creating new feelings and positive vibes will then help you create the life you really want. This can sound woo woo at first and believe me I had not a spiritual bone in my body when I started out, but there is so much research around how the brain works now and quantum physics and it's no longer just about the woo woo - it's science! It's still pretty hard to get your head around at first but it really works. It actually makes sense, if you feel good and your vibe is high, that's what you attract! "Where your focus goes, energy flows".

So - to get rid of negative energy you need to raise your vibration so that you become a vibrational match to what want to attract. So basically you need to work on your mindset and wellbeing to get yourself feeling good.

Negative energy is often tied to negative memories or feelings of shame or guilt about how we have acted around certain aspects of our life.

Negative energy is also often closely linked with our own sense of worth.

Forgiveness, chakra balancing, EFT and mediation are all techniques that can help release energy blockages.

Without releasing these blocks, you will find yourself subconsciously resisting and repelling the things you really want. The subs-conscious mind is so so powerful and that is where the work needs to take place.

STEP 5

STEP 5 TAKE INSPIRED ACTION

This is where you do the work. I think a lot of people, (including my old self) think that manifesting what you want is really vague and you just think about what you want and then it happens, which just seems kind of loose and not very real. But, really it's a whole process of working out what you want, uncovering what's holding you back and then taking steps to make it happen. So while you have to let go of the how, you can take actions that will create what you want.

The Law of Attraction is all about CO-creating.

This means that whilst The Universe will support us in our desires and goals, we need to play our part too.

We have to take some sort of action, but it can't just be any kind of action.

It has to be INSPIRED action.

Inspired action is action that keeps your vibration high and makes you feel good.

When you feel good, amazing things manifest.

When you take action that makes you feel burned out, stressed out or overwhelmed, you put yourself out of alignment and therefore hold your manifestations away from you even further.

You need to have a plan for how you are going to achieve your goals and action steps you are going to take that help you maintain a high vibration. Doing the next right thing, taking the step that will get you to the next point. Rituals, routines, mindset work are all action steps you can take to get you going in the right direction.



WHAT'S NEXT?

Whilst I am not currently able to take on any clients, I am very busy behind the scenes working on developing my coaching skills and putting together a coaching program that will be designed to help you go from survival mode to thriving, overcome self doubt and manifest the life you want.

As soon as I'm able to take on new clients, you will be the first to know!

In the meantime, please come and join my NEWLY LAUNCHED Facebook Group "The Shine Tribe" where I'll be sharing ideas, tools and resources to help you create the life of your dreams.

Join the group at the link:

[The Shine Tribe](#)

Also, feel free to say hello on Instagram

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