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**Ways To Love You,
Love Your Body And
Love Your Life ...
From The Inside Out**





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Introduction

A couple of years ago, when she was a teenager, my daughter was saying things to me like, 'I feel fat', 'I don't look good in these clothes' and 'I need to lose weight'. She was saying the things that I knew I had said to myself as a teenage girl and, in reality, had also been saying as a woman. I remember saying to her, 'Honey you are beautiful, it's not about the size of your bum, it's about the size of your heart and the purpose that you have in life. It's about self-respect and self-love.' And yet, here I was saying these words to my daughter and the cold hard truth was that I wasn't actually living it. And I never had. They were just words.

I believe that what walks in the mother runs in the child and it was this significant moment in my life that beckoned me to walk a different path; one that I would be proud for my daughter to follow. I had a deep desire to discover more of the person I was inside; what drove me to behave in certain ways and why I did what I did (and why I didn't do what I didn't do).

I began studying human behaviour and life coaching at Australia's leading coaching institute and then created my signature coaching program, which was the genesis of the 'ART Your Life' phenomenon. I became a learning machine and expanded my knowledge and skills by becoming an NLP (Neuro Linguistic Programming) Master Practitioner and Trainer, Extended Disc Personality Profile Specialist and Trainer and Values Pendulum Practitioner. I now proudly own and manage one of Australia's most successful life coaching businesses.

ART Your Life is about profound change – whether it's changing your weight, getting more balance back into your life, or improving your self-esteem – it's all possible when you decide to make your life a masterpiece and learn to love yourself, your body and your life – inside and out. The ground-breaking 'ART Your Life' 7 Week Intensive is making waves in Australia and overseas by showing women they CAN literally have it all.

Together women create a powerful energy and the more women connect with themselves, and each other, the more of a difference we make in the lives of others. Hundreds of women have already participated in the ART Your Life Intensive learning and implementing practical and transformational life and mindset strategies to design their lives into a beautiful masterpiece. With an underpinning philosophy of creating opportunities for real connection, ART has opened the door for women to learn, share and express themselves in a safe and non-judgemental environment. It is cutting-edge, contemporary and as real as it gets.

ART Your Life is designed for women to help them create extraordinary breakthroughs in all aspects of their lives. It is revolutionary and changes their beliefs, emotions, behaviours, habits and relationships so they love themselves, their body and their life from the inside out. The program's unique mindset and mindfulness workshops, personal coaching, functional fitness, diet free philosophy, accountability and motivation, ignites personal power and completely transforms lifestyles, health and happiness. The foundational ART Your Life 7 week intensive is available as a face to face program or as an online program for people located throughout Australia, and the world. Visit www.artyourlife.com.au to learn more.

About Catie Kirke

FOUNDER AND DIRECTOR OF ART YOUR LIFE

Catie Kirke is a passionate presenter, dynamic trainer, and founder of ART Your Life. She regularly facilitates corporate training events and is in demand as a keynote speaker. Catie has broad expertise as a transformational life coach, NLP (Neuro Linguistic Program) Master Practitioner, Extended Disc Personality Profile Specialist and is a Values Pendulum Practitioner and NLP Trainer.

In addition to running her own highly successful fitness centre for 10 years and being the Northern Territory Police Health and Fitness Development Officer for 6 years, Catie is an awarded Telstra Business Woman and has graduated from Australia's top Coaching Institute. Her signature program, the ART Your Life 7 Week Intensive, brings out the absolute 'best of the best' of her expertise. Her innovative and highly successful programs provide you with the right tools, resources and support to create amazing transformation in a structure that's accessible, life-changing and fun! With her engaging training style and personal brand of energy and enthusiasm, Catie inspires action and creates breakthrough performance results where it really matters!



Having personally experienced being close to a size 18 and also very thin at less than size 6 herself, Catie is real and raw about life's ups and downs and will do whatever it takes to help create change. You see, Catie believes that 'what walks in the mother runs in the child' so she is determined to walk with self-love, self-respect and self-belief so that it runs in her beautiful daughter Stevie.

Since the run-away success of ART Your Life locally, Catie and the ART Team are now taking the message of self-transformation across Australia. Simply put, Catie is a woman on a mission! A mission "To help women across the world love their bodies, themselves, and their lives."

Visit www.artyourlife.com.au for information or contact Catie Kirke on 1300 784 887 or via email sparkle@artyourlife.com.au.



What would your life look like if YOU discovered the secrets to happiness and freedom?

What lies in your future just out of reach that is WAITING for you to step up and rightfully claim?

NOW is the time to find out...

Visit www.artyourlife.com.au to find out when the next ART Your Life 7 Week Intensive is kicking off or call us on 1300 784 887 or email sparkle@artyourlife.com.au.

Quit Being a Nasty Cow

Are you a nasty cow? What I really mean is ... are you a nasty cow to yourself?

Does your inner nasty cow say anything like 'Geez you're fat', 'why can't you control yourself and stop eating', 'You're hopeless', 'What did you say that for, you should have said this' or 'You should know better' ... blah blah blah!

The voice inside your head is so powerful. It can be your very best friend or an absolute bitch! Sometimes the voice can get fairly loud with lots of 'could've, would've, should've'! It's like having a 'mini me' who is having a tantrum like a 2 year old.

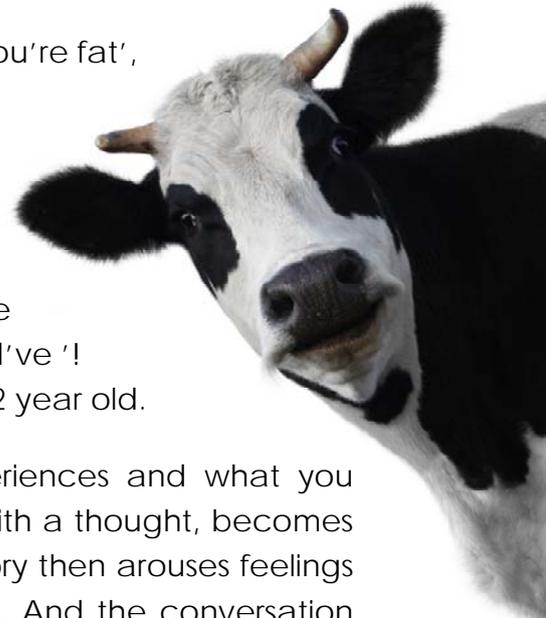
Our voice creates a story around situations and experiences and what you perceive other people are thinking about you. It starts with a thought, becomes an internal conversation and it grows into a story. The story then arouses feelings and emotions which triggers what we do and don't do. And the conversation starts again.

So, let's get real about YOUR voice whether it is your best friend who loves and respects you or whether it is a cow. Are your stories helping you to love yourself, your body and your life – or aren't they?

It sounds crazy but saying "thank you" out loud or silently will change what the mini me is saying. Saying "thank you" acknowledges the voice and is a way to move on so you can choose instead to say things that value and uphold you.

If your voice is saying 'You're awesome', 'You have all the resources you need within you', 'Your body is super cool and lovable!', 'You always do the best you can', then you would be loving you and your life.

To learn how saying thank you works and to learn more keys to ditch your nasty cow download my free KickstART Kit – it's my gift to you. Visit www.artyourlife.com.au/claim.



Find Your Magic Pill

When it comes to having an extraordinary life – happiness, success, an amazing body, and being fit and healthy there is a tendency for us to search for a magic pill.

And why not? Time is of the essence and most of us are busy being busy and down time is a dime a dozen. The thing is so many of the magic pills out there simply do not work ... well maybe they work for a little while, however they are not sustainable nor realistic for our 'normal' lifestyles filled with demands - giving, working, taking care of kids, juggling family needs, shopping, housework – let alone exercise, and cooking.



So, do I believe in a magic pill? I sure do! It's just that the magic pill I believe in, and I know works and creates magic, has four essential ingredients – preparation, priorities, perspiration and people.

Preparation is all about knowledge - awareness - and learning about the potential tools and strategies that will work for YOU and YOUR lifestyle for the long term, not the short term. Prioritising is about YOU driving your own bus and knowing that you are solely responsible for organising your time, what you focus on, what you do and what you don't do. It is your choice. Persistence is literally doing the do. Taking action, implementing and doing what you've learnt as opposed to intellectualising it and saying you 'know' what to do (but it doesn't actually happen.)

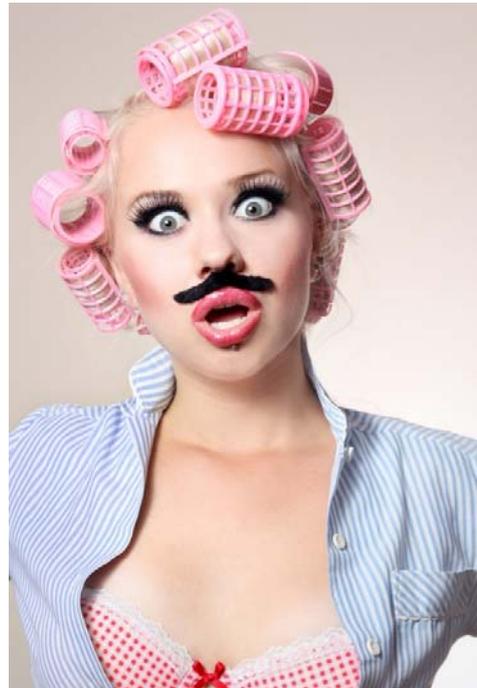
Now this last ingredient is key. We gorgeous humans are relational beings which is why we're called 'human beings'. The fact is that when we are connected with like-minded and like-doing people it equates to having your very own cheer squad who support, encourage and help you hold YOU accountable to you and what you need, want and desire.

Take a moment to consider how you drive your own bus. Are you feeling happy, fulfilled and content right now? Do you love you, your body and your life? If the answer is no, I encourage you to consider and be real about which of the four ingredients may be missing from your 'magic pill'.

Balance Your Masculine and Feminine Energy

Have you got balls? Our masculine and feminine energy has a huge impact on how we are in a relationship. The balance of this energy is like a magnet - we attract the opposite of what we are. Whether you are a man or a woman, you have both masculine and feminine energy within you - a little like yin and yang, right and left, yes and no, black and white, sunshine and rain.

If you have an over-abundance of one and a scarcity of the other it creates an imbalance. This can be toxic and will have a negative impact on your relationships and, therefore, your life. When your own masculine and feminine energy is in sync and your partners' is also - then your relationship has the basis to be very healthy and happy.



Masculine energy manifests as strength, problem solving, being objective, leadership, decisiveness and being focussed. Too much masculine energy results in being aggressive and intimidating, having barriers up, being a hard-arse and, all too often, rejecting love.

Feminine energy manifests as intuition, wisdom, being compassionate, being a nurturer, networker and peacemaker. Too much feminine energy can result in being a people pleaser, a door mat and being needy for love and attention.

Given opposites attract, it is important to check in with your energy. If you have balls - aka too much masculine energy - your partner or prospective partner will balance this out by having a whole lot of feminine energy. It is interesting to note that many women these days can be heard saying "I just wish he had balls" or "I wish he would I could find a man who was a real man". The dynamic here is that maybe she has so much masculine energy there isn't room for any more!

So, have a think about your energy – is it balanced? Is your partner's balanced or if you are single have a think about the types of partners you attract or don't attract.

If you'd like to learn more about balancing the energy in your relationships and how to discover your partners 'love languages', I invite you to join me for an information session about ART Your Life. Visit www.artyourlife.com.au/book for details or phone 1300 784 887.

The Bandage Effect of Bad Habits

Shit happens. It is a part of living life and it can be good, bad or ugly – and sometimes, it's all three at once! If we ignore the bad and the ugly they can become wounds and all too often it's our emotional experiences that we bottle up, ignore, hide or repress.

I recently posted this quote on the ART Your Life Facebook Page and it sums up what we gorgeous humans do with emotional pain.



“Until you heal the wounds of your past, you are going to bleed. You can bandage the bleeding with food, with alcohol, with drugs, with work, with cigarettes, with sex; but eventually, it will all ooze through and stain your life. You must find the strength to open the wounds, stick your hands inside. Pull out the core of the pain that is holding you in your past, the memories and make peace with them.”

~ Iyanla Vanzant

Pretty powerful isn't it? Have you got a bandage in the form of over-eating, over-working, over-thinking, over-reacting, drinking too much, smoking or doing drugs?

Anything that we 'over' do is a form of a bandage. It represses the emotion that we do not want to feel and it holds pain at bay. However, the bandage only covers the wound; it does not heal the wound.

Getting your hands dirty and delving in to you - who you are, what you feel, what you've experienced getting real with your past is key.

So you may be wondering ... 'OK Catie. How the hell do I do that?' And my response would be to join an ART Your Life program ☺ ... and in the meantime my advice is to start a journal and write, draw or make notes. Re-connect with nature, meditate, share, be real with your friends and never be ashamed of what you have or have not experienced. You are not the sum of your experiences and none of us are our behaviour. Our behaviour is what we do – it is not WHO we are nor is it our intent.

Stretch Your Gratitude Muscle

On average we have 30,000 mornings give or take. We spend some of them sitting in traffic, drinking coffee, being on a treadmill, nursing a hangover, sleeping in, eating, talking on the phone, texting and/or procrastinating. Check in with you and be sure to spend the majority of your 30,000 mornings loving, learning, giving and growing, and savouring the real beauty and precious gift of each new day.



One of my favourite things to do each morning is to remind myself of all that is amazing about me and about my life so each day begins with gratitude and appreciation. My morning ritual includes writing 7 things I have gratitude for on the bathroom mirror. Whiteboard markers work a treat and it's a great way to stretch your thank you muscle. Not only that, it beats looking in the mirror and focusing on lumps, bumps, hairiness, aging, blotches and blemishes.

You see, when we feel and practice gratitude everything else including overwhelm, stress, doubt and fear gets very quiet. The more you do it, the easier it becomes and you will notice so much more in your life to have gratitude for.

Here's a little example. Today I feel an abundance of gratitude for:

- The way my gorgeous mum forgets things and asks me the same question lots of times.
- My wobbles and wrinkles that remind me how awesome my body is as I get closer to fifty.
- The magnificent sunset at the beach last night in all its glory ...

Give it a go! Doing this consistently will 'train' a life-changing muscle ... called gratitude. It also helps you to celebrate and love YOU, your uniqueness and everything you do have in life rather than focusing on what you don't have.

"A good life is when you assume nothing, do more, need less, smile often, dream big, laugh a lot and realise how blessed you are." ~Anon

Munchies, Pigging Out and Secret Fridge Raiding

Overeating is a common 'issue' that many of our clients want to overcome during their 1:1 coaching sessions. We have helped hundreds of women get rid of this sneaky little habit and I thought I'd share my four coaching keys that have proven to beat overeating.

1

The first step is to identify what the trigger is.

When do you know it is time to overeat? Is it when you sit down to watch TV? Is it when the children are put to bed? Is it when you are cooking or when you first get home from work?

2

Step two is to identify what 'overeating' gives you.

The eating either gives you a feeling you wish to feel or it stops you from feeling something you do not want to feel. The most common feelings that eating 'gives' people are certainty, fullness, love, comfort and relaxation and that elusive time for oneself. The most common feelings that people keep at bay with food are uncertainty, boredom, emptiness, loneliness, anger, sadness and hopelessness.

3

Step three is to identify other ways to experience the desired feelings and/or how to face and express the feelings that are being shoved down.

Willpower only lasts for so long. If you take a pattern or habit away from your unconscious mind you must replace it with a new habit or pattern that fills the gap resourcefully.

3

The final step is to 'break the anchor'.

When something is anchored, we react without thinking... are you sitting in the same chair, couch or seat every-time you overeat? Is your overeating anchored to that chair? Break up the anchor by sitting in a different chair, change the room around, sit in a different way, ban TV for a week or make plans to go somewhere or connect with someone straight after dinner.

If you feel you over eat and desire to make a change, think about what you are gaining from this pattern. What is your trigger, what is your gain, what is your anchor, and what feelings are you either swallowing or seeking? Visit www.artyourlife.com.au/food-glorious-food to read a more detailed article on this topic and to download my free worksheet to help identifying and overcoming your triggers and anchors.



Are You Really Hungry?

Have you ever finished a meal and felt so full you've had to undo a button or loosen your belt? Have you gone for that second or third helping and regretted it later? What about having three courses when you're out for dinner then wishing you'd stuck to two?



Yes we live in the land of plenty and upsizing.

What's more, we're encouraged from a young age not to waste food and to eat everything on our plate until we feel 'full'. This culture is one of the factors that have led to Australia's alarming levels of obesity.

The key is to be mindful of your 1-10 hunger and satisfaction scale. 1 is ravenously hungry and feeling weak or faint. 10 is feeling absolutely overstuffed. When we allow our hunger and satisfaction scale to drop below 3 it can lead to eating far more than your body needs. At the other end of the scale, being at an 8, 9 or 10, is overeating and leads to weight gain, guilt and regret. And, of course, it also slows down your metabolism so it becomes tired and sluggish.

The goal is to stay comfortably within the 3 to 7 range so you are mindfully connected with real hunger and satisfaction as opposed to creating a vicious cycle of the feast and famine response.

Take a moment to reflect on the times you either ate too much or let yourself get too hungry in the last seven days. All too often, one directly leads to the other. When we overeat there can be a tendency to then say "OK that's it. I will skip a meal to make up for it" or vice versa you can be so hungry that then you overeat and the cycle begins. Another key to breaking this cycle is the 3 x 3 x 3. Aim daily to eat three meals and three snacks daily, with no more than three hours in between. What a great way to keep your satisfaction within the range of 3 to 7.

Be Mindful

What is happiness? Usually, it refers to a feeling – a sense of pleasure or contentment. We all enjoy happy feelings so it's no surprise that we strive to feel them. However, like all of our emotions, feelings of happiness don't last. Life is a rollercoaster ride with many emotions in any given day and it's always going to be that way. From a young age we are conditioned to be brave, to be 'good' and to not show negative emotions such as anger, jealousy, frustration and sadness.



In the pursuit of being 'happy' many people hide and even aren't aware of what they truly feel. It has become common to over eat, work excessive hours, drink alcohol, take drugs and even exercise obsessively to numb and disconnect from unwanted feelings. All too often these habits become an emotional crutch and lead to health problems and increased feelings of disconnection, depression and/or anxiousness.

Given that what we repress becomes stress, in giving attention to our pleasurable feelings AND our uncomfortable feelings such as sadness, fear and anger, enables us to feel more balanced and connected with ourselves. Attention means mindfulness. And mindfulness is not a THING it is something we DO.

Mindfulness is a 'stop and look before you act' manoeuvre that slows us down so we can reflect - as opposed to react. For example, being mindful is noticing when you have eaten enough. It is when you notice unintended sarcasm or crankiness entering your tone of voice. Or when you notice negative or judgemental thoughts you are having about yourself or others.

A few seconds of stopping and reflecting will enhance your actions, your thinking and your feelings and therefore, your outcomes in life.

You can choose to become more mindful every day by asking yourself these key questions:

What am I doing?

Is it worth doing?

How well am I doing this?

Could I do it more effectively or resourcefully?

Likewise when it comes to your thoughts you could also ask yourself:

What am I thinking?

Is it worth thinking?

If yes - Could I think about this more positively?

If no - What shall I choose to give my attention to and think about now?

So, as opposed to striving for happiness and feeling stressed because you're repressing uncomfortable feelings, focus on doing mindfulness even more every day. If it is time for you to really learn how to love yourself, love your body and love your life – inside and out, then join me for an information session about ART Your Life. I'll share one of the key life strategies that has given hundreds of women across Australia personal power and freedom to be REAL. Visit www.artyourlife.com.au/book for details or phone 1300 784 887.

Live In The Now

How many 'todays' have you lost because you've spent them worrying about the future or reliving what happened yesterday? How much joy have you missed out on because you weren't paying attention?



The only truly important moment is now. When it passes without being noticed, it's gone forever. How do you find the now when the voice in your head keeps distracting you?

Living today – living in the now – is a skill. It's a skill that children have: just watch them play. They aren't thinking of yesterday or what might happen tomorrow (unless it's something really exciting!) They are focused purely on the moment they are in and that's where they find their joy.

Here's how you can strengthen that skill which is already within you.

Use all your senses. When you feel the rain falling, linger a while before rushing off to find cover. Feel the texture on your face. Smell the freshness of the raindrops. Look at the vivid colours of the world around you suddenly being refreshed and cleaned. Listen to the drops hitting the ground.

Escape. Getting out of the house or office and away from technology helps to silence that niggling, voice in your head. Find a comfortable and warm place to sit, preferably outdoors. Sit and watch the world go by. Watch the clouds. Listen to the waves or the birds. Do nothing. It's totally revitalising!

Help a stranger. Making a difference in someone's day will make a huge difference in yours. Seeing the pleasure on someone's face when you pay for their coffee or carry their groceries to the car is very rewarding. Deep within your heart space, you'll feel a bubbling warmth that makes you feel happy and centres you in the now.

Like anything worth doing, this will take practice. It's like a muscle – it will become stronger the more you use it. Feel joy dance back into your life as you tango with today.

Love Yourself Inside and Out

Does this title make you cringe? If so, it's a sign you need to change your thinking.

Loving yourself isn't about being full of yourself or self-centred, no matter what you were told when you were growing up, or how often you may have been the object of the tall poppy syndrome.

Loving yourself is accepting your strengths and weaknesses and knowing that you and your uniqueness are precious gifts. Loving yourself is also about appreciating and valuing your imperfections, walking your truth and being authentic. When you love yourself, your focus turns outward and you stop worrying about whether or not you are doing the 'right' thing or pleasing the 'right' people. Instead, you trust yourself and have the confidence to be you. The REAL, authentic you.

To learn to love yourself more, commit to doing the following six steps every day for the next seven days.

1

Be kind to yourself.

No one is perfect. There's no such thing as perfection. Acknowledge something unique about you AND your life every day.

2

Put yourself first.

Your needs are as important as anyone's and often they are even *more* important. Put yourself first when you need to. Self-love is the opposite of people pleasing.

3

See beyond right and wrong.

There is no right and wrong. Being neutral is not indifferent. It creates clarity and is judgement-free.

4

Treat your mind and body kindly.

Eat healthily, drink lots of water, take a walk and enjoy the fresh air. Nourish yourself this way and feel the ripple of your new energetic vibe.

5

Rediscover fun.

Every day, life offers you the chance to enjoy something. Seek it out. Find it. Take every opportunity to smile. And, in fact, BE the opportunity by smiling just for the hell of it. It's infectious.

6

Have gratitude.

Using your bedroom or bathroom mirror as a whiteboard text a list three things every day that you have gratitude for and appreciate. Make the list about your body, life, what you have and who's in your life.

Drop in to our Facebook page and let me know how these tips have helped you love you and your life even more.
www.facebook.com/CatieKirke.



Ready to ART Your Life? Your next step is easy...

Simply contact us to arrange a time for your personal ART Your Life connection call.

We'll answer all of your questions and ensure that your ART Your Life experience is the perfect match for you!

Call the team on 1300 784 887
or email sparkle@artyourlife.com today.

Your future is forever!

What would your life look like if YOU discovered the secrets to happiness and freedom? What lies in your future just out of reach that is WAITING for you to step up and rightfully claim?

NOW is the time to find out...

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Life isn't a trial run. You only get ONE shot. Ask yourself, "Am I truly living the life of my dreams?"

If the answer is "NO" ... then what are you waiting for?

