



THE EXTRAORDINARY
WOMAN WORKSHOP

How to create the best
version of your *life*

Workbook





Welcome to The Extraordinary Woman *Workshop*

Agenda

- Introduction
- Create a Big and Bold Vision
- Tap into your Superpowers
- Let go of the Blocks
- Find out more
- Recap and close



SEGMENT 1
Welcome

Every *woman* deserves
to live her best life and
become that woman of
her *dreams*.



Being
extraordinary
is not about
being
something
we're not.

Its about
becoming
something we
were always
meant to be.

YOUR MOST EXTRAORDINARY LIFE

What would my most extraordinary life look like?

Feel, look like...

My current life

How closely is my current life in alignment to my this?

What's going well?

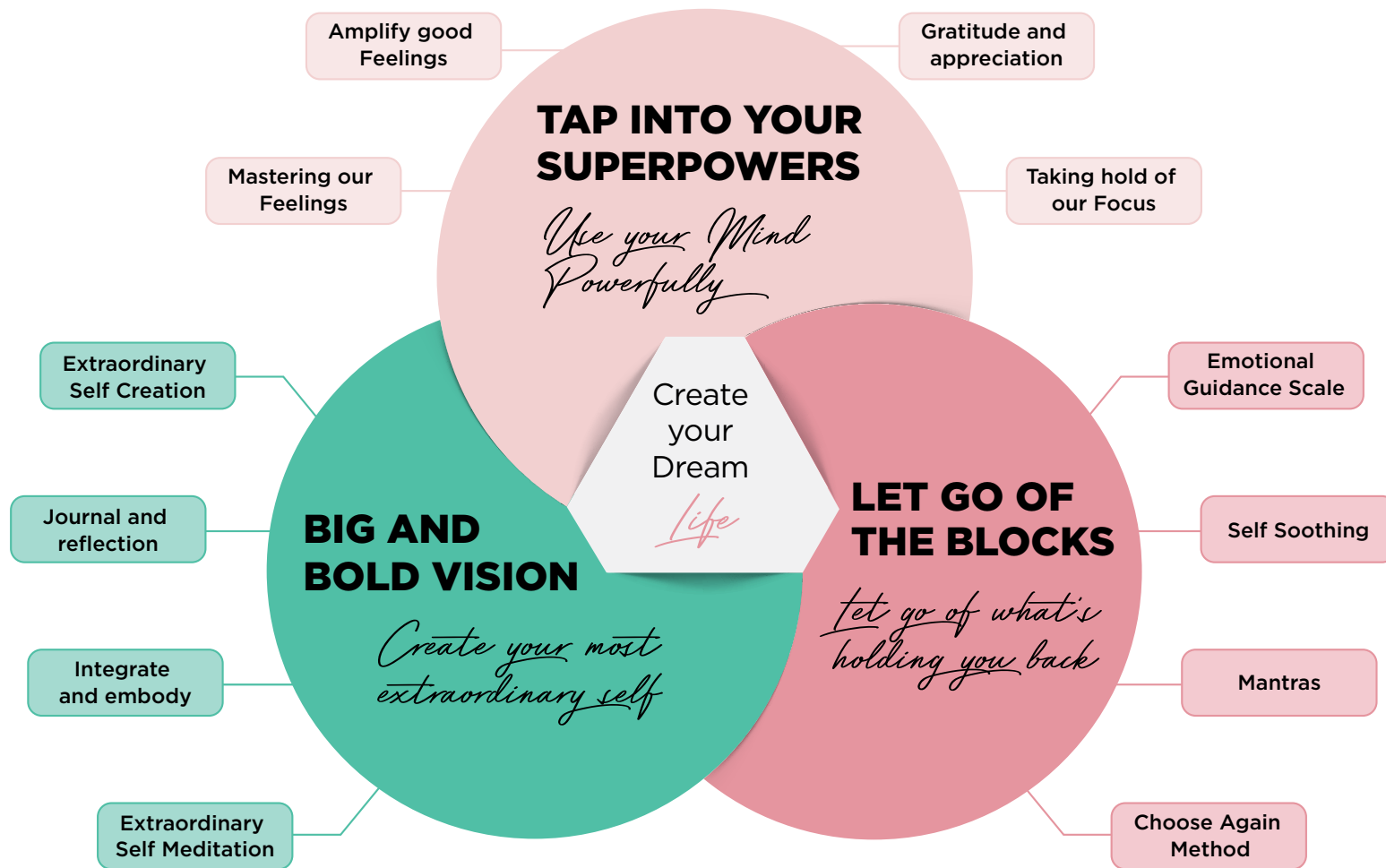
What are the things in my life, that can be celebrated?

What do I need to elevate?

What areas of my life do I need to elevate?



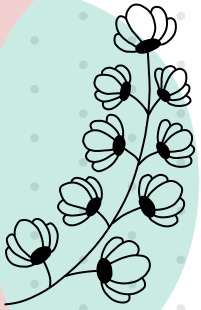
The *Extraordinary* Woman



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SEGMENT 2

*Create a Big
and Bold Vision*

Tool 1



**Create a Big
and Bold
*Vision***



Who is that woman
I long to *be?*

That highest
expression of *me?*

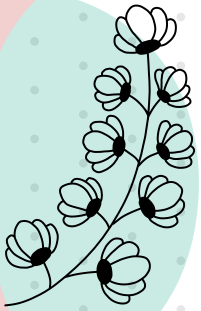
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SEGMENT 3

*Tap into our
Superpowers*



What we think
and feel is
everything!



How *empowering*,
supportive and
powerful are your
thoughts and
feelings?

YOUR THOUGHTS AND FEELINGS

My thoughts and feelings

How empowering are my thoughts and feelings?

What's not serving me?

What thoughts and feelings are not supportive?

How do these make me feel?

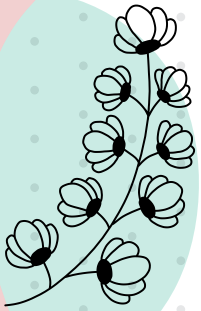
How do my feelings and thoughts affect my happiness?

How committed am I?

To instil more empowering thoughts and feelings.



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Tool 2



A Gratitude *Mindset*

Gratitude is
Transformational!



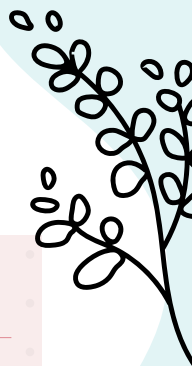
List of
Positive
Aspects

MY POSITIVE ASPECTS LIST

What am I grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

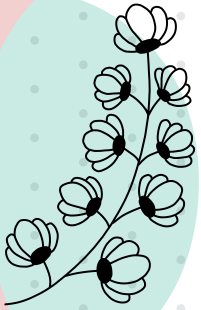
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____



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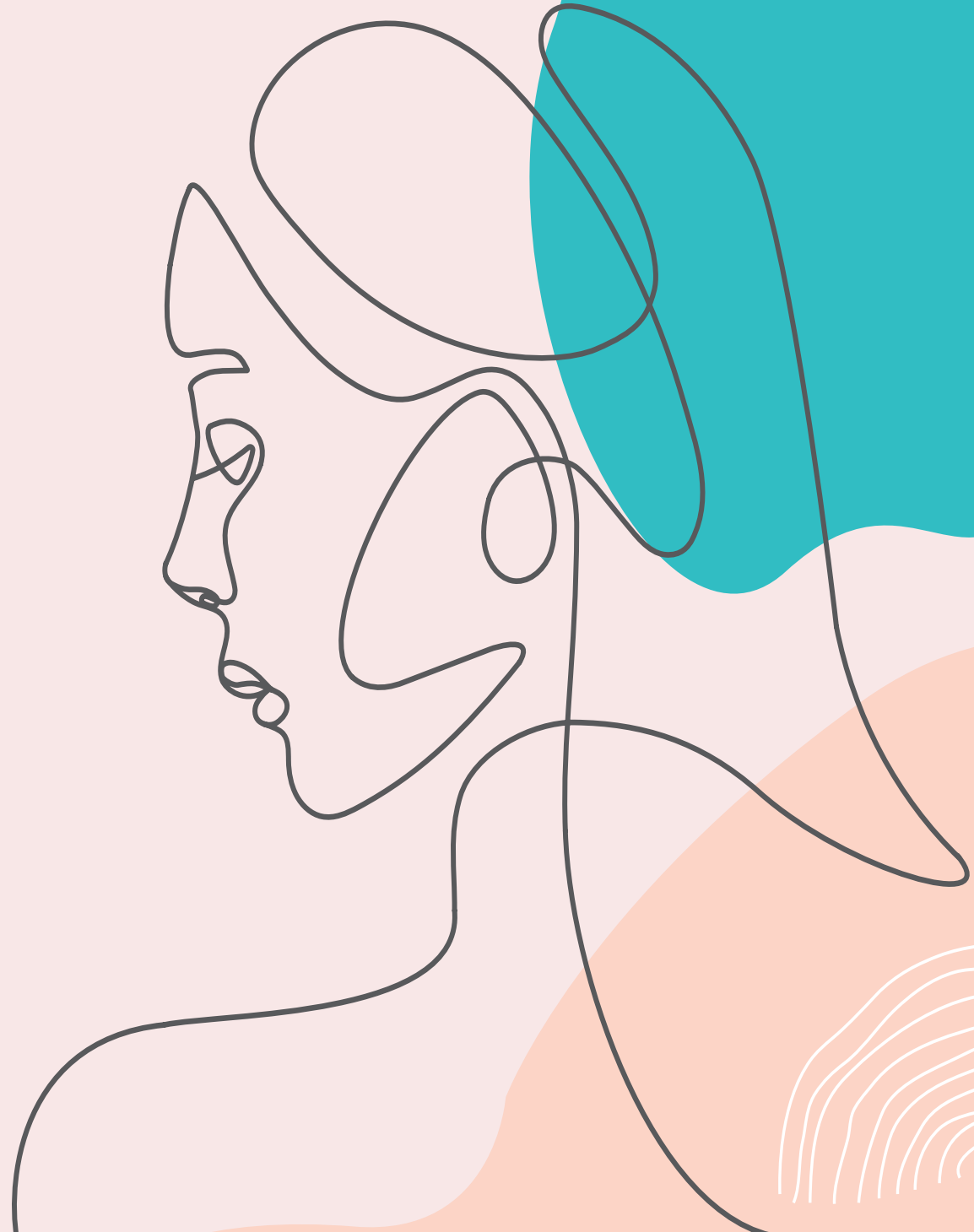



SEGMENT 4

*Let go of
the blocks*



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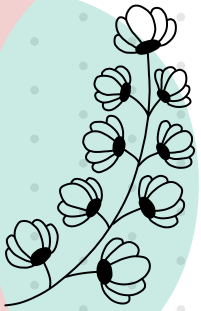


What *impact*
do negative
thoughts and
feeling have
on *us?*

Otherwise by repeatedly *thinking*
the same way and feeling the same
emotions and feelings memorised
in our bodies we will continue to
repeat the same circumstances

Joe Dispenza

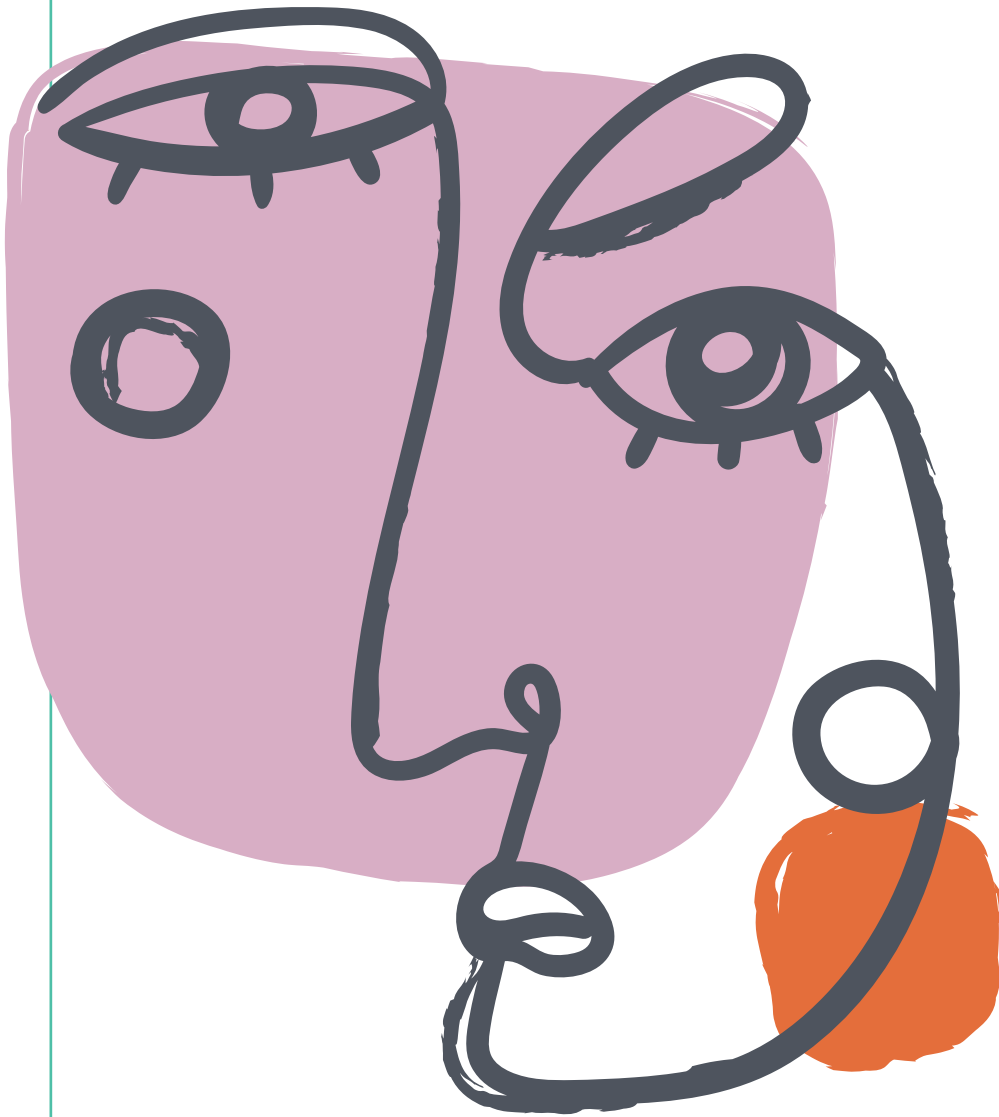
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Tool 3

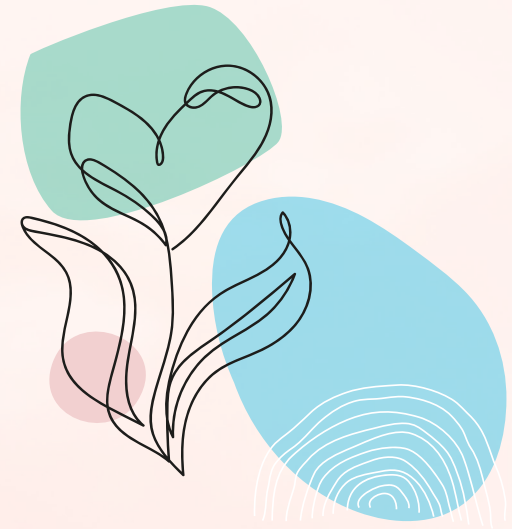


**Choose next
best feeling**

thought

Emotional Guidance Scale

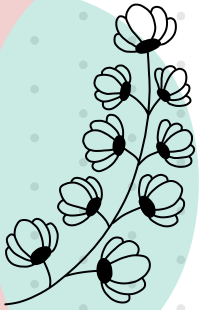
- 1 Joy, appreciation, empowered, freedom / love
- 2 Passion
- 3 Enthusiasm, Eagerness, Happiness
- 4 Positive Expectation, Belief
- 5 Optimism
- 6 Hopefulness
- 7 Contentment
- 8 Boredom
- 9 Pessimism
- 10 Frustration, Irritation, Impatience
- 11 Overwhelm (feeling overwhelmed)
- 12 Dissapointment
- 13 Doubt
- 14 Worry
- 15 Blame
- 16 Discouragement
- 17 Anger
- 18 Revenge
- 19 Hatred / Rage
- 20 Jealously
- 21 Insecurity, Guilt, Unworthiness
- 22 Fear, Grief, Desperation, Despair, Powerlessness



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SEGMENT 5

Want to know more



Are you *ready* to step
into your highest
power and become the
woman you've always
dreamed of being?



INTRODUCING

The *Extraordinary*
Woman Program

*Create the life you've always
dreamed of!*



theextraordinarywoman.com.au

Thank you, **Your amazing!**

Thank you for joining me at The Extraordinary Woman Workshop.

I truly hope you gained as much value as I gained enjoyment, out of sharing my secret tools, tips and techniques with you!

If you are ready, to take the next step, to activate your inner power, I invite you to join me on the Extraordinary Woman Program.

I can't wait to see you soon.

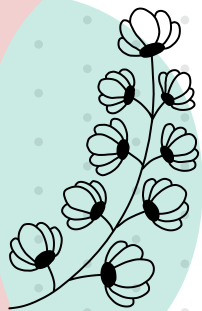
And remember, every woman deserves to live her greatest life.

Xx Catherine

FOLLOW ME



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the
Extraordinary
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