

WILD. WORTHY. WEALTHY.



The 3 Shifts

The identity, mindset, and practical shifts that move you from overwhelmed and overworked to building a life — and an income — on your own terms.

A Life On Your Terms

Welcome, friend.

If you're holding this workbook, chances are something in you is already awake — a quiet feeling that the way things are isn't the way they have to stay. Maybe it's the mornings that feel like a sprint before you've even opened your eyes. Maybe it's handing your time to someone else's calendar and wondering when it became yours to give away. Maybe it's simply missing your own life.

I didn't find my way out of that with a five-year plan. I found it by figuring it out messily, one shift at a time — in how I saw myself, in how I thought about my time, and in what I was actually willing to build my days around.

This workbook walks you through those same three shifts. Take your time with it. Write honestly. There's no version of this that you can get wrong.

"I always just figured it out — messy at times — but I refused to go back to the life I came from."

— Kaitlin

SHIFT ONE

The Identity Shift

Before anything in your schedule or your income can change, something in how you see yourself has to change first. For a long time, I defined myself by the job title, the schedule someone else built for me, the version of "responsible" I'd been handed.

That's the identity shift: you stop waiting to feel ready, and you start becoming the woman who refuses to go back to the life she came from — even when it's messy. Especially when it's messy.

REFLECT

1. What version of "you" have you been defined by that no longer fits?

2. What would it look like to refuse to go back to the life you came from?

WHO I'VE BEEN → WHO I'M BECOMING

You can't step into someone new while still gripping who you've been. Read the left. Write the right.

I'VE BEEN

- Waiting for permission
- Playing it safe
- Defining myself by my job
- Putting myself last
- Waiting until I feel ready

I'M BECOMING

MY NEW IDENTITY

I am becoming a woman who _____

SHIFT TWO

The Mindset Shift

There's a moment that tends to crack everything open: you start questioning why someone else controls your time, why your phone fills the gaps where presence used to live, why "calm morning" started to feel like a fantasy instead of something you could have.

The mindset shift isn't about positivity or hustle. It's about getting honest about what your days actually cost you — and deciding you're allowed to want something different.

REFLECT

1. Where in your day do you feel like your time isn't your own?

2. What does a "calm morning" actually look like for you?

THE STORY I'VE BEEN TELLING MYSELF

Sometimes the biggest thing keeping us stuck isn't our circumstances — it's the story we've decided is true about them.

The Old Story

"I have to _____."

"I can't _____ because _____."

"One day, when _____, I'll finally _____."

"What if the way I've always done things isn't the only way?"

A possibility I'm willing to consider:

SHIFT THREE

The Practical Shift

My "9-to-5" was never really 9-to-5. It was nine-plus hours a day, five days a week, and it still followed me into weekends. I was never fully "off" — and that constant low-grade burnout didn't just affect my work, it affected the people I loved most.

The practical shift is where it all becomes real: building a way of working that fits around your life instead of the other way around.

REFLECT

1. What does "never being off" actually cost you right now?

2. What's one small practical shift you could make this week?

DESIGN YOUR LIFE

If your income worked around your life instead of your life working around your income...

How many hours would you actually WANT to work each week?

When would you ideally work?

Where would you ideally work?

What would you want your income to make possible?

What would an extra \$2,000/month change for you?

What would an extra \$5,000/month change for your family?

MY LIFE ON MY TERMS

The first thing I would change is:

One practical shift I can make this week is:

YOUR NEXT SHIFT

You've made the shifts on paper. Now let's make them real.

You don't need another motivational quote. You need to see what these shifts actually look like in practice — how they turn into income, not just intention. That's exactly what the free masterclass walks you through.

SAVE MY SEAT — FREE MASTERCLASS

Or DM me "SHIFT" on Instagram and I'll send it your way.

@kayp_---