

Is this it?

Is

This

It?!



Meet Katie

Before we begin...
Let me tell you why I created this.

For years I thought the biggest thing holding women back was confidence. Women would tell me they felt stuck. They wanted to change their bodies, change jobs, leave relationships, start businesses, set boundaries or simply feel more like themselves.

On the surface, every conversation seemed different. But after coaching hundreds of women, I started to notice something. The problem wasn't confidence. It wasn't motivation. It wasn't even knowing what to do.

Underneath every conversation was a story.

I'm not good enough.

I'll probably get it wrong.

I should be grateful for what I've got.

It's too late for me now.

Different women. Different lives. The same pattern.

They weren't stuck because they were broken. They were stuck because they'd spent years believing stories that were never true.

And then something happened in my own life that made me question everything.

Living with incurable cancer has taught me something I wish none of us had to learn. We all assume we've got more time. Until one day we realise maybe we haven't.



Is this it?

Meet Katie

That's why I created The Rewrite Framework. Because women don't need fixing.

They need the chance to notice the stories they've been living by, and the permission to write a different one.

I'm really glad you're here.

Let's start.

Katie
xx



Is this it?

Introduction

IS THIS IT?!

15 questions to help you uncover the stories you've been living by, decide which ones are no longer true, and begin writing a different future.

If you've picked up this guide, I'm guessing you've asked yourself a question that can feel both terrifying and freeing...

"Is this it?"

Not because your life is awful. Not because you're ungrateful. But because somewhere along the way you've caught yourself wondering...
Was I really put on this earth just to get up, go to work, come home, watch another box set, go to bed and do it all again tomorrow?

Or perhaps your version looked different.

Maybe your days revolved around Peppa Pig, washing, snacks and trying to drink a cup of tea while it was still warm, and you found yourself thinking, "Is this all there is now?"

The details are different for all of us. But the feeling is often the same. A quiet sense that you're existing, when deep down you're desperate to start really living.

Underneath that question, **"Is this it?"**, was usually a story they'd been living with and acting it out without even realising it.

*I should be grateful.
This is just what life looks like.
Wanting more makes me selfish.
It's too late to change now.*

Is this it?

Introduction

The stories were different, but the result was the same. They'd stopped living a life that felt like theirs and started settling for the one they believed they had to accept.

That's why I created The Rewrite Framework™. Because you can't rewrite a story you don't realise you're living in.

The women I work with don't need fixing. They don't usually need another planner, another podcast or another morning routine. What they need to begin with is awareness, because awareness is where every transformation begins.

You can't change a life you're not paying attention to, you can't challenge a story you don't know you're living and you can't create a different future if you keep making decisions from the same beliefs.

That's why I created **The Rewrite Framework™**.

It's a simple way of helping you uncover the stories shaping your life, question whether they're actually true and start making choices that feel more like you.

The fifteen questions in this guide will gently take you through each step.

There's no rush. Put the kettle on. Be honest with yourself, and see what you discover.

Is this it?

The Rewrite Framework™

The Rewrite Framework™

1. Notice

You can't change what you haven't noticed. Become aware of how you're living, what you're feeling and where you might be settling.

2. Uncover

Every behaviour is being driven by a belief.

What's the story underneath?

What have you been telling yourself for years?

3. Question

Who gave you that story?

Where did it come from?

Is it actually true?

Or have you simply never questioned it before?

4. Rewrite

If that story wasn't true...

What would you choose to believe instead?

Who do you want to become?

5. Live

Now make one decision that matches the new story.

Not next year.

Today.

Because confidence isn't something you find. It's something you build by taking aligned action with who you're becoming.

Is this it?

Notice

NOTICE

Question 1

When was the last time you stopped and asked yourself... "Is this actually the life I want?"

Question 2

Which part of your life feels the heaviest at the moment?

Question 3

Where have you started calling something "normal" that actually doesn't feel okay anymore?

Is this it?

Uncover

UNCOVER

Question 4

When do you feel most like yourself?

Question 5

When do you feel least like yourself?

Question 6

What do you think is stopping you from changing?

Up until now we've been looking at what's happening in your life.

The next questions go a little deeper, because a lot of the time the problem isn't actually the situation. It's the story we've been telling ourselves about it.

Is this it?

Question

QUESTION

Question 7

What belief sits underneath that answer?

Question 8

Where do you think you learnt that belief?

Question 9

If your best friend believed this about herself, what would you say to her?

Question 10

Is this belief actually true?... or just a story you've been telling yourself for years?

Is this it?

Rewrite

REWRITE

Question 11

If you no longer believed that story, how would your life be different?

Question 12

What new belief would serve you better?

Question 13

Who is the woman you want to become?

Is this it?

Live

LIVE

Question 14

What's one decision that version of you would make this week?

Question 15

What's one thing you'll do in the next 24 hours that proves you're no longer living by the old story?

Is this it?



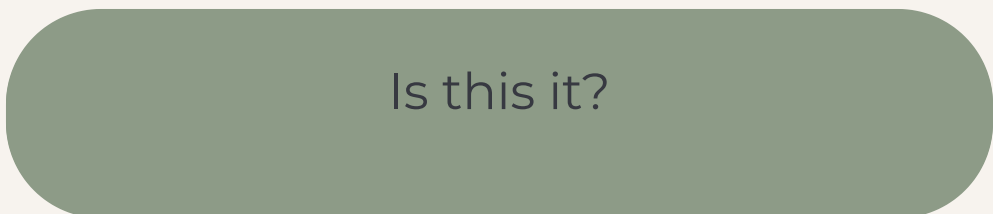
Imagine picking this guide up again a year from now.

Would your answers be different?
Or would they be exactly the same?

Because the thing is the questions won't change your life, your answers won't change your life, BUT the decisions you make because of them will.

You don't need permission to change your life. You just need to decide you don't want to stay where you are anymore.

Is this it?



What's next?

What happens next?

If these questions have stirred something in you...

If you've found yourself thinking, "Bloody hell... I can't believe I think like that,"...

...you don't have to figure out the rewrite on your own.

That's exactly what we do together.

Through **The Next Chapter Session**, we'll uncover the story that's been shaping your decisions, question whether it's actually true, and identify steps towards a life you actually want.

Because awareness starts the transformation. Aligned action changes your life.

Reply to any of my emails or DM me on Instagram to get on the waitlist for the Next Chapter Sessions.

Katie
xx

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