
Shake It Up & Shift It Out



7 Lessons for a New Powerful You

A Playbook From Katie K



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*Hello my BRAVE ones! And welcome to Shake It Up & Shift It Out!*

**Welcome! I'm Katie I and I am your fearless leader, guide and host, and so excited you've decided to take on this 7 step adventure with me. I created this playbook with the purest intention to create a safe space where you get to show fear who's boss, do some things that take you out of our comfort zone, and in the end become the fearless warrior and master you truly are.**

For the next 7 days, or beyond, you will have chance to play inside these pages, and you will also find some tips, tools and treats all about transformation, intentions, and how to own your inner power.

You will also receive **journal prompts and 1 DAILY CHALLENGE**, and it will be *your mission* to incorporate that challenge and the information you learned into your day and share it with the world, along with a suggested **Mudra, Mantra and Theme song** to use any way you like.

*\*What's a Mudra? Mudras are positions of the body that have some kind of influence on the energies of the body. You are probably familiar with Mantras. And Theme Songs? Who doesn't have a theme song!*

*By the end you will have the opportunity to create your own personal Mudra, Mantra, Theme Song and Superhero/Goddess/God/Warrior name that each represent the new EMPOWERED YOU.*

**It's a super simple process and a lot of fun if you allow it to be. Just find your inner HERO and let it flow!**

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I encourage you to keep a journal so you can answer the prompts, write things down, and become conscious of what's happening inside you. You can even take it one step further and personalize the journal by decorating it however you like. The more energy you put into it, the more powerful it becomes, and when you become aware of your patterns, thoughts, and fears~ THAT is when you can begin to create change. And when that happens... LOOK OUT WORLD! A new hero will emerge!

Remember: There is no right or wrong way to do this playbook, so just have fun and enjoy the ride. And if you need to slow down, it's ok to take your time. It's designed to be done in 7 days but if you need more time that's A-OK. I'd rather have you process it all than race to the finish and miss your deepest pearls.

Ways to connect: If you are a fan of social media like I AM~ you can follow me on Instagram **@playwithkatiek** and tag me in your photos and share your findings by using **#Shakeitupshiftitout** And you can find me on Facebook too at

facebook.com/playwithkatiek Or on Twitter at **@playwithkatiek**

That way I can cheer you on as you go! I love to see how you're doing! And I am always here to support you as you go.

"When you're scared, you stay are you are" ~ Stephen Richards

**ARE YOU WITH ME? Let's Get Ready to
SHAKE IT UP & SHIFT IT OUT!!**

Day 1: Let's talk about F.E.A.R or False Evidence Appearing Real

Questions to ponder and things to journal about:

What are your biggest fears and why?

What would happen if they came true?

If you could beat one fear today~ what would it be and why?

How are you going to feel once you face these fears?

If you could give yourself a name as you bust through these fears~ what is it?

Do you believe you can make friends with fear? What does this mean to you?

Fear is something that controls all of our lives, and yet it totally doesn't have to. When we say fear is false evidence appearing real~ what we mean is that it is something we have created for ourselves out of the illusion that something actually exists when it doesn't. And therefore it APPEARS to be real but it's actually not. It's kind of like being afraid of our own shadow...

Think of it this way: Remember when you were a kid and you were certain there was a monster in your closet and you were afraid of the dark? And then your mom or dad came in and turned on the light to show you it was only your towel hanging on the hook casting a shadow?

Well~ That's EXACTLY what fear is even when we are adults. And that means that all we have to do is turn on the light and show ourselves that what we THINK is scary, mean and coming to get us, is actually nothing at all and only exists in our heads.

Make Sense? It's pretty easy once you understand that we are the ones creating our own FEARS and what is scaring us is only an illusion. Then we can take our power back and step in HERO MODE.

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*And THAT brings us to DAY 1 of the Challenge!*  
*Are you ready to accept your mission?*

## Day 1 Mission:

**What is that one thing on your To Do list that has been staring you in the face for weeks? Maybe months? Maybe MORE?**

It's time to find out WHY you're not doing it- turn the light on and GET IT DONE!

Face the FEAR and just get started. Once you do~ you will see it wasn't so bad after all.

*Need an example? Schedule a mammogram. Call your friend you've been avoiding for weeks. Balance your checkbook. Send in your resume. Go to Zumba.*

It doesn't matter what you do, so long as you knock something off that list and GET IT DONE.

Not Challenging enough for you? Do TWO!

You have 24 hours to complete this mission. Make sure you keep track of what you do, and why you haven't been doing it. If it's helpful write it all down on paper first. Or talk it out with yourself or a friend.



*Playful Suggestions of the Day:*

**MUDRA OF THE DAY:** Good old fashioned Fist Pump!

**MANTRA OF THE DAY:** “Just do it”

**THEME SONG OF THE DAY:** Just Do You by India Arie

**Or make up your own!**