

The Peak Perspective

10 January 2024
Issue 11

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EMBRACING CHANGE

Change in the New Year...

It is our responsibility and ours alone, to decide how our year will pan out.

No one has the right to live your life, it's yours and they already have one of their own. You get to decide your future, you get to decide what you invest your time and money in and you get to decide how far you get in life.

OUR GOALS THIS WEEK...

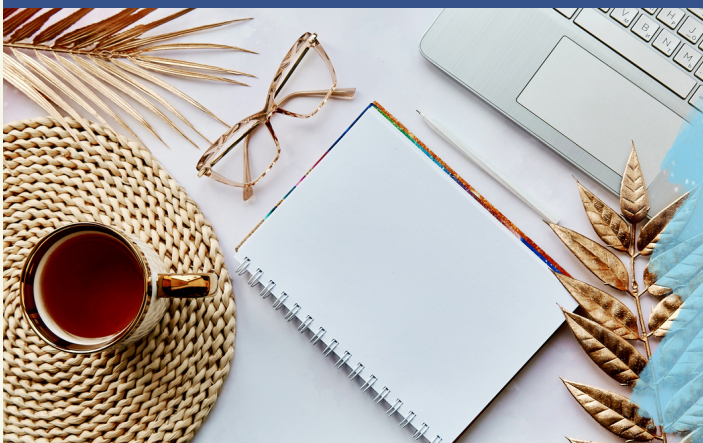
- To understand that change is inevitable and is also, ultimately, solvable.
- To know that there are 3 steps on the path from "Change" to "Answer".
- Change can be an opportunity for growth and self-discovery.



HELP IS AT HAND

One of my "new things for the New Year" is to be posting more tools and knowledge to help you out when Life gets too "Lifey".

I want to pass on things I have learnt that have taken me from depressed to a business owning Undergraduate in less than 18 months!



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A LETTER TO...YOU!



I hope this letter finds you well. I wanted to take a moment to reach out and offer some words of encouragement to help you navigate through changes that life inevitably brings. Change, whether expected or unexpected, big or small, can often feel overwhelming. However, I want you to know that there is always a way to cope and solve any challenge that comes your way.

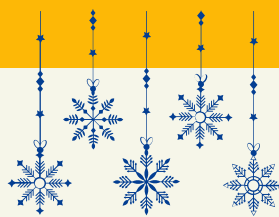
In times of change, of course it's natural to seek advice and opinions from others, but while it's important to gather information, I encourage you not to get overwhelmed by asking too many opinions, (that includes those from the internet & search engines!) Instead, consider sharing your thoughts and concerns with a trusted friend or someone who has experienced a similar situation. Their insights and experiences can provide valuable guidance, support and maybe even expertise.

Remember, we all go through life experiencing change, you are not alone in this journey. Countless individuals have faced similar challenges and have found solutions that worked for them. It's essential to believe in yourself and your ability to overcome obstacles. Trust in your own intuition and inner strength. You possess the power to find answers and create positive change in your life.

I want you to know that I believe in you wholeheartedly. You have the resilience, determination, and resourcefulness to navigate through any challenge that comes your way. Embrace the opportunity for growth and transformation that change brings. It may not always be easy, but with each step forward, you are one step closer to finding the solutions you seek.

With warmest regards,

Cate



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FAQs & Hacks

- What is Change? We are all familiar with it, aren't we? Change is about a situation, big or small becoming something different, expectedly or unexpectedly.
- How can I improve my reaction to change? Understand that change happens, and there is always a way to deal with it.

In 2023, I had the biggest, most unexpected shock, the kind of change that wrenches your heart right out and makes you wonder if you can carry on. A year earlier and it would have derailed me completely, but one of the biggest lessons I have learnt is that you cannot control someone else's emotions or reactions. Sometimes, the answer is "Let them".

If this is the type of thing you struggle with then I would love to share how to get out of the dilemma of change.

I have not one, but two new courses to help you get on your way to where you want to be. Turn to the next page to find out more! Or book a call for a chat to see how I can help (number at top of page.)



- If you are finding a situation tricky, you can change it by simply letting go of whatever it is that isn't working and finding a new solution. Use the three steps - Problem - Possible solutions - Answer. (In between problem and possible solutions may be "ask someone who might know the answer"!)
- Dealing with change can be about preparedness, like preparing an essentials box if you're moving home - if you know the change is coming - or about thinking of a strategy in readiness for a change that is likely. Unexpected change, like loss or injury is harder to prepare for because you don't know when or if it's coming, but you can still consider future possibilities and think about how you might handle it - like a fire drill prepares you for a situation you may never face.
- The most important thing to remember is that you have a 100% record of surviving difficult days and a 100% record of surviving change!

You can absolutely do this - and it is always wise to ask for help if you're in a tricky situation. catepurdy.com



Embracing Change

Change happens, without change there would be no butterflies!
Butterflies are so beautiful, but they really have to go through the most awe-inspiring
change to get there.

Women also have several very significant changes to go through in life, puberty,
motherhood, or not, menopause, empty nest

Thinking about your biggest challenge right now,
What is the problem right now?

What would you like the answer to be?
Thinking about this can save a lot of negative emotions later on and help you to stay
calm and focused on the immediate problem

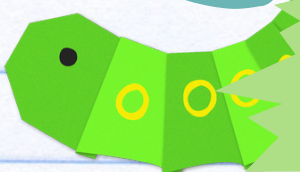
The Answer



Potential Steps



The Problem



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The Flip Side

Change - It's not all bad!

Like the caterpillar going through that awesome metamorphosis, humans can go through remarkable change and make choices that can literally change life for millions of people, their close family or even just for themselves.

Rosa Parks was an American civil rights activist who became an iconic figure in the fight against racial segregation. Her refusal to give up her bus seat to a white passenger in Montgomery, Alabama, sparked the Montgomery Bus Boycott and became a pivotal moment in the civil rights movement. I doubt she had any idea how much good she would do that day as a result of being tired after a days' work.

Kate Garraway - A very recent story, the Good Morning Britain Presenter's life changed when her Husband, Derek Draper caught Covid in March 2020. As a couple they went through immense change with Derek spending 13 months in hospital and then requiring full time care at home. The ITV Documentary "Kate Garraway: Finding Derek" showed how she dedicated herself to life, work, home, family and still stayed devoted to her Husband, who sadly died aged 56 on 3 January this year. Kate would never have known how much life was to change or how she would cope with it all, but she has done. She has said she will take some time off now to recover and will then return to work.



What about you?

Have you ever experienced a moment of change where you surprised yourself with how well you navigated and coped with it?

or

Is there an event that you know you would be much better able to deal with now than you did in the past?

What has changed about you?

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Envision Success

Let go of what is no longer
serving you
and see the success
you want to achieve

THE INNER KEY TO PURPOSE

Ready to dive deep, go all in, find serious transformation and learn about yourself, who you are, who you want to be? Let me share the secret with you of how to get past the feeling - the feeling that it is too late, the feeling that you aren't good enough, the feeling that you have no clue what you want out of life. I've been there! Let me show you the way out of it and into a bright and beautiful future.

The Inner Key to Purpose

A 12 Week Course

Message for details: cate@catepurdy.com



THE PATH TO MORE

The Path To More is a 5 Day fully supported course - to get you started on your journey to a new and confident you. You won't need this guide forever - on this particular part of the path anyway. You will become your own hero. You'll discover the path you want to take and this is where a coach will help - to keep going the right way, hold you accountable for your own progress and help you get back on your path if you stray and even go with you on a further adventure when you're ready.

In The Path To More - a 5 Day course, you can learn about yourself and beat "The Nothing", that part of midlife between kids and/or the career you've always had and the truth of what you really want from life. Find it here:

www.catepurdy.com/shop



HOW CAN I HELP?

I knew that I needed some guidance and I found what I now know was the roadmap I needed. It took time, money and effort (even just to find the right coach!), but I now feel happy, confident and I have a dream that is coming true. For details of how you can achieve this and how I can help, email me cate@catepurdy.com or phone/text on 07537 144901 or DM on Instagram [cate_life_coach](https://www.instagram.com/cate_life_coach) and we can start on your plan straight away!