

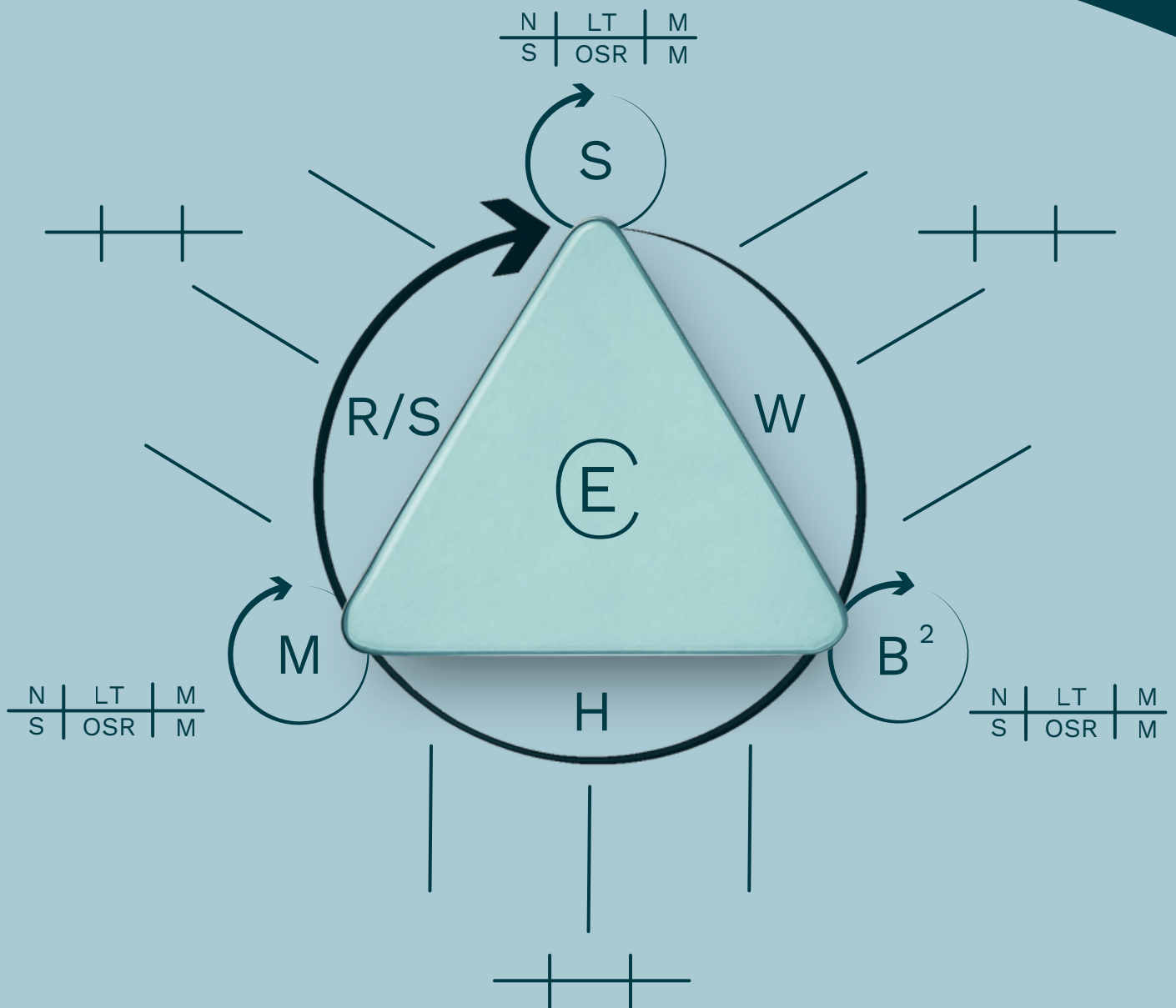


Introduction to Embodiment Coaching with KATHY O

Declare your desires
Decide the strategy
Monitor your outcomes
Recalibrate as necessary

KATHY.O
TAKE ACTION • CREATE CHANGE

The Embodiment Fractal Framework™



BED vs OAR

Are you in BED or

Are you holding the OAR of your life?

O – OWNERSHIP: I AM THE CREATOR OF MY CIRCUMSTANCES

A – ACCOUNTABILITY: I AM RESPONSIBLE FOR MY OUTCOMES, I WILL FIND A WAY, THIS IS ON ME

R – RESPONSIBILITY: I HAVE THE ABILITY TO RESPOND, I CAN IMPROVE

- 20% of the population
- Front of room learners
- Seek guidance in areas of life they are not sure of
- Continuous learning and improvement
- Growth orientated
- Progressing
- Radical Self Honesty and Self Responsibility – This is where I am at, this is why, this is what I will do about it
- Executors – Carry through with their word
- Faith driven
- Authentic
- Living at cause – I cause my reality
- Living above the line
- Energy and Congruency – The Empowerment Dynamic: Challenge, Coach and Creator

B – BLAME: MY CIRCUMSTANCES ARE BECAUSE OF THEM (OTHERS)

E – EXCUSES: I CAN'T, I DON'T HAVE TIME, I DON'T KNOW HOW TO, I DON'T HAVE THE MONEY/ ENERGY/ RESOURCES

DENIAL: I DON'T HAVE A PROBLEM, I DON'T HAVE A LIMITING BELIEF, LIFE IS AS I WANT IT TO BE, I'M NOT BURNT OUT, I'M FINE

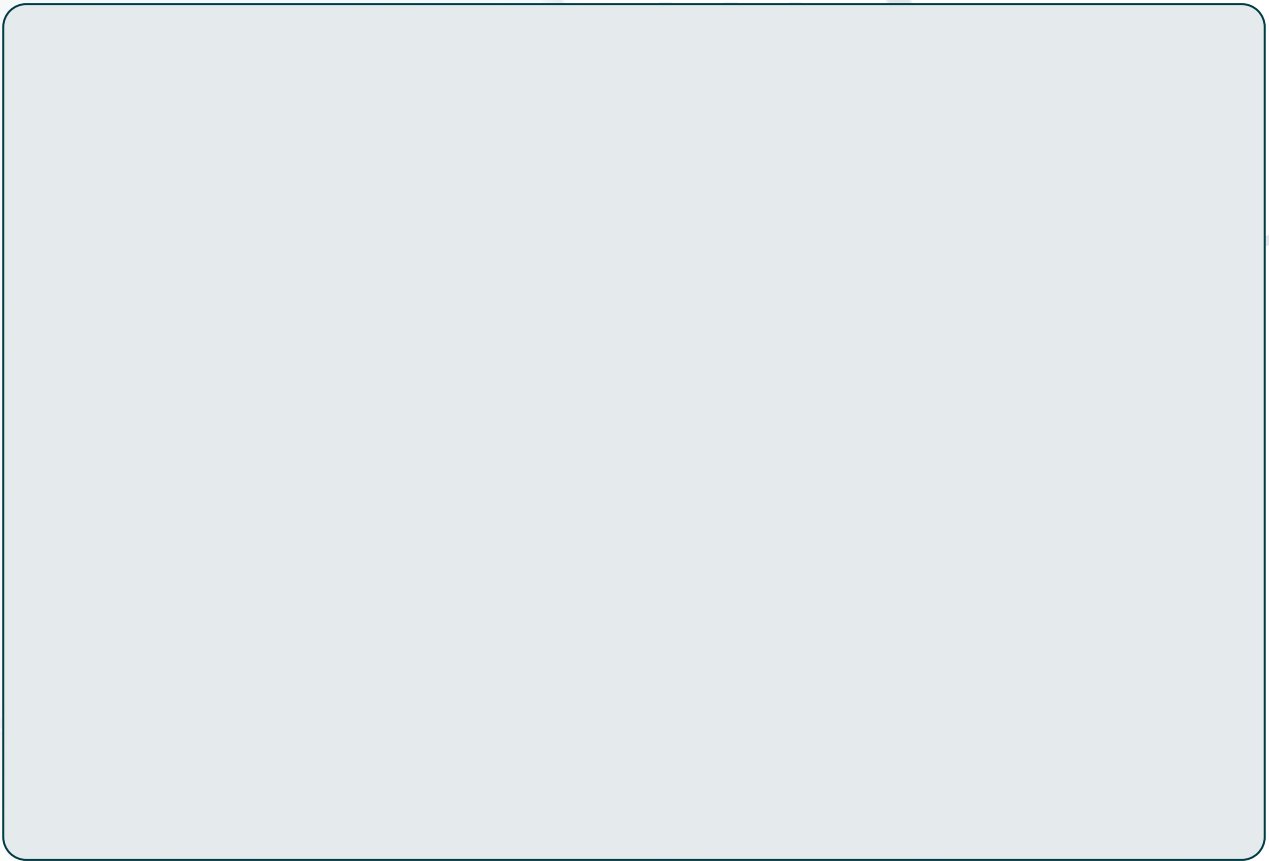
- 80% of the population
- Back of the room lagger
- Throwing rocks at the presenter (there is always something wrong with the presenter, something they disagree with, somehow the presenter needs to improve)
- Fixed mindset and False growth mindset
- Stagnant
- Stuck
- Procrastination
- Fear
- Frozen, Looping
- Living at effect – I am like this because of my environment
- Living below the line
- Drama and Drifting – Karpman Drama Triangle: Victim, Perpetrator, Saviour

We all have areas of our life where we hide in BED for a while. This leads us to feel frustrated, stuck and disconnected from ourselves. We cross our own boundaries, become misaligned with our values and no longer take steps towards our best self. This happens due to our own limiting beliefs, old stories we tell ourselves about why we are not worthy or can't achieve what we want. Holding onto disempowering stories wires us into unpleasant and unresourceful emotional states. It is the effect of past or present 'little t' or 'big T' traumas. To embody our future self, we address these limiting beliefs and create a new empowering story.

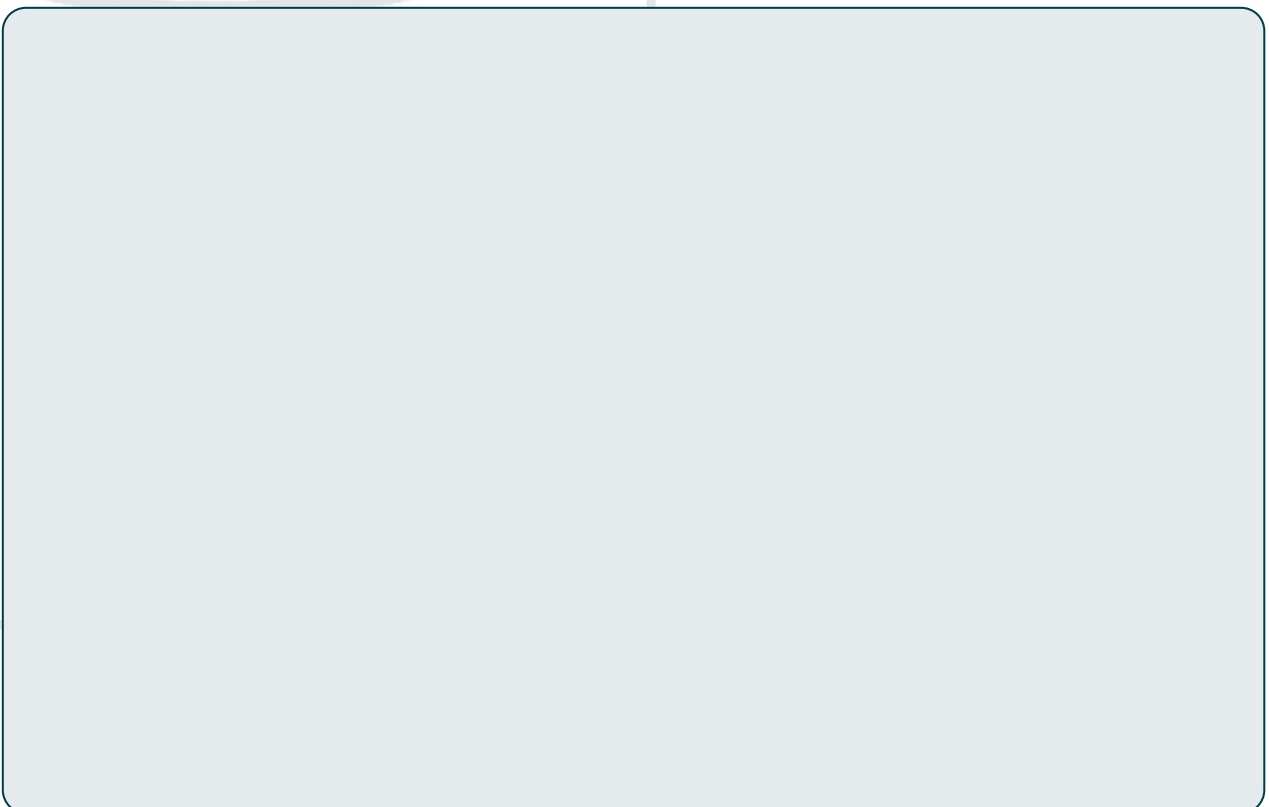
When things get hard how do you currently cope? What do you tell yourself when you fail?

What will happen if you don't change the stories you tell yourself? What will happen with you health, career, relationship goals if you don't change?

What is possible if you commit to change? What is the best possible outcome if you bet on yourself, trust yourself to change?



How committed are you to moving to the front of the room?



What/ Who will help you, and How will you move closer to the front of the room? What/ Who will help you, and How will stay at the front of the room?

How and why is it important for you to achieve your goals?

Who do you want to become?

What does your best healthiest self-look like, how do they speak, hold themselves, what do they do, what does their day look like, what success have they achieved, who is with them to celebrate? Be as detailed as you can.

What's the gap?

How will you close in the gap? What books, courses, coaching programs will help you?

CURRENT SELF	CLOSING THE GAP	HEALTHIEST SELF
		Feelings about myself, others, the world
		Emotions I experience
		Thoughts I have about myself, others, the world
		Things I own/ Accomplishments/ Experiences

Limiting Beliefs - Your Personal Lies

A belief is a sense of absolute certainty about what something means. We all grow up creating and believing stories. Some of them are imposed onto us by our environment and some of them we have decided ourselves through observation. If a belief decreases our ability to make choices, it is a limiting belief dictating our behaviour. Some examples include:

- You won't get dessert unless you eat all of your dinner. This may set us up to overeat during adulthood.
- I need something sweet for energy. May have us reaching for sugary drinks and foods mid-afternoon.
- An apple a day keeps the doctor away. Are you eating only apples as your fruit?
- Earning good money is hard work. May prevent you from asking for a promotion even though you're probably already doing the "hard work".
- Marriages always end up in divorce. You may have grown up in an environment where your parents and your friends' parents are divorced and decided marriage is not for you.

The thing about beliefs is that we can change them. You may have grown up believing in Santa, the Easter Bunny, The Tooth Fairy, St Nicholas bringing you candy or sticks... Just like you learnt a different belief about these once upon a time truths to you, you can change any existing limiting beliefs dictating your current behaviours.

Our identity is the strongest limiting belief that controls everything. It decides what you can do, what you can't do, won't, will, what is valuable to you, what you are worthy of, your strength to keep going. Lasting change only happens when you change or upgrade your identity.

I often repeat to myself and others:

“Labels are our greatest limitations”

Be so careful about the labels you attach to yourself, your friends, your partner, your family members, your work environment. By labelling others, you are limiting the way you interact with them. Some labels are necessary to create healthy boundaries. The key is to understand what we are achieving with the label, and whether it is helping us move towards what we desire.

For example: Even if you get that health diagnosis you've been chasing, **now what?** “No matter what the diagnosis, you control the prognosis.” - KathyO

The placebo effect has been shown effective in Alzheimer's Disease patients, demonstrating what we believe about our circumstances can dictate the chemicals our body produces, impacting our wellness.

When a doctor misdiagnoses a patient, the patient tends to experience more symptoms of the disease. When told they might experience negative side effects of a harmless treatment, participants are more likely to experience adverse symptoms despite being given a 'sugar pill'. This is known as the nocebo effect. You see, it works both ways.

Take a moment to consider: What are the top 3 Limiting beliefs holding you back from achieving your future self vision? What stories do you keep telling yourself over and over again in these 3 major areas of life:

Health Mind/ Body/ Spirit/ Emotions	Wealth Career/ Study/ Work/ Job/ Mission/ Purpose	Relationships Family/ Friends/ Intimate
Do you tell yourself you can't stop crying? You're an angry crier? You have a hot temper?	Do you tell yourself there is never enough?	Do you believe you deserve better yet you're keeping yourself stuck because you were taught 'loyalty'? Is it loyalty if you are being abused?

Now consider what new story you want to create in these 3 major areas of life.
Answer the questions:

- **What do you want? What specific results/outcomes/feelings**
- **Why do you want it? What is the purpose of you achieving those results?**
- **How/ What/ Who can get you the results fastest?**

	Health	Wealth Career/ Study/ Work/ Job/ Mission/ Purpose	Relationships Family/ Friends/ Intimate
What Specific Results			
Why Purpose			
How What Who			

Confronting truths: You don't get what you want, you get who you are. Your current life is a reflection of the decisions you've made so far. You've built yourself into this version of you. Maybe you've been dealt some cards you didn't know how to play. Is it time to learn the lessons, and play better? You can change whatever you do not agree with. Awareness is the first step.

What got you here, won't get you there. If you want something different, you must do things differently. Be honest about where you are right now and where you want to be. Raise your standards, measure them often, and recalibrate as necessary. Stop drifting, start leading, stay the course.

Change is a decision, Transformation is the process.

Become the person who takes action to create the change you want to see:

What are you willing to do to embody the vision? Use this page to journal any more thoughts that come up for you:

**Understand that the commitment to showing up is for yourself -
your younger and older self.**

ABOUT KATHY O and NuFit Wellness

Health and Wellness Consultant, Facilitator, founder of NuFit Wellness Kathy Ozakovic, with a background in clinical nutrition, dietetics, went on a journey of self-discovery to become a Breathwork Practitioner, and so much more. In Australia, Kathy worked on the wards of a rural NSW hospital, and Sydney metropolitan private practice. Having seen and experienced the effects of illness personally and professionally, she felt her energy and enthusiasm for health was more useful in the space of Lifestyle Medicine.

Kathy believes setbacks are stepping stones towards success. Her positive attitude and strong faith often inspire others to turn obstacles into opportunities. “I have experienced a lot of change throughout my life which came with challenges. Moving countries, witnessing various physically and mentally debilitating illnesses, overcoming an eating disorder, breast implant illness and explant surgery, disentangling from co-dependent and narcissistic relationships. These experiences provided me with a great level of compassion and empathy, whilst installing firm boundaries, and a sense of ownership, accountability and self-responsibility. I get it. Change is not always easy. With the right support, it can be easeful.”

© NUFIT WELLNESS BY KATHY OZAKOVIC



ABOUT KATHY O and NuFit Wellness

NuFit Wellness principles are backed by science, a blend of Eastern and Western medicine as Kathy O believes there is a time and place for both. “Health, wealth and thriving relationships are your birthright. Your body has an innate ability to heal, it knows what to do. Our job is to help it remember health by removing interferences and creating a nurturing and nourishing environment. Take action, create change. It all starts with self.”

Kathy O supports people to understand the physical symptoms they experience include yet go beyond the biology of the body. On a mission to inspire you to become an action taker and create lasting change through awareness, breath and conscious choices. NuFit Wellness principles help the body heal, rest and recover to grow back stronger and more resilient. Kathy O says NuFit Wellness is ‘in the business of returning people to a regulated parasympathetic nervous system’. This leads to disease symptom remission including thyroid, gut health, fertility, and autoimmune challenges.

The NuFit Wellness Health Philosophy is holistic and comprehensive. Embracing the teachings of epigenetics, Kathy believes behaviour and gene expression follow emotion. This is how Kathy O came to develop the NuFit Wellness Embodiment Fractal Framework™ which guide individuals towards emotional mastery to create lasting change. NuFit Wellness addresses the fundamentals to health grounded in the principles of the NuFit Wellness 7 Pillars To Wellness, and supports individuals understand the ‘how to’ of living life well. Health does not happen by accident; it is in the choices we make. When told by a friend “you really live life well” Kathy responded with: “and I want to show others they can to”.

SUBSCRIBE TO OUR E-NEWSLETTER TO STAY UP-TO-DATE WITH KATHY O AND NUFIT WELLNESS

Web: www.nufitwellness.com.au

Email: hello@nufitwellness.com.au

WhatsApp: +61 448 840 632

IG: @kathyozakovic

WELLNESS MENTORING | BREATHWORK | EMBODIMENT COACHING WELLNESS IN THE WORKPLACE

Intellectual Property delivered by NUFIT WELLNESS can only be used for personal purposes and must not be plagiarised. Use of NUFIT WELLNESS IP outside personal use must have written consent from NUFIT WELLNESS and must be referenced and credited to Kathy Ozakovic, known as KATHY O. If improper use has been discovered you risk legal action. This information is made available for educational purposes only, and is not intended to be a substitute for professional medical advice, diagnosis or treatment. You must exercise your own due diligence before implementing any recommendation and/or purchasing any product/service. Kathy O and NuFit Wellness are exempt of any and all responsibility associated with misuse or your own interpretation. Do not delay seeking medical or professional advice. You acknowledge and agree that the above warnings and disclaimers shall apply to all content provided by NuFit Wellness and that you take responsibility for your own health and wellbeing.