

Leap
month

BECOME THAT GIRL.



MY STORY.

In 2020, I started a journey of recovery for my mental health. At that time, I could not have predicted how amazing life was about to get. Since then, I was able to graduate college with a double degree, I moved across the world to London and got to travel a lot.

But most importantly, I got my life back.

I want to help you find community, enjoy movement, feel your feelings and thrive. Not just survive.

This zine has my 14 day plan on real things I did to Become That Girl and I want to go along on this journey with you, day by day.

Are you with me?

WHAT'S YOUR STORY?

You're in charge of writing your own story. By thinking a bit more deeply and physically writing down your thoughts and feelings, you're taking the first steps towards changing your life.

1. WHY ARE YOU HERE?

There's a reason you're reading this. What is that reason? It might help to ask 'why' a couple more times, even when you think you've arrived at an answer i.e. I want to get better, but why is that?

2. WHERE ARE YOU TRYING TO GO?

What are you trying to achieve? In life, in work, in purpose and your relationships, what feels like a place you're trying to get to with your life?

3. WHY DO YOU WANT TO GET THERE?

With your dream destination in mind, can you think about why you want to be living this life? It's so important that we think about our goals to figure out if it's actually what we want for ourselves or for someone else.

**YOU ARE
THAT GIRL**





WEEK 01

1

Find Your Why

Day

2

Declutter Your Space

Day

3

Intuitive Movement

Day

4

Find Community

Day

5

Reflect & Pause

Day

6

Try a new recipe

Day

7

Get Outside

Day

MY 14 DAY PLAN TO

BECOME THAT GIRL.

WEEK 02

8

Self Love Notes

Day

9

Night Time routine

Day

10

Strengthen
Community

Day

11

Slump Beater Toolbox

Day

12

Get Ready Nicely

Day

13

Self Care Solo Date

Day

14

Reflect and Progress

Day

FIND YOUR WHY

TODAY'S CHALLENGE

What does 'that girl' mean to you? What are you looking to achieve in the next 2 weeks?

To me, 'that girl' is whatever version of yourself who is content, peaceful, balanced, and feels loved. This looks different on everyone!

Today you need to reflect and write out: What am I doing when I feel my best?

HOW DID IT GO?

How did it feel to write out your why? What are those things that you are doing and where are you? Who is around you?

TODAY'S TIP

Making a decision on something you can reverse easily should be made quickly.

Making a decision on something that's tough to reverse should be made slowly.

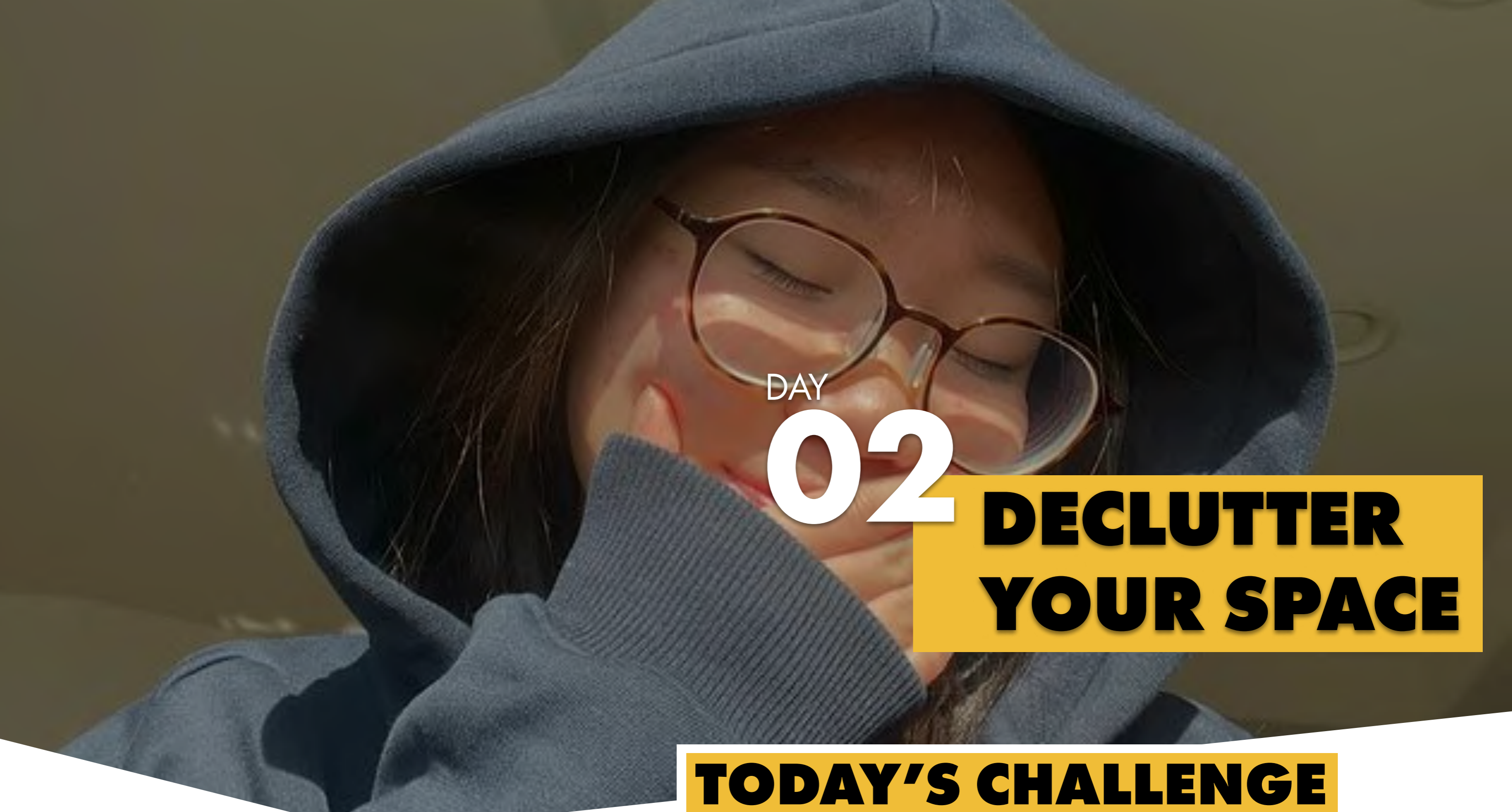
DAILY AFFIRMATION

I am smart. I am strong. I am worthy of love. I am the warrior and the way. The path unfolds for me.

TODAY'S QUOTE

"I don't want to be remembered as the girl who was shot. I want to be remembered as the girl who stood up."

-Malala Yousafzai



DAY

02

DECLUTTER YOUR SPACE

TODAY'S CHALLENGE

Your space is a reflection of your mind. Take some time right now (5 mins at least) to clean up your space.

Some ideas:

- Wipe dirty surfaces
- Wash your sheets
- Take the dirty cups out of your room
- Put your 'chair' clothes in your laundry basket
- Refold a few drawers in your closet

HOW DID IT GO?

What room did you clean? How does it look now that you're finished? Do you feel lighter or more free?

DAILY AFFIRMATION

"Every day, I grow more confident in my abilities and trust in my journey."

TODAY'S TIP

Learn to bounce back from setbacks and challenges. Resilience is built through facing adversity, learning from failures, and staying committed to your goals.

TODAY'S QUOTE

"You can choose courage, or you can choose comfort, but you cannot have both."

-Brene Brown



INTUITIVE MOVEMENT

TODAY'S CHALLENGE

Any movement for at least 20 minutes

Important: Movement is about intentionality. You are making a commitment to put aside 20 minutes and show up for yourself today!

Any impact of movement (low and high) count for this day.

Some suggestions:

- Stretching
- Yoga
- Walk
- Run
- Lifting weights
- Spin

HOW DID IT GO?

What movement did you do and how did your mind and body feel afterwards? Do you feel like you have more or less energy?

TODAY'S TIP

Recognize and celebrate your achievements, no matter how small. This builds momentum and keeps you motivated.

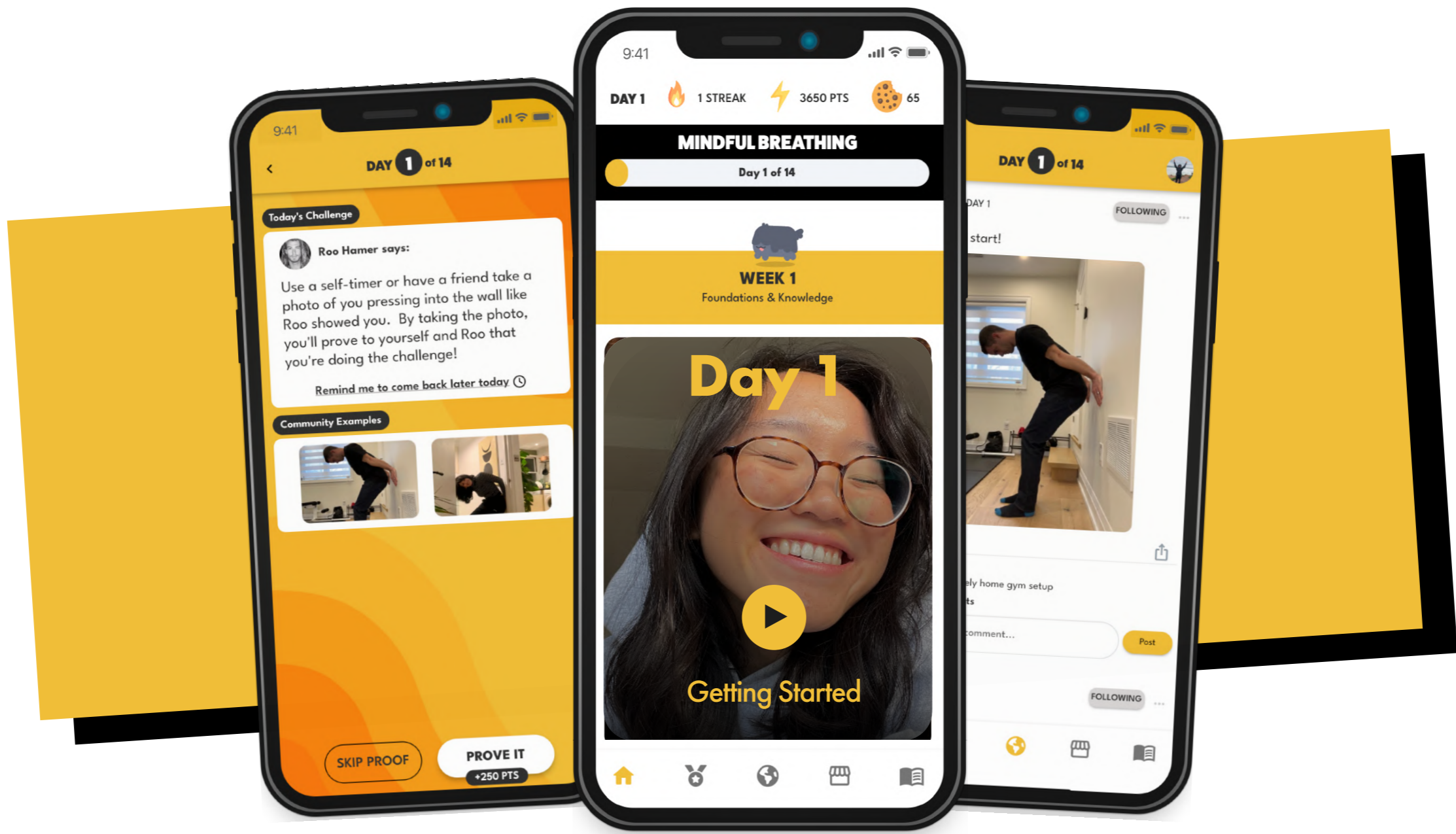
TODAY'S QUOTE

"You are never too small to make a difference."

-Greta Thunberg

DAILY AFFIRMATION

"I release all doubts and fears, knowing they do not control my potential or my future."



Stop dreaming and start doing.

Having information and taking action are two very different things; trust me, I know. But I also know that the next 14 days will pass whether or not you take action, and I want to come along on your journey to become your best self.

I wanted to give you this zine as a taste of my 14 day challenge with the Leapmonth app so you have more of an understanding of what to expect. I'm SO beyond excited to run this challenge and complete these days alongside you because I know that if you follow along, the sky is your limit.

Keep your eyes peeled for when the challenge opens for enrollment! Remember that your purchase unlocks the full challenge in the app so you and a community of like minded people can take real steps towards becoming 'that girl' TOGETHER. Having someone keep me accountable was one of the most transformative things for my healing journey and I am so excited at the chance to be that accountability person for you.

I look forward to seeing you on the starting line!

♡ KATIE EU

**ENROLL TO UNLOCK
THE FULL GUIDE,
APP, VIDEOS &
TRANSFORMATIONAL
ACCOUNTABILITY**

**HOW TO REACH
YOUR DREAMS**

IN 3 EASY STEPS

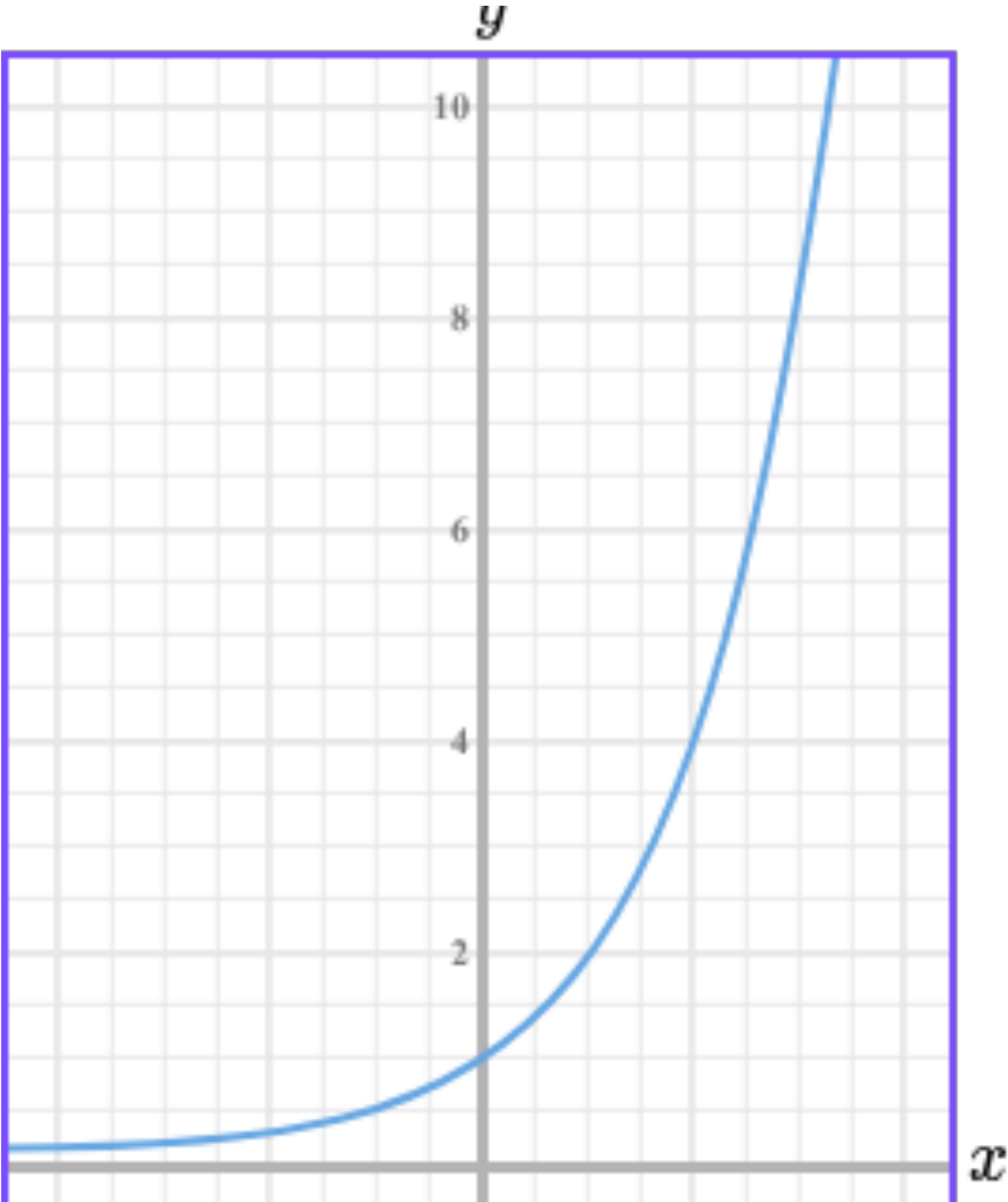
1. DO SMALL THINGS.

Small changes compound over a period of time.

If you get just 1% better every day, you will be 3700% better by the end of the year.

Progress might feel slow at first but then happens all at once.

Doing these small things each day in the challenge will help you get to where you're trying to go, bit by bit.



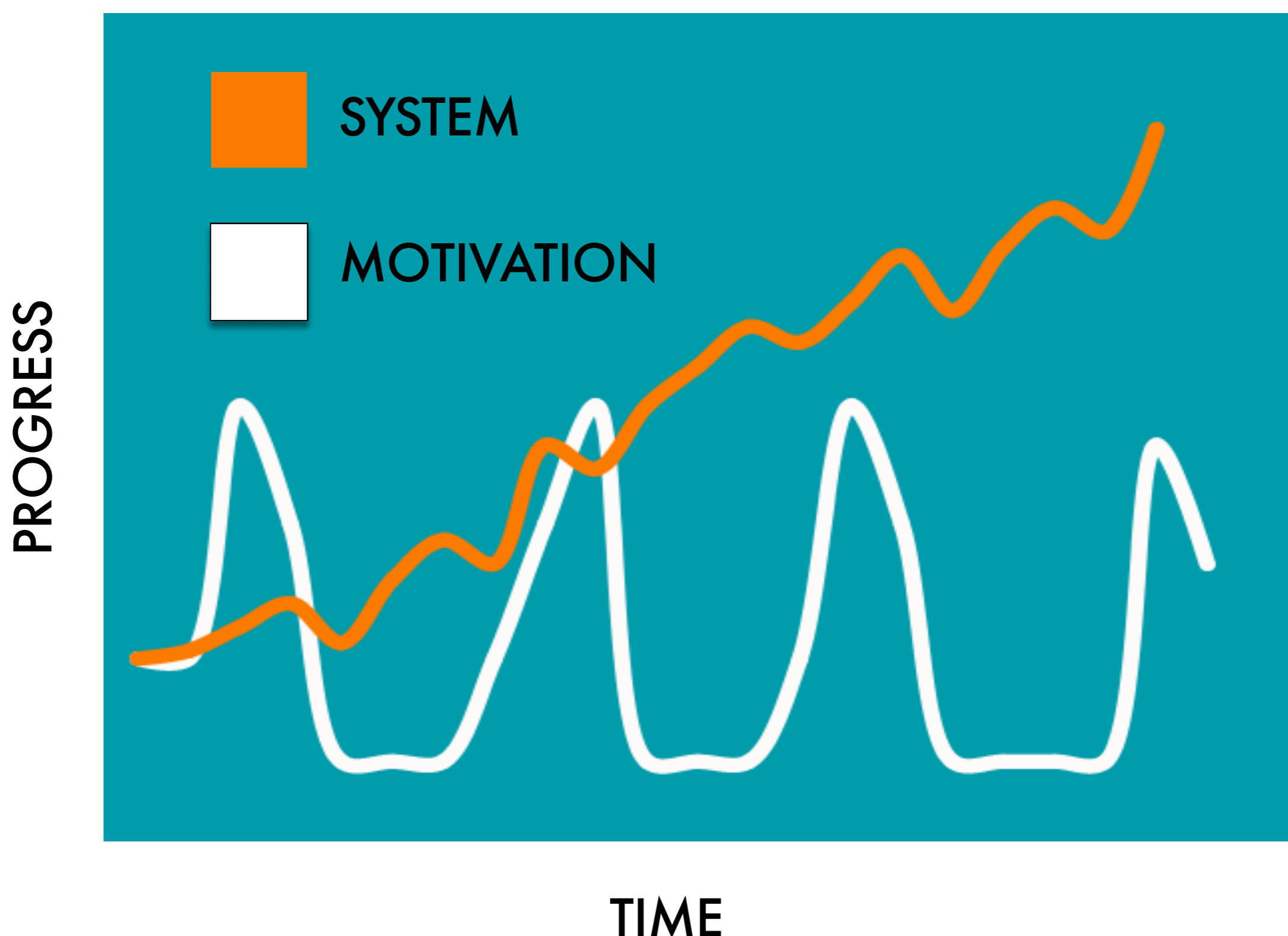
2. USE A SYSTEM, NOT MOTIVATION.

Motivation can come and go. You might be really fired up today, but not as excited tomorrow. “We don’t rise to the level of our goals we fall to the level of our systems.”

Doing what you need to be doing each day versus what your motivation allows you to do that day makes all the difference. Take the mental lift out of figuring out what to do each day and instead just follow the same process, day in and day out, regardless of how you’re feeling.

Some days might be harder than others but consistent, small steps forward are the way real change is made.

This challenge is a fun example of a system that provides you with exactly what you’re supposed to do each day.



3. SHIFT YOUR IDENTITY.

Reaching your potential isn't just about a list of habits you do each day. You're not a robot following a list of commands.

For your life to really change, you need to shift how you think about yourself and how you identify with the things that you choose to do each day. Then you'll be taking action not because it's on a list, but because you're someone who takes that type of action.

Instead of saying I will run every day, you need to believe that you are a runner. Instead of thinking I am going to write 25 pages today, you need to instead think I am a writer. By shifting the way you think about yourself and your relationship with what you do, you will no longer be swimming upstream constantly fighting with what you think you should be doing, you'll just be doing what a writer, runner, healthy person does.

If you want to change for the long term, you must shed the idea that you are just a person who is jogging but instead believe that you are a jogger.

I will help you do that by guiding you through this 14 day challenge, giving you an undeniable piece of proof that you can do hard things and that you are capable of reframing your identity into the person you are capable of becoming.

BECOME YOUR BEST YOU

Leap month