

KAT MOULTON
CLARITY & COURAGE & CALLING



INNER COURAGE CONNECTION

A Kreatrix Energy Production

BY

Kat Moulton

You are here because you are ready to choose desire over fear.

It's your turn embody your true nature and unleash the real you.

You've decided it is time for you to:

- ◆ Awaken Your Courage to face your fears...
- ◆ Awaken Your Courage to speak your truth...
- ◆ Awaken Your Courage to believe in yourself again...
- ◆ Awaken Your Courage to be the woman you were meant to be...

The world needs you to stand up! Now is *your time* to be seen and heard.

Your Journey Begins Here.

Hello, I'm Kat. Your guide to unlearn, unlock and unleash.

My mission is to support you to release the fears that may be holding you back from claiming what you truly desire.

The first step in the process is to bring awareness to your fears rather than keeping them locked up inside, closing off your heart. Are you ready?



Let's get started and step into the energy of courage

I invite you to ground and center yourself. Create safe sacred space to complete this guide.

- ◆ Set aside 15–30 minutes just for you to complete this guide.
- ◆ Clear some space to be present for yourself.
- ◆ Get some tea, green juice, or your favorite beverage.
- ◆ Take THREE DEEP BREATHS.
 1. Inhale slowly and release.
 2. Again, Inhale slowly and release.
 3. One last time, Inhale slowly and release.
- ◆ Do a few neck rolls and shoulder rolls.
- ◆ Move your body in a way that feels good to you....simply move around for a few moments.
 1. Stretch
 2. Jump
 3. Dance
 4. Shake
- ◆ Next, grab a pen and get comfy with a printed copy of the guide or use the fillable pdf.



Complete this guide with the intention to connect to the deeper part of you that wants to be seen and heard for who you really are.

TIP: Unlocking your heart is a process. This is just a first step.

Remember to be gentle with yourself. Allow whatever comes up to be written, no judgments.

Beautiful, now you are ready.

1. My definition of FEAR is:

2. My thoughts about courage are:

3. I notice that my breath is usually:

- a. slow and steady
- b. often short of breath
- c. shallow and not very noticeable

TIP: Make a conscious effort to take deep breathes throughout the day. Engage in some type of exercise or yoga to become more aware of your breath if you chose b or c.



4. Finish these sentences:

If I were not afraid, I would...

If I were not concerned about what other people thought, I would wear...

If I were not uncertain, I would talk to...

If I did not second guess myself, I would tell...

If I were not fearful, I would share...

If I were not afraid, I would help...

If I did not feel insecure, I would love...

If I did not doubt myself, I commit to ...

If I didn't limit myself based on other peoples' opinions, I would be...

5. I find myself thinking most about the:
- a. past
 - b. present
 - c. future

TIP: We can lean on past experiences when we have acted courageously to remind us of our courage. Getting caught up in less than helpful past experiences does not serve us. Worrying about the future keeps us from living the fullest expression of who we are. Living in the present moment will support us to act courageously and live from our heart.

6. I get/feel anxious when:

7. I feel most connected to the real me when:

8. When I think about doing what I desire I feel:
- a. Wrong and never take action
 - b. Uncertain, hesitant rarely go for what I want
 - c. Excited and purposeful, I make a plan and go after what I want

TIP: Fear shows up as resistance, excuses, rationalizations, feelings of unworthiness and uncertainty and so much more. Giving into the fear robs us of living a fulfilling and rewarding life. If you chose a or b, consider reaching out for support and exploring options to help you harness your inner courage.

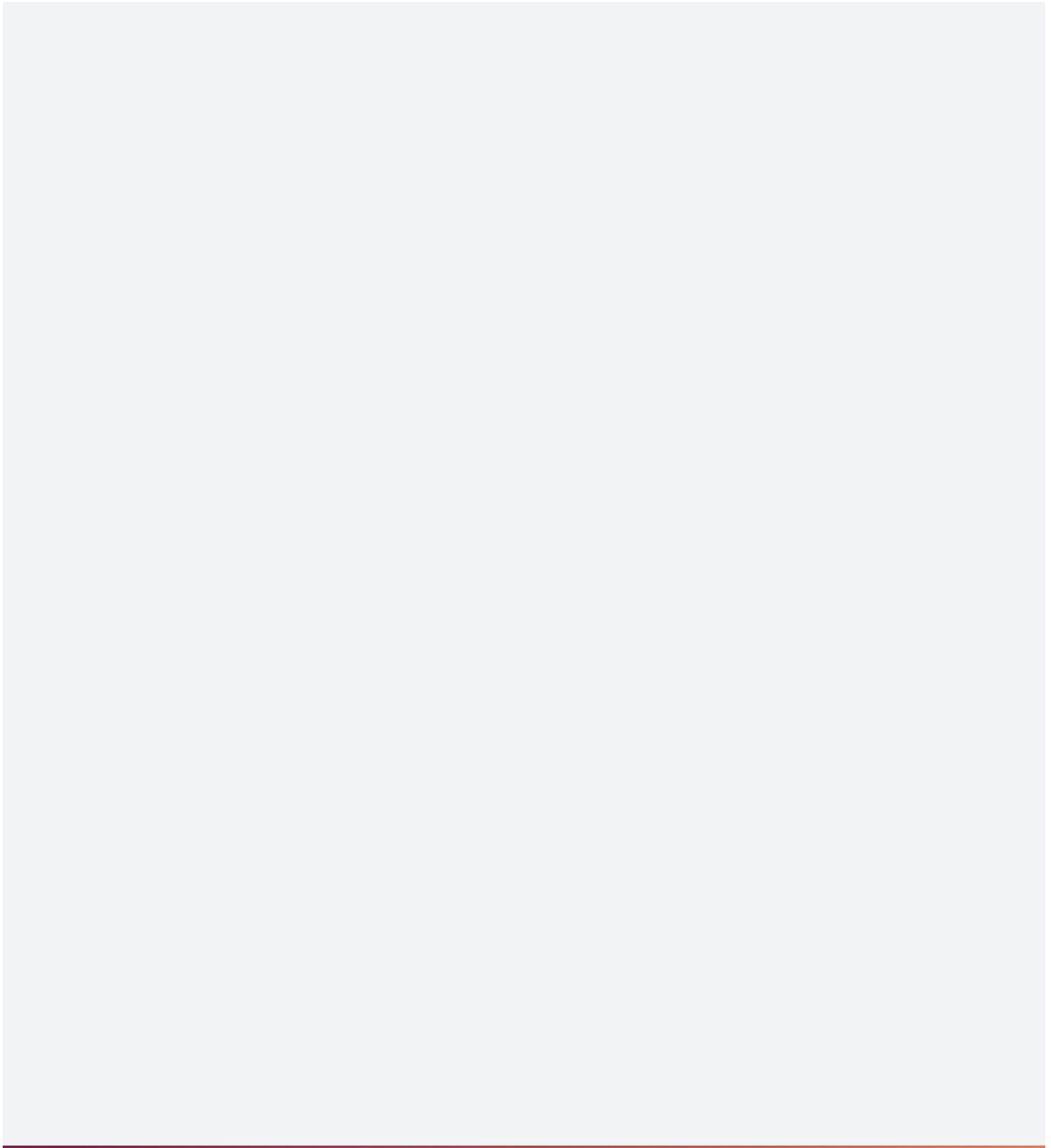


*Allow your heart to open like a flower petal blooming.
You are almost finished with the guide.*

9. Recall & Write about a time in your life when you let fear stop you from doing or saying something. How did that make you feel?

Do you still feel like that? Often or were you able to release it?
Notice if you carry the energy of fear with you on a regular basis.

- 10.** Recall & Write about a time in your life when you felt afraid but did not let it stop you. How did you feel? What made you “do it anyway?”
Are you able to access this braver part of yourself whenever you want?



11. Which question was easier for you for you to answer? 9 or 10? Why?

12. After doing the above exercise, ask yourself, "Am I more connected to my fear? Or to my courage?"

Breath in your answer and just be with it for a moment. Notice what that feels like in your body.

CONGRATULATIONS!

You did it.

You've looked inside a bit more closely. You have taken a huge stride to connect to where fear may be holding you back. This awareness is the first step to changing how we are, behave or act. You have shifted how you show up in the world.

If you'd like to take the next step to unlock your heart and bust through your fears, I invite you to fill out an application for a Complimentary Connection Session with me [HERE](#).

This session will help you dive deeper into your blocks and support you to take your next step.

Meanwhile, you can use this affirmation daily to start connecting deeper to your inner courage.

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I am willing to release fear. I choose to open my heart and align with the energy of courage.

I'd love to get to know you better and discover I how I can best serve you.

Talk to me!

- ◆ I am curious to know what you got most out of this guide.
- ◆ Share what your fears are and how you are tapping into your courageous heart.
- ◆ What's keeping you stuck?
- ◆ What do you want for yourself?

Here's how to share your heart with me:

1. DM me on [Instagram](#) or [LinkedIn](#)
2. Join the [Kreatrix.club](#) community
3. Email me at Info@katmoulton.com

I'd love to stay in touch!

Just click the icons below and we can connect...

Much love,

Kat



Kat Moulton is a Self-Mastery Coach, but it was not always that way...after finding herself in a marriage that was less than desirable and unsupportive, she realized how much she gave her energy and power away to her family and other people. She was listening more to others and not herself.

After going through years of major health issues including postpartum depression and PTSD, while raising three children all with health and learning challenges; she found herself feeling enraged in a cage.

Kat then slowly began to listen to her heart and higher self - rather than living how other people dictated. She stopped being busy and trusted herself again. Transforming her energy, mindset, and emotions she healed her health issues and freed her spirit to create the changes she desired.

Kat is now on a mission to help others get out of their heads and courageously listen to the wisdom of their own hearts to master their energy, mindset and emotions.

She is a certified Health Coach and certified Master Empowerment Coach. Kat is the host of the "**The Kreatrix Energy Show**" on the Win-Win Women Channels on Roku, Apple TV & Amazon Fire. Listen to her New Podcast '**Some Like It Heart**', where she interviews hearts on fire who lead with courage, compassion and conviction. She also Co-Hosts the Spiritually based "**Quantum SHIFT Podcast**".

Kat can be reached at www.katmoulton.com



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The reality is this...

If you want to break free of the chokehold fear has on you, then you'll have to begin to see and do things differently than you have in the past. You must be curious and willing to explore. All it takes is an intention.

Are you willing? I hope so because when you are, you step into the energy of transformation. You begin to own your desires, beautiful things unfold.

If you are curious, I invite you to [fill out this application for a complimentary Connection Session](#)

We can chat privately about your concerns, doubts, hesitations, and your dreams and desires. Consider this your personal invitation to courageously explore new adventures in a sacred safe space.

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I got a great help from Kat getting over my fear of failing. I was able to begin to trust myself again and be able to look at myself in the mirror without feeling ashamed because I had not done enough.

~ Unnur Björt Fridthjofsdottir Tomren, Norway

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Kat's 7 Steps to Awaken Your Courage helped me understand that the biggest challenge is not having fears, but facing them. Fears will always part of my life, but embodying courage is the key.

~ Sonja Limone Dallas, TX