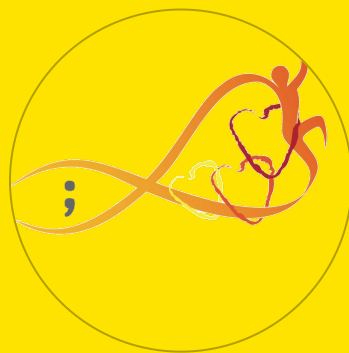
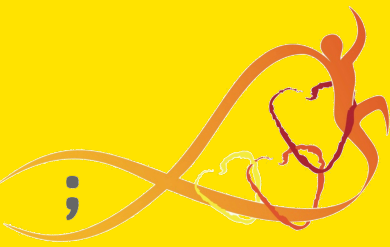


THE KICKASS LIFE PROJECT POEM AND OATH

Get sassy. Get sexy. Get strong.



KICKASS LIFE PROJECT



MOTTO

**Get sassy.
Get sexy.
Get strong.**

KLP CREATOR

Kate

(SOMETIMES
PRONOUNCED KAT)

FUN FACTS ABOUT KATE

• My kryptonite is talking on the phone, spiders, and a fear of being chased by bears while trail running

• My superpower is one leg pistol squats and procrastinating in the face of deadlines better than a stoned teenager with exams

• My current fav aha "I'll drink to that" thought: You can't delete your mistakes without erasing yourself. Learn, grow, be kickass.

• A quote to consider... A wise woman once said, "FUK this shit" ...and lived happily ever after.

Hey you kickass life pioneer! I'm Kate. I'm a kickass life enabler, a candy eating personal trainer, a self-taught extrovert, and a woman in love with the little things that empower us to be our best. My bucket list gets bigger no matter how many things I tick off and I have a dream to one day say something so profound that it becomes a quote on pinterest.

THE PROJECTS

I don't need to know you to KNOW I believe in you... and I'm here for you.

Imagine not wondering if your feel good gene is broken and willpower is a unicorn dream you'll never catch.

When you are a Kickass Life Project Club member a you'll get secrets that go waaaay beyond rah rah motivation crap... so you can make this life thing work ... even if you hate exercise, kale, and optimistic quotes.

Kickass Life Project is for women who have a **#metoo tag** and want to learn to love their body again and women who are ready to **leave the judgement zone and enter the curiosity zone** so they can rid themselves of the 'shoulds' and accept themselves for the kickass women they truly are



KATE <3

Creator of Kickass Life Project

The Poem

WHEN You are KICKASS

You don't follow a fad diet

You don't chase someone else's vision of what your body should look like

You don't run after a goal that doesn't make your heart skip a beat

You don't pursue a dream that makes you feel you're not already enough

WHEN You are KICKASS

You don't beat

or force

or twist

or shove

your body...

You don't need to

WHEN You are KICKASS

You flow

You embrace

You strive

You accept

You achieve

WHEN You are KICKASS

You attract health

You seduce your own pleasure

You drown in confidence

You gather momentum

You flirt with self-love

You woo your flawsomeness

You dance at the edge of everything that stretches your comfort zone

and you do that

with strength

and sass

and pizzazz

because

WHEN YOU ARE KICKASS

empowerment comes naturally to you!

TAKE THE OATH

"I hereby solemnly declare not to freeze in fear, sit in utter despair, or dance foot to foot like a three year old on the verge of an accident when faced with reality, hard truths, or burpees. I refuse to beat myself up, listen to the LIES in my head, or give in helplessly in the hopes that if I wait long enough, I will magically love myself enough.

I am the designer of my life and I WILL rock my own damn world."

KICKASS LIFE PROJECT

**!Stop the bullshit
Take the oath!**

I hereby solemnly declare never to freeze in fear, sit in utter despair, or dance from foot to foot like a three year old on the verge of an 'accident' when faced with diets, burpees, or mirrors. I refuse to beat myself up, listen to the lies in my head, or give in helplessly...in the hopes that if I wait long enough, I will magically love myself

Kickass life project pioneers

Attract*

Created with Growth Tools in Partnership with Leadpages

