

# Introduction

Hi Friends! If you have ever been feeling low, misunderstood, alone or sick of having relationship disasters then you have the right book, right here, right now to show you how to help yourself improve. I've given you the tricks that I used from my own journal to pull myself out of a deep emotional hole. Simple and easy steps to get to know yourself better and audit your life effectively.

Through the workbook I will show you how to achieve self-love and create a life of abundance in all areas. The foundations can be laid in one day if you just do the worksheets to audit yourself and your team. You will gain clarity regarding your emotions and your past. You will learn how to build your future from where you are and how to discipline your mind. There are some tough love lessons and hard-core realizations about how to clean up your life fast. Be warned some of your team may not like it.

My name is Kat Murdock, and I feel as though I have come full circle in my life and found peace, love and clarity. I had been a good girl, invisible, hard-working, kind, helpful, loyal, competitive, honest and successful, and yet I felt lonely, sad, judged, unable to meet others' needs, ungrateful, confused, tired, unappreciated, and something deep inside knew that nobody was coming to rescue me. I had to teach myself how to get up out of the hole and move forward to achieve a greater level in understanding myself. I researched the top leaders of mental health and social connectedness and now I am presenting the best of my findings in this workbook to save you from the many years of emotional circles that I did.

Like anything, once you know how, from somebody who has conquered, it is always easier.

I am a very proud mother of three, business owner, farmer, an entrepreneur, investor, and traveller. I've played many sports, coached kids, trained horses and now I'm writing this workbook to help other women. I hope to motivate you in the nicest and fastest possible way to take a really good look at your life and learn how to thrive. I have seen the worst of situations, such as bullies, aggression, failed relationships, sick children, burnout, stress in the workplace, male chauvinists, divorce, infidelity, miscarriages, mother nature at her best and worst. Besides these, there were financial and health issues and so many other vertical moments that life threw at me. I consider myself to be normal as we all have many things going on.

On the way back from a 'black dog day' we will have many 'black cat days' which are signs that you're moving forward. This self-improvement workbook is the bridge for this transition. My aim is for you to learn how to assess and adjust on black cat days and if it's a black dog day then it's a great tool to be taken along to professional appointments.

By the way, you are never "too" emotional ladies, it is your internal guidance system alerting you to pay attention to YOUR needs.