A top-down photograph of a white ceramic cup filled with a golden-brown liquid, likely tea, resting on a matching white saucer. The cup and saucer are centered on a bed of crumpled fabrics. To the left and top-left, there is a soft, white, textured fabric. To the right and bottom, there is a light beige or tan fabric with a visible weave and frayed edges. The entire scene is set against a plain white background and is framed by a thin orange border.

THE FILL YOUR CUP DEEP DIVE WORKBOOK

WITH KATERINA BARATTA, LAC, MSOM

Welcome Ambitious Mama!

I'm so excited that you've signed up for this Fill Your Cup Deep Dive Workshop, because I see so many ambitious mamas making big plans for themselves and then getting totally frustrated because they have such a hard time getting where they want to go.

In the Fill Your Cup Mini-Workshop you identified the parts of your life that you need to focus on more to so you can feel healthy, energized, and fulfilled.



Now here in the Deep Dive we're going to work through all the obstacles that are standing in the way between you and where you want to be.

Whether you feel like you don't have any time, have trouble motivating yourself, keep getting stuck taking care of everything and everyone besides yourself, or whatever the wall is that you keep hitting, this Deep Dive Workshop will set you up with a detailed plan so you have an easier time overcoming all the obstacles stand in your way.

If you go through this workshop whole-heartedly and apply your work to your life I know it'll make a HUGE difference for you.

You'll feel better in your body, you'll feel more focused and productive, and you'll feel empowered to full your cup.

And that, my friend, is how you'll be able to bring the best version of YOU to all you do.

I hope you're excited, because I know I am!

Let's do this.

PART 1: Gain Clarity + Direction

Imagine that it's 5 years in the future.

You're at your favorite store, admiring the display tables when someone taps you on the shoulder.

You turn around and see that it's an old friend.

You haven't seen or heard from her in ages, and you're so excited to see her and tell her about how amazing your life has been these past 5 years.

Sit with that for a moment, feeling how good it feels, 5 years from now, to be exactly where you want to be in life.

You feel more successful than ever before.

Your daily routine looks exactly as you want it to.

You've traveled to the places you want to visit.

You're working with the people you want to work with.

You've helped and supported your children in ways that light you up.

You're in relationships with your sweetheart, your friends, and your family that feel so connected and supportive that you can't believe your luck.

You feel financially secure, and have all the help and support you need in and outside of your home, so you can focus your time on the things you want to spend your time on.

And you get to indulge and pamper yourself, and regularly do all the things that make you feel really good in your body.

You tell her how pumped you are to keep watching life unfold in these amazing ways.

Feel how good all of this feels as you think about having, being, and doing all of the things that you've told your friend about.

On the following pages, you'll find 5 categories. Write down all the things that you told your friend in the appropriate category.

EARTH

Nourishment, Food, Exercise, & Health

FIRE

Connection, Love, Joy, Friendship, & Family

WOOD

Projects, Learning, & Creativity

METAL

Reflection, Beauty, Abundance, Travel, & Support

WATER

Flow, Relaxation, & Down-Time

PART 2: Get Closer to My Ideal Vision

EARTH

Nourishment, Food, Exercise, & Health

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

FIRE

Connection, Love, Joy, Friendship, & Family

1.

2.

3.

4.

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WOOD

Projects, Learning, & Creativity

- 1.
- 2.
- 3.
- 4.
- 5.
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- 16.
- 17.
- 18.
- 19.
- 20.

METAL

Reflection, Beauty, Abundance, Travel, & Support

- 1.
- 2.
- 3.
- 4.
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- 16.
- 17.
- 18.
- 19.
- 20.

WATER

Flow, Relaxation, & Down-Time

- 1.
- 2.
- 3.
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- 20.

PART 3: Distracted Behaviors + Bad Habits

My Distracted Behaviors + Bad Habits

Triggers

New Behavior Plan

When...I know I will want to...but instead I will...

PART 4: Non-Negotiable Tasks

PART 5: Focus vs. Multitasking

Things I Want to Focus on Fully

Things I Can Multitask

PART 6: Things I Can Outsource or Delay

PART 7: Prioritize What Matters Most

Nourishment, Food, Exercise, & Health

For the next 2 weeks I will commit to...

1.

2.

The other area of my life that I'm going to focus on for the next 2 weeks is:

And for the next 2 weeks I will commit to...

3.

4.

PART 8: Make a Plan

<i>Midnight</i>	<i>Sun.</i>	<i>Mon.</i>	<i>Tues.</i>	<i>Wed.</i>	<i>Thurs.</i>	<i>Fri.</i>	<i>Sat.</i>
<i>1 a.m.</i>							
<i>2</i>							
<i>3</i>							
<i>4</i>							
<i>5</i>							
<i>6</i>							
<i>7</i>							
<i>8</i>							
<i>9</i>							
<i>10</i>							
<i>11 a.m.</i>							
<i>Noon</i>							
<i>1 p.m.</i>							
<i>2</i>							
<i>3</i>							
<i>4</i>							
<i>5</i>							
<i>6</i>							
<i>7</i>							
<i>8</i>							
<i>9</i>							
<i>10</i>							
<i>11 p.m.</i>							

And there you have it!

You just made a step-by-step plan to feel healthier, more balanced, and more fulfilled, so you can bring the best version of YOU to all you do.

I have no doubt in my mind that if you use this kind of thinking on a weekly basis, you *will* see those dreams and visions come into your manifest reality.

Thank you so much again for joining this workshop.



Not just because I'm honored that you've decided to work with me -which I really am, from the bottom of my heart- but also because by doing workshops like this you are taking action to bring the ideal vision that you have for yourself, your life, and the world into reality.

This won't just benefit you, but it'll ripple out to your kids, your partner, your extended family, friends, colleagues, and everyone you come in contact with.

Because when you feel healthy, energized, and fulfilled, you can't help but bring the best version of YOU to all you do.

So on behalf of everyone, truly, thank you.

And as you know I'll be sending you more inspiration + information and motivation every week.

But if you'd like to connect outside of your inbox, you can also find me on Facebook and Instagram @KaterinaBaratta.

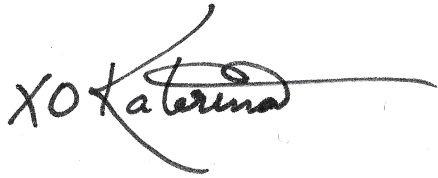
Hop on over there and introduce yourself if you have a minute, I'd love to hear from you!

And that's all for now.

Thank you again.

It's ambitious mamas like you who give me hope for the future.

I'll talk to you soon!

A handwritten signature in black ink that reads "XOXO Katerina". The signature is stylized, with a large, sweeping flourish that loops around the name and extends to the right.

DISCLAIMER

This workshop is intended to guide and inspire you to choose the foods and lifestyle factors that will help you feel most healthy and balanced -but reading and following this advice does not guarantee results.

Everybody's story is different, and everybody, and every body, needs different things.

While every attempt has been made to help you understand and support your own needs, it is up to you to do the work. Even then, as is true for all things in life, results might look different than you imagine.

This workshop is not intended to diagnose, treat, cure, or prevent any disease. All material provided on this workshop is to be used as informational or educational purposes only, and is not intended as a substitute for the advice provided by your healthcare professional or physician. Always consult a trained healthcare professional before making any changes to your diet and/or lifestyle. Individual results may vary.