



UNLIMITED IMPACT

PREMIUM MASTER CLASS SERIES

BY CATHERINE B. ROY

BECOME A HIGHLY-PAID EXPERT!
PRESENT YOUR SERVICE/PRODUCT/SIGNATURE PROGRAM
ON A HIGH QUALITY, PROFESSIONAL LEVEL!
GENERATE UNLIMITED IMPACT AND PASSIVE INCOME ON
AUTOPILOT!



CATHERINE B. ROY



WELCOME!

I'am so happy to have you in

UNLIMITED IMPACT

PREMIUM MASTER CLASS SERIES

You're at the right place and in the safest
hands you can find!

MASTER CLASS #1

C L A I M I N G
Y O U R W O R T H
O N Y O U R O W N
W A Y

HOW TO STEP INTO BEING THE LEADER YOU
ALREADY ARE AND HAVING THE COURAGE TO
OVERCOME FEARS, DISTRACTIONS AND
PROCRASTINATION IN ORDER TO GET YOUR
MESSAGE OUT TO TONS OF PEOPLE

LEARN MORE

YOUR VISION

Knowing your vision, and being rooted in this vision day and night, will keep you grounded throughout the creative and “sales” process. This is about being visible and claiming your place in the world.

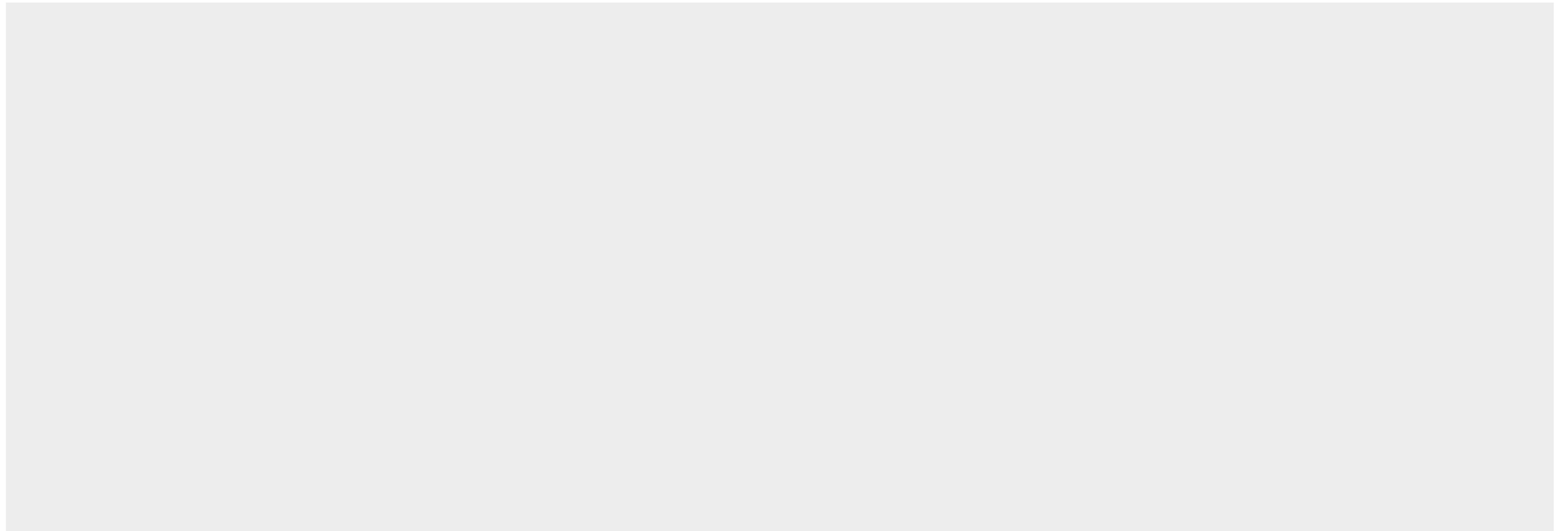
This program will challenge you to grow; expect this. But if you love personal development, you will love this master class even more! When you change and grow, your income grows, and you create a bigger IMPACT.

Come back to this class if you ever need to remind yourself of who you are, and who you are becoming.

YOUR VISION

LET'S START

How does your dreamlife look like?

A large, empty light gray rectangular box, intended for a user to write their response to the question "How does your dreamlife look like?".

YOUR VISION

Are you living your dreamlife?

Who do you think loses the most if you do not live it?

Are you satisfied with your life or would you like to live more fulfilled?

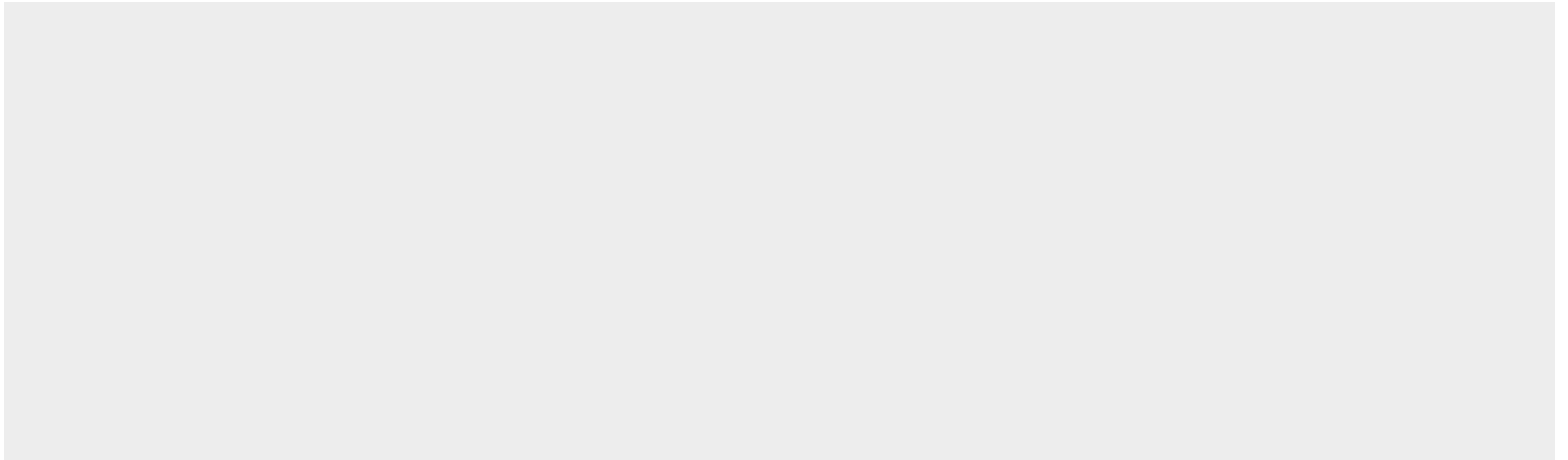
YOUR VISION

What is your life purpose?

Why are you doing what you're doing?

YOUR VISION

What's your vision for your work and your career?

A large, empty light gray rectangular box intended for a user to write their vision statement.

YOUR VISION MATTERS!

“Throughout the centuries there were men who took first steps, down new roads, armed with nothing but their own vision.”


-- Ayn Rand





“Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes.”

-- Carl Jung



“If you can tune into
your purpose and really
align with it, setting
goals so that your vision
is an expression of that
purpose, then life flows
much more easily.”

-- Jack Canfield

YOUR VISION

The LHM System for Emotional and Intellectual Development is integrated in this Master Class and *that is something you will not find anywhere else!*

This module is set to do exactly what Ayn Rand, Carl Jung and Jack Canfield said:

- to show you how important your vision is because visions change lives;
- to make you understand that your vision has to come from your heart;
- that you have to know it and be in alignment with it;
- and you have to set goals in order to express your vision and make it your lifestyle.

YOUR VISION

We all accomplish goals in our personal life, in school and on job. So, I have a question for you: "Whose goals?" Are these really our goals or are they imposed upon us?

For how do you explain that 2% of the population has nearly 90% of the wealth in the world? This is a well-known fact, of course.

So, another question comes to mind: are you among them?

Well then, now when we have come to realize this, I just have to say: Set your own goals and act to accomplish them. Or someone else will hire you to accomplish theirs!

Become part of the 2%!

THE LHM BREATHING EXERCISE

But when you set your goals, another important question arises: “Have you set the right ones?”

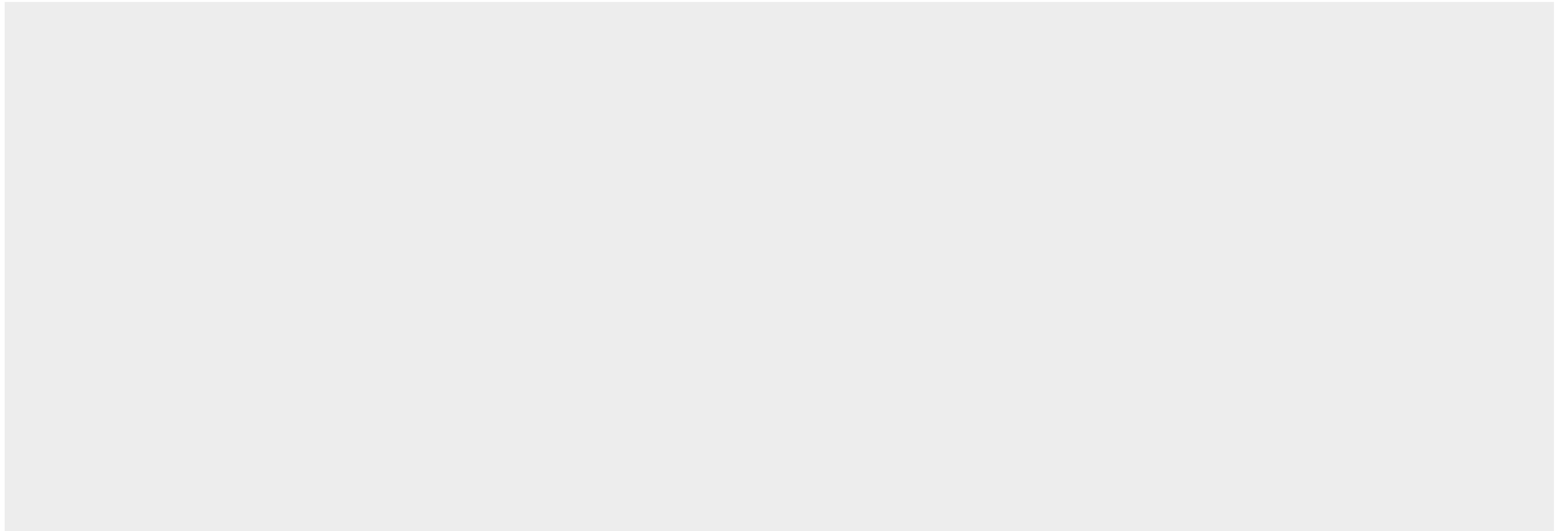
What if you set a goal and you achieve it, but it actually doesn't feel as good as you expected?

This is why you will use the LHM Breathing Exercise (<https://catherinebroy.com/lhm-breathing-exercise/>) and LHM Techniques (<https://catherinebroy.com/lhm-techniques/>) to define **YOUR VISION** and set the **RIGHT GOALS** for **YOU** on a **RIGHT WAY**.

Now, use the LHM Breathing Exercise to ask yourself these questions. Get the answers from the process and write them down. Repeat the exercise as many times as is needed for you to get the answers. But take your time. Be gentle to yourself. It is crucial to make this inner connection, so you can position yourself on the path which is best for **YOU**.

THE LHM BREATHING EXERCISE

How does my dreamlife look like?



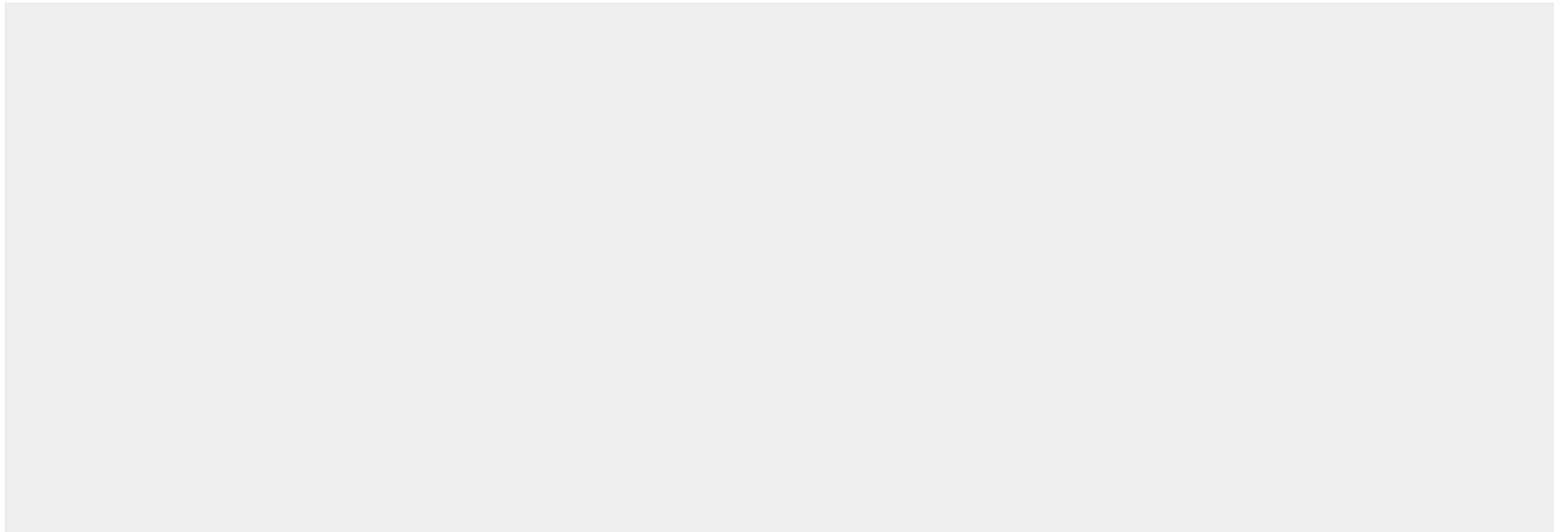
THE LHM BREATHING EXERCISE

What is my life purpose?

Why am I doing what I'm doing?

THE LHM BREATHING EXERCISE

What's my vision for my work and my career?

A large, empty light gray rectangular box, intended for a user to write their response to the question above. It occupies the lower half of the slide.

YOUR VISION

Do these answers match with the answers you previously wrote without using the LHM Breathing exercise?

If they do...

GREAT! CONGRATULATIONS! YOU ARE IN ALIGNMENT WITH YOUR LIFE PURPOSE AND YOUR VISION!

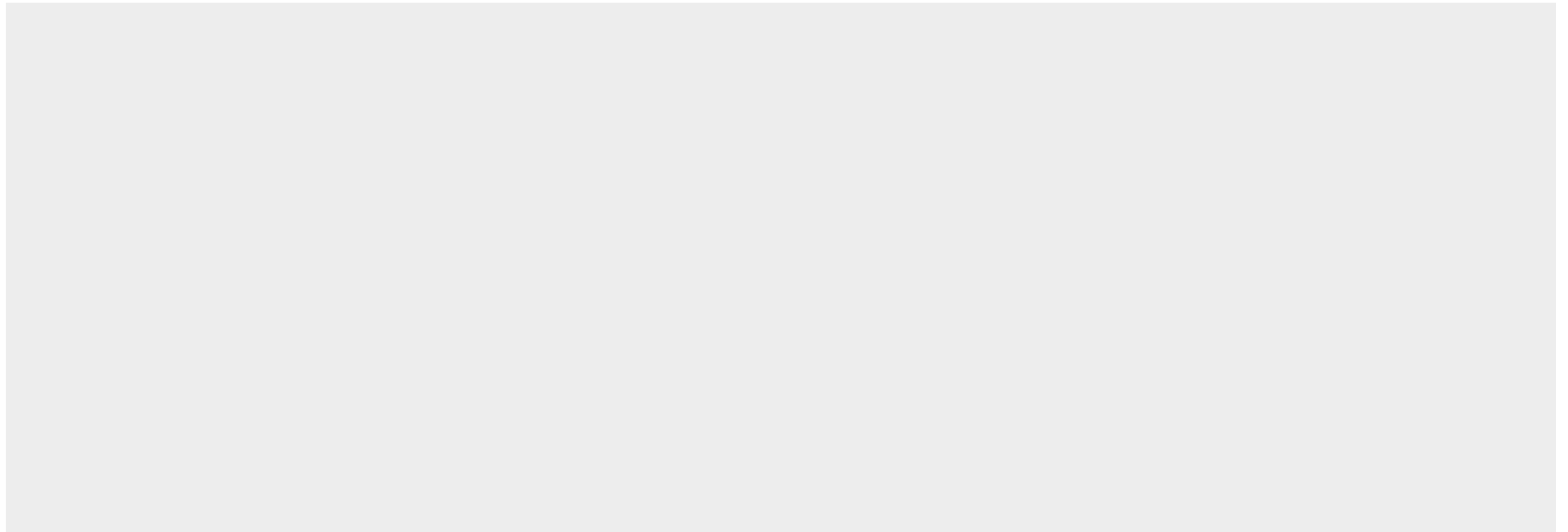
If they don't...

IT IS YOUR CHOICE WHICH ANSWERS YOU SET AS YOUR VISION. MY RECOMMENDATION WOULD BE TO CHOOSE THE ANSWERS YOU GOT AS A RESULT OF USING THE LHM BREATHING EXERCISE. BECAUSE THOSE ARE ANSWERS STRAIGHT FROM YOUR HEART WITHOUT YOUR MINDSET AFFECTING THEM.

Although the answers might sound differently than you expected, they are answers from within YOU. Stop for a second. Think about the answers you got from your Inner You. Are they it? Follow your inner voice!

YOUR VISION

Now create a big paper poster. It will be your vision board. Put it in a visible place in your home/office. Write the answers on it. Let me help you:

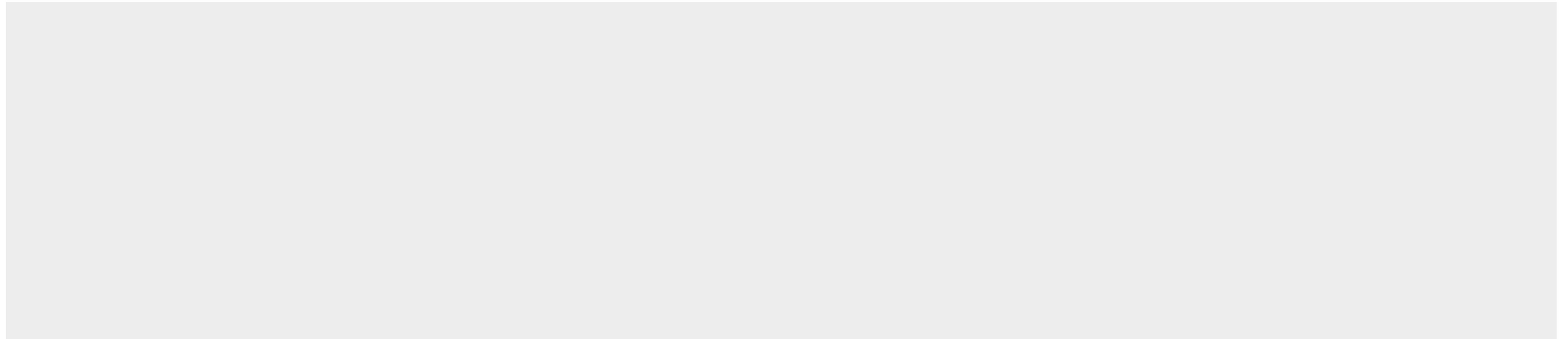


YOUR VISION

Let's Specify Your Vision More Precisely

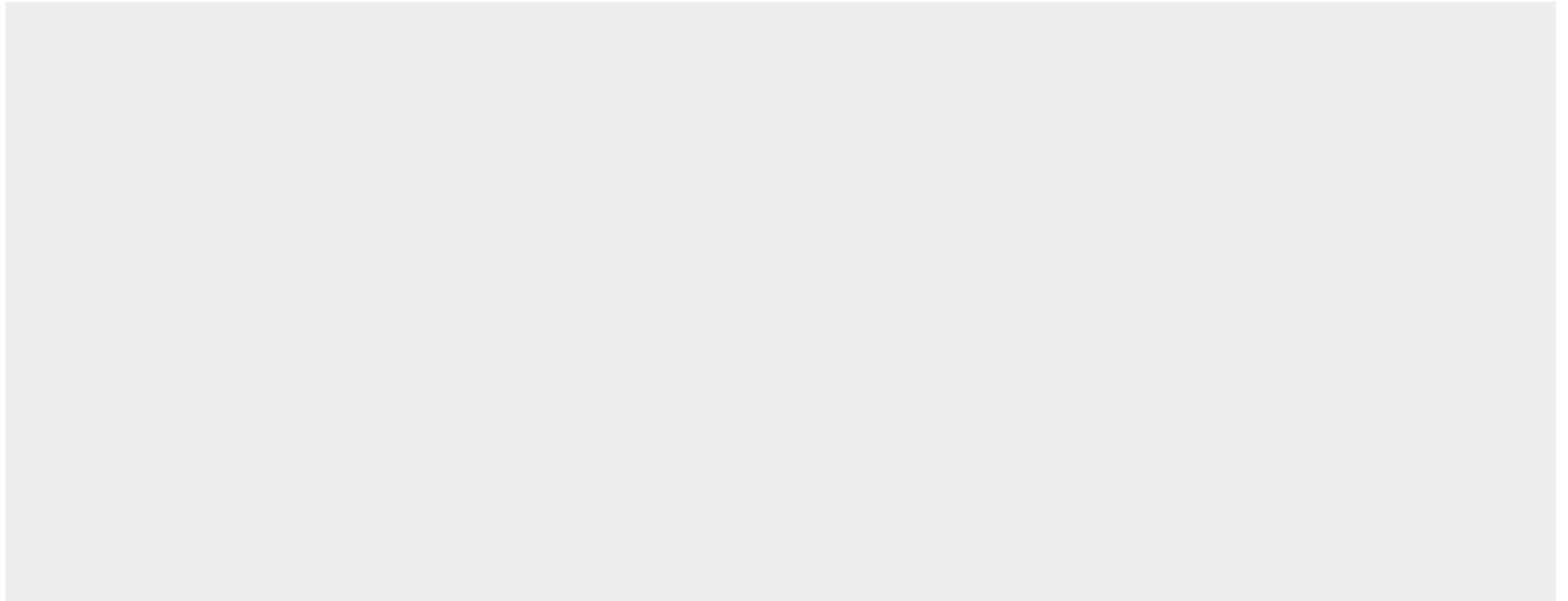
Based on your previous answers, please specify your vision for your work and your career. We will build everything on this Master Class around the vision you will define now, so please take your time. It is very important. Let me help you:

What do you want your ideal business to look like?



YOUR VISION

How is this meaningful for you and your life? Why is this important to you?

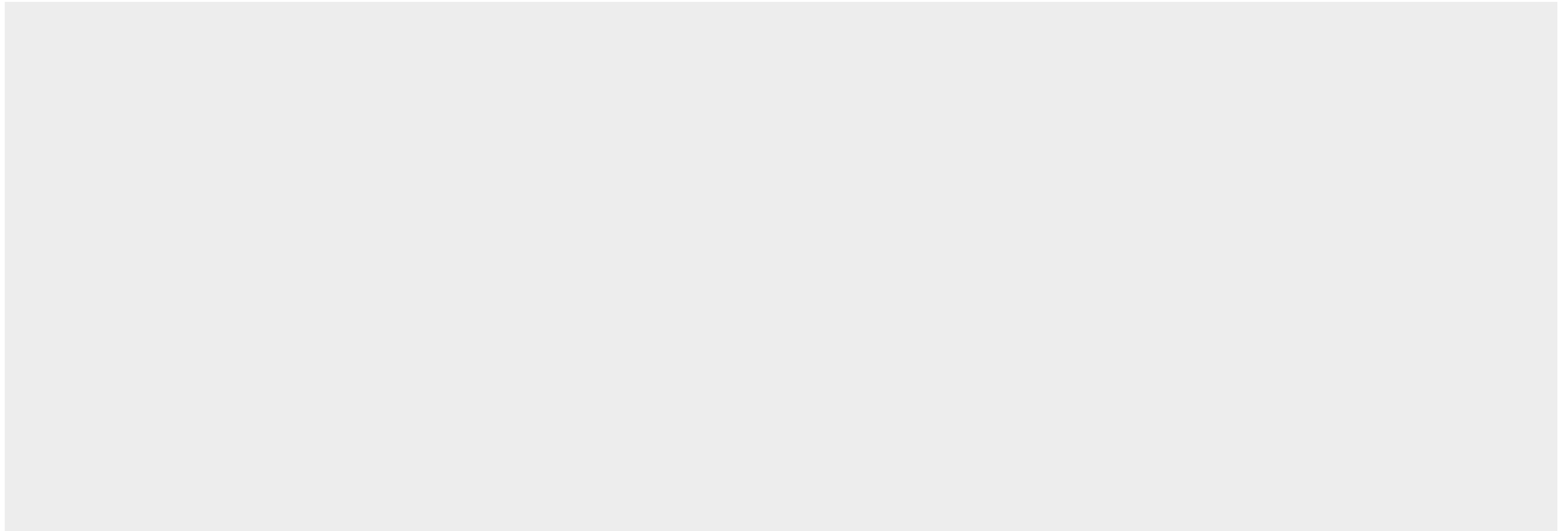
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YOUR VISION

Name three things you want to accomplish in the next 12 months in your business?

YOUR VISION

Name three things you want to accomplish in the next 12 months in your life?

A large, empty light gray rectangular box intended for the user to write their answers to the question above. It occupies the majority of the lower half of the page.

YOUR VISION

WONDERFUL!

NOW, PLEASE LEARN FLY SAMRT, T.F.E.A AND F.O.T LHM TECHNIQUES

<https://catherinebroy.com/lhm-techniques/>

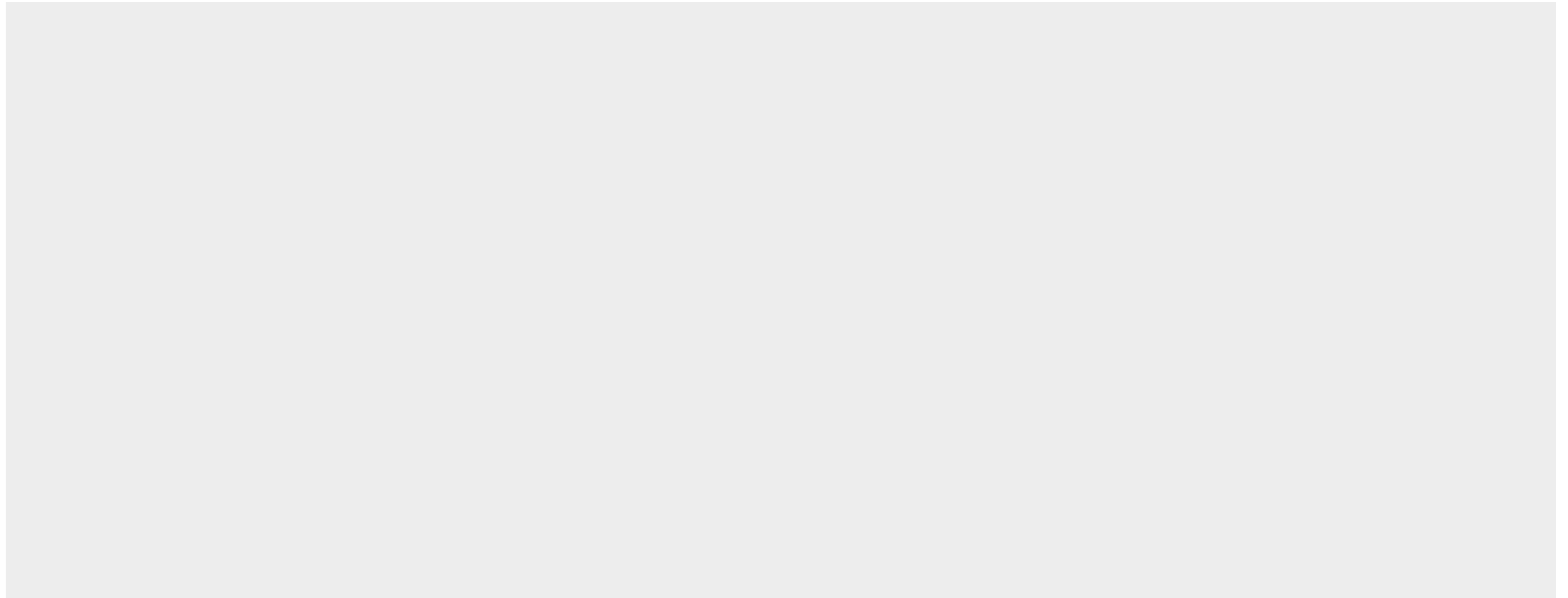
LHM TECHNIQUES

Transform your answers to be in a form of FLY SMART goals and in alignment with F.O.T. and T.F.E.A. techniques. Write your answers down:

What do you want your ideal business to look like?

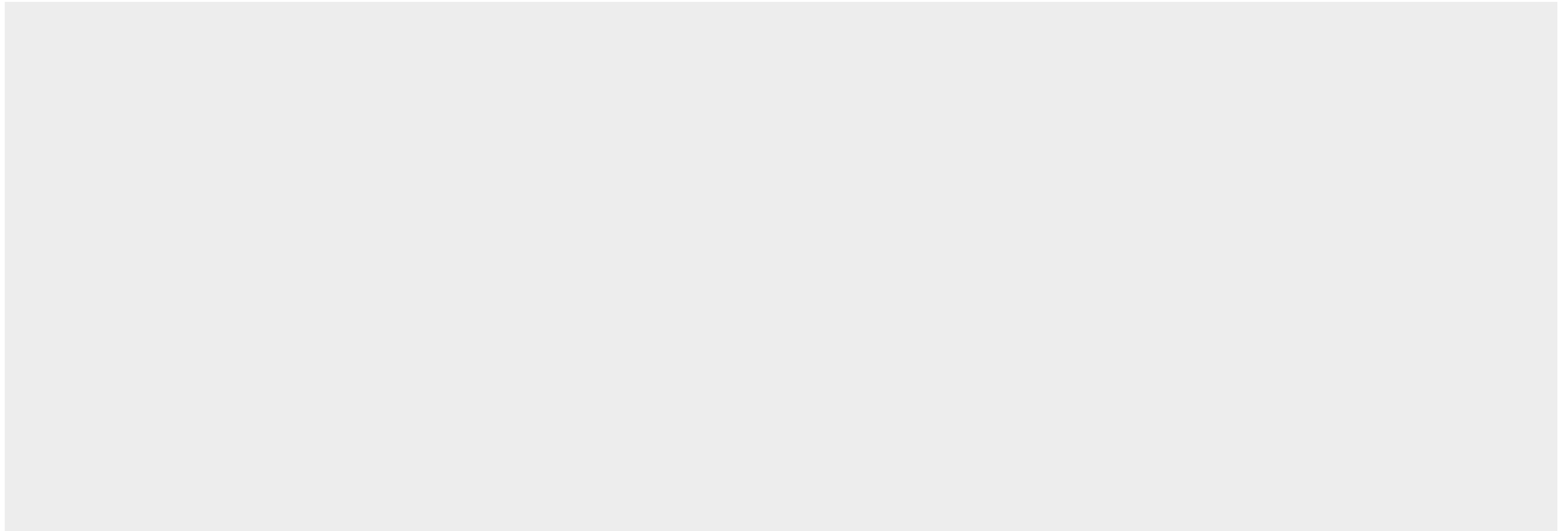
LHM TECHNIQUES

How is this meaningful for you and your life? Why is this important to you?

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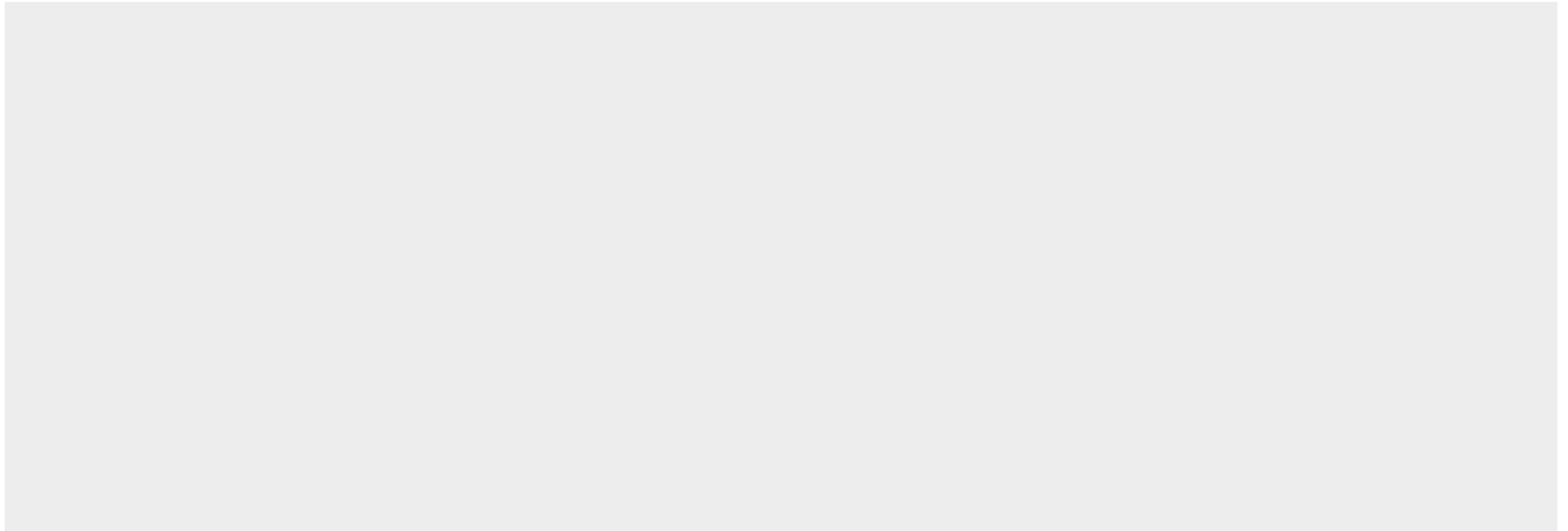
LHM TECHNIQUES

Set three FLY SMART goals you want to accomplish in the next 12 months in your business?

A large, empty light gray rectangular box intended for the user to write their three FLY SMART goals. The box is positioned below the question and occupies the lower half of the slide.

YOUR VISION

Set three FLY SMART goals you want to accomplish in the next 12 months in your life?

A large, empty light gray rectangular box intended for users to write their goals. It occupies the lower half of the page below the instruction text.

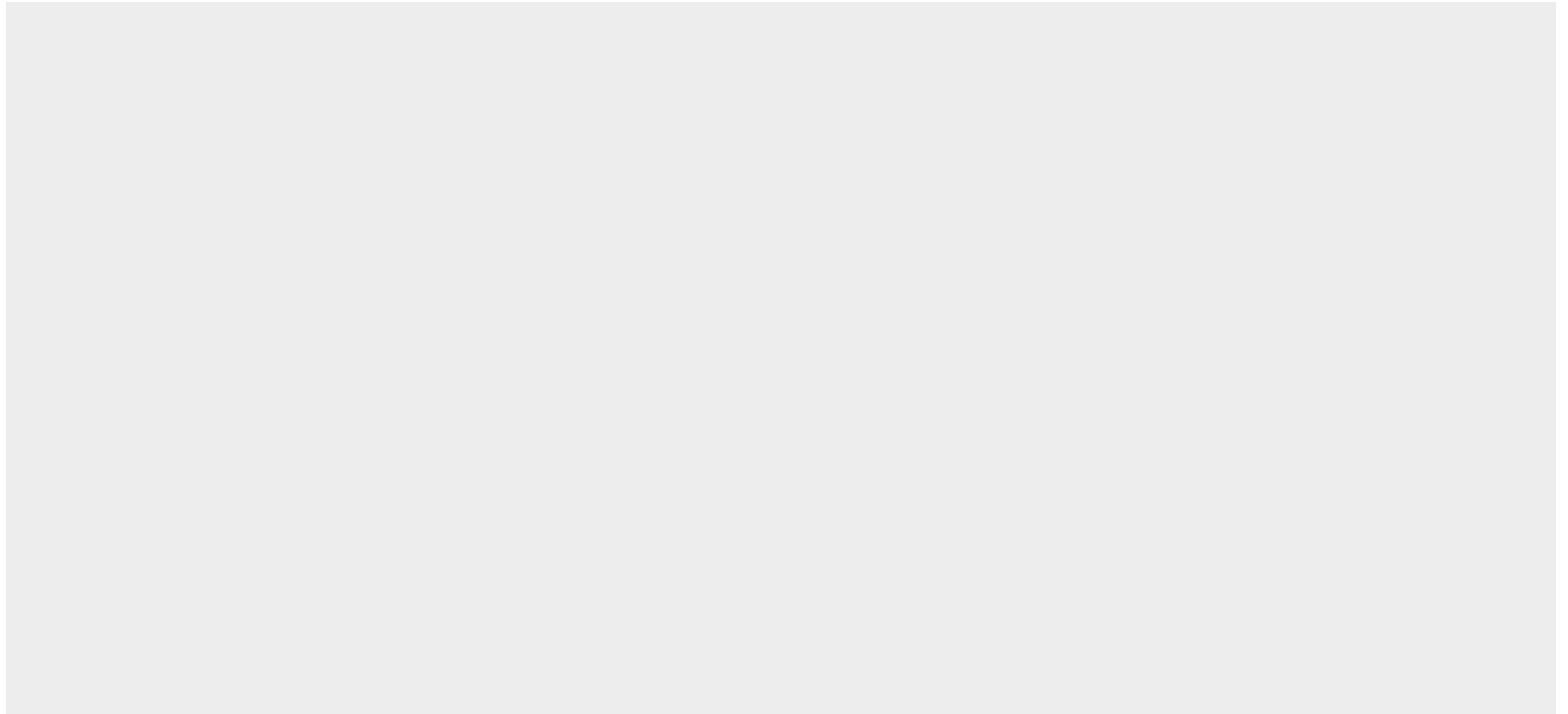
YOUR VISION

GREAT!

YOUR ANSWERS ARE NOW IN ALIGNMENT WITH YOUR INNER FORCE AND
OUTER LAWS.

YOUR VISION

Write your answers on your vision board. Let me help you:

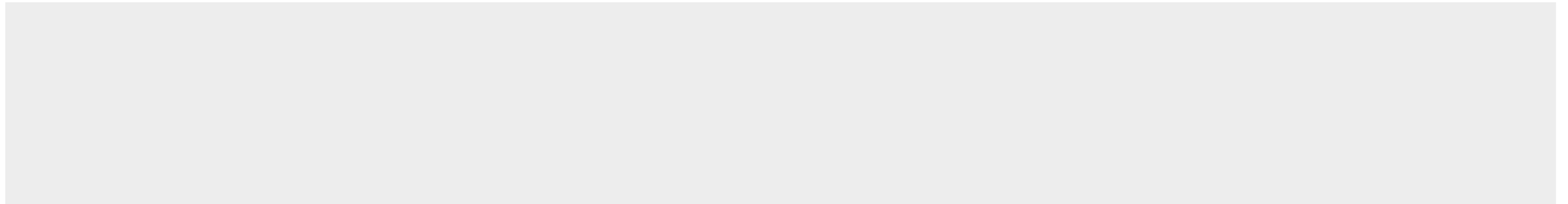
A large, empty light gray rectangular area intended for writing answers on a vision board. It occupies the lower two-thirds of the page, providing a space for the user to write their responses to the prompt above.

YOUR VISION

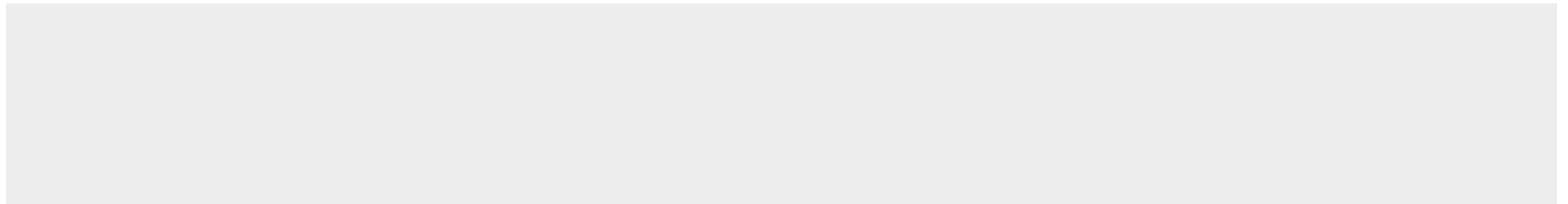
Let's continue now using LHM Techniques and answer these questions.

My 12-month income goals:

How many clients do you see yourself having?

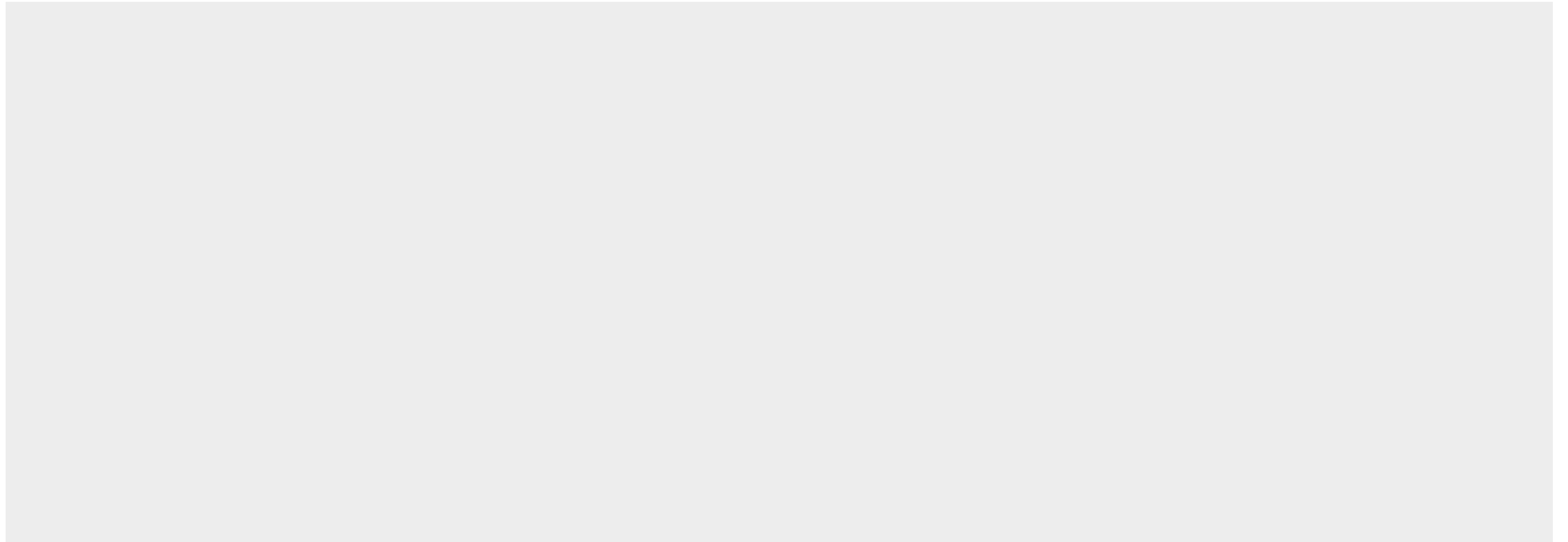


How much money are you making per month?



YOUR VISION

Write your answers on your vision board. Let me help you:



THE LHM ASSOCIATIVE MEMORY

Associative memory will help you stay focused on your vision and your goals. Our mind remembers pictures better than words.

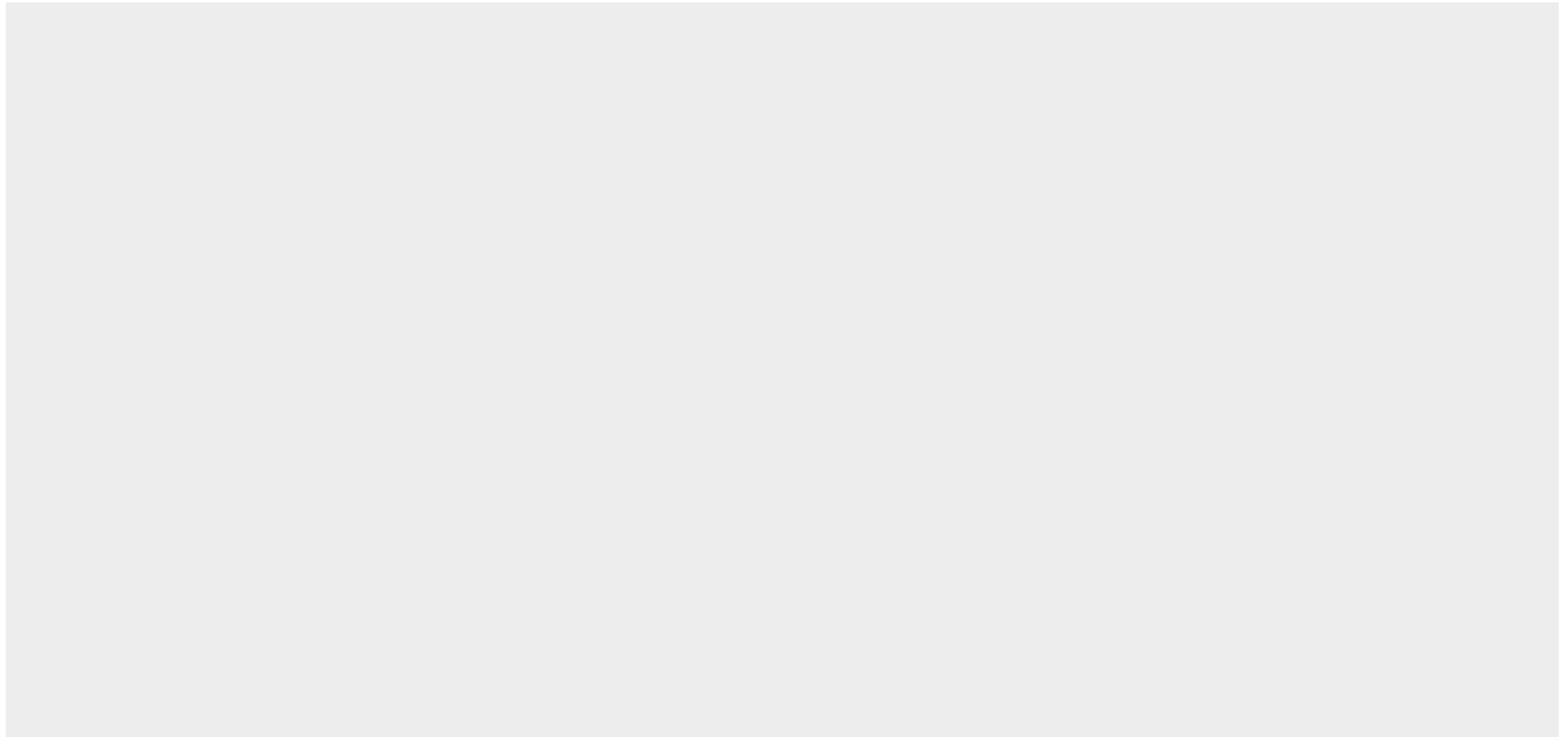
Find pictures which describe what you just wrote on your vision board. Cut them from magazines or print them out and put them on your vision board. Or even better, draw everything by yourself – drawings will come from your heart and mind and they will reflect your energy and determination even more.

Memorize those pictures/drawings and every single detail.

Feel like you already have it all in your hands. Enjoy every moment you look at your vision board.

YOUR VISION

Now, take a notebook. On the left side, write your goals:

A large, empty light gray rectangular area intended for writing goals. It occupies the lower two-thirds of the page, providing a space for the user to write their goals as instructed in the text above.

YOUR VISION

On the right side, write gratitude sentences, like you already achieved it all. Start every

Enjoy watching how over time your goals from the left side go to the right side where you are happy and satisfied because **YOU ACHIEVED IT!**

SENSE GRATITUDE

WONDERFUL!

NOW YOU HAVE DEFINED YOUR DREAMLIFE, YOUR LIFE PURPOSE, YOUR VISION AND YOUR MAIN GOALS. AND YOU HAVE IT ALL ON YOUR VISION BOARD. SO YOU CAN BE REMINDED ANY TIME YOU GET DISTRACTED OR AFRAID TO MAKE ANY OF THE NEXT ACTIONS. FEEL HOW EVERYTHING IS IN THE RIGHT PLACE NOW AND SENSE GRATITUDE IN YOUR HEART. YOU WILL GET TO YOUR ACTION PLAN THROUGH THIS MASTER CLASS. SO, DON'T WORRY. YOU WILL KNOW EXACTLY WHAT YOU HAVE TO DO AND HOW TO DO IT!

L I V E F R O M Y O U R H E A R T A N D M I N D

NOW LET'S ELIMINATE EVERYTHING WE CAN THAT KEEPS YOU AWAY FROM
YOUR ACHIEVING ALL THIS!

L I V E F R O M Y O U R H E A R T A N D M I N D

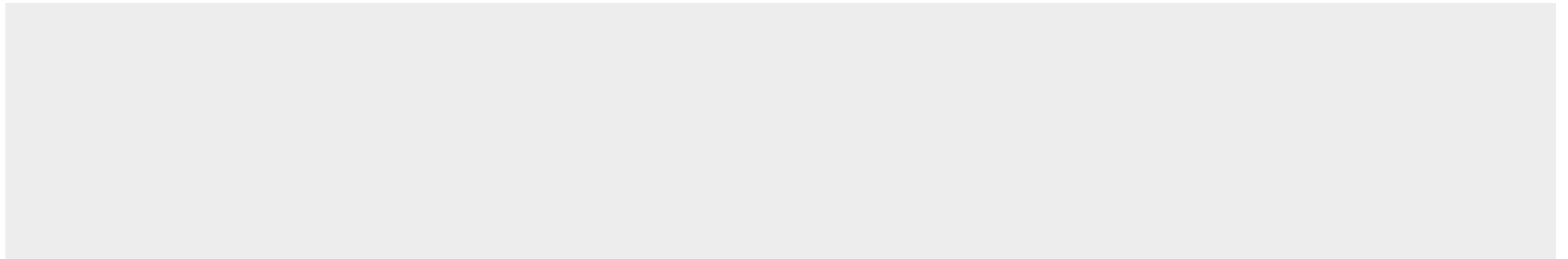
If at any moment you find it difficult to answer these questions, help yourself with the LHM Breathing Exercise:

Are you holding yourself back? If you do, why are you holding yourself back?

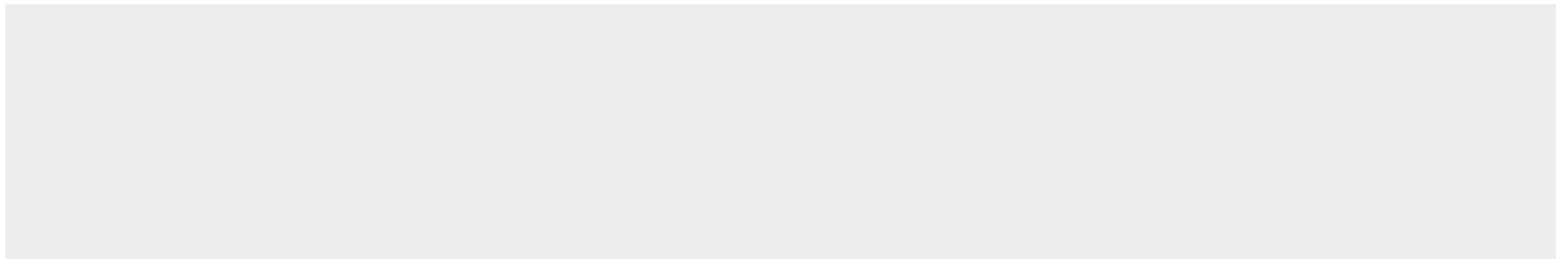
Are you afraid of something? If you are, what are you afraid of?

L I V E F R O M Y O U R H E A R T A N D M I N D

Are you distracted? If you are, what distracts you?

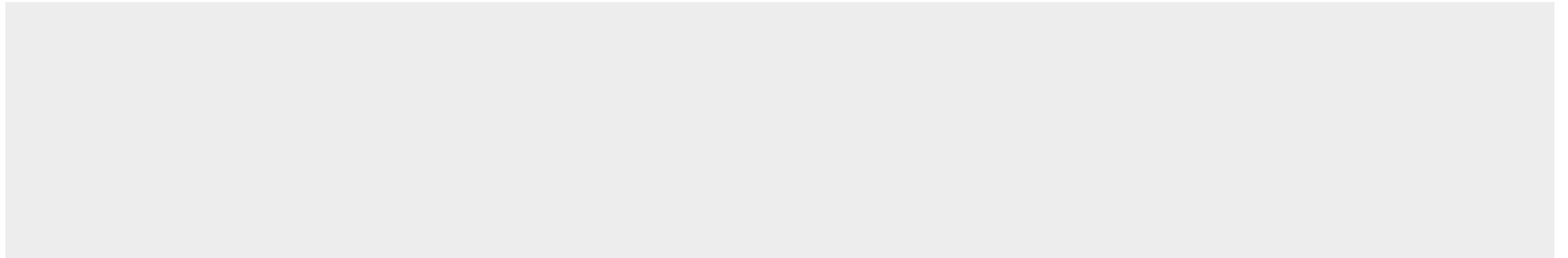


Are you procrastinating? If you are, why do you procrastinate?

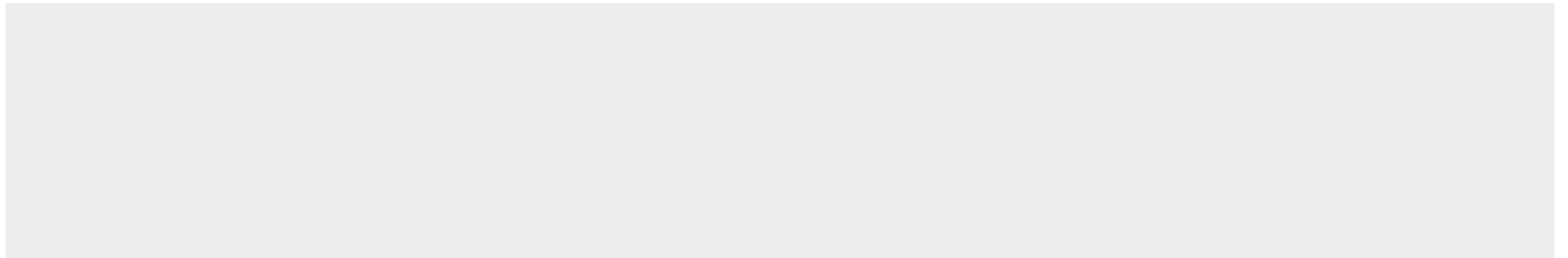


L I V E F R O M Y O U R H E A R T A N D M I N D

What are you losing by allowing fears, distractions and/or procrastination to win over you?



Look at your vision board and answer again. What are you losing by allowing all this?



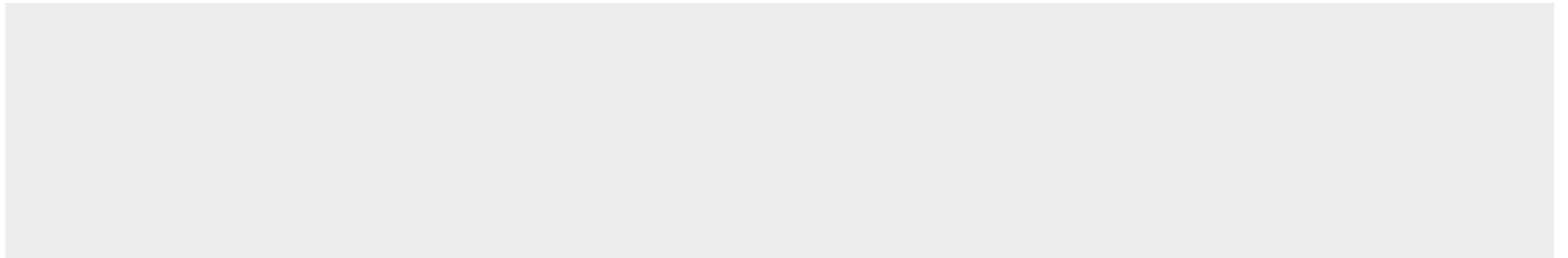


IT IS TIME TO REALIZE HOW MAGNIFICENT YOU ARE,
HOW YOUR VISION IS IMPORTANT AND TO ELIMINATE
FEARS, DISTRACTIONS AND PROCRASTINATION!

L I V E F R O M Y O U R H E A R T A N D M I N D

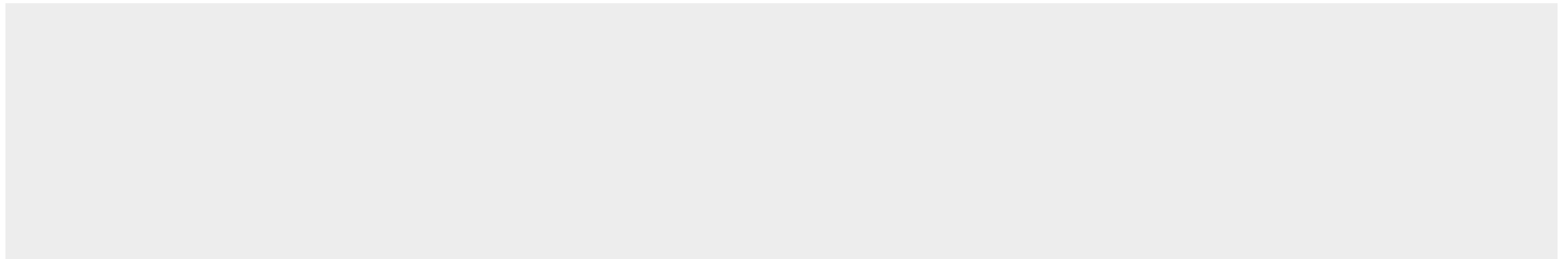
Any fear you may have about your own ability to serve others is important for you to work through prior to working with clients. You also have to define and eliminate distractions and find motivation to continue every time you start procrastinating.

Who do you see living their vision and claiming their worth?

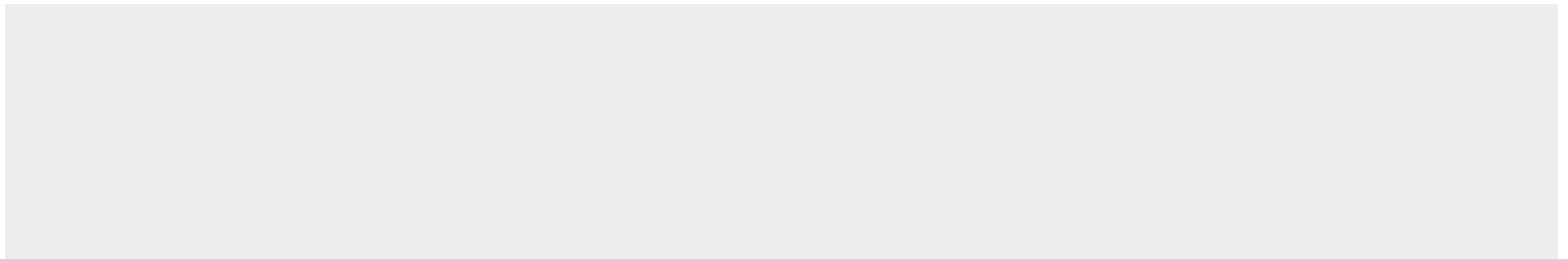


L I V E F R O M Y O U R H E A R T A N D M I N D

What characteristics, behaviors and beliefs do these people possess that show you they claim their worth?



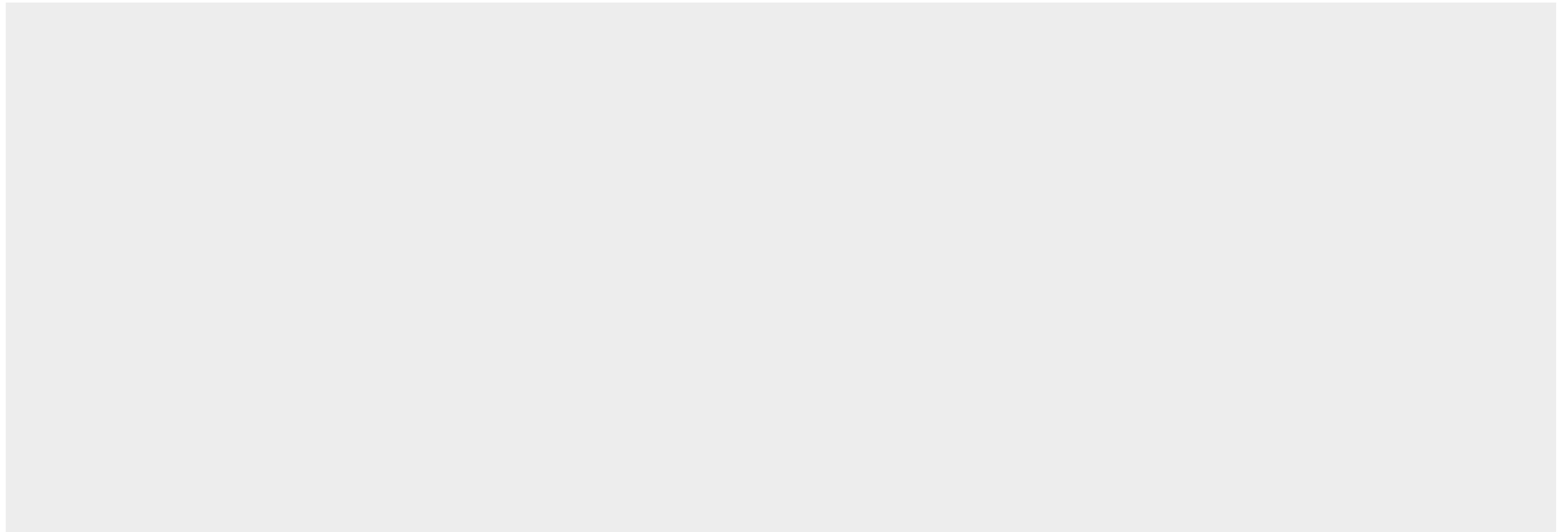
What characteristics, actions, and beliefs do you need to institute to more fully claim your worth?



L I V E F R O M Y O U R H E A R T A N D M I N D

LET'S REGAIN YOUR POWER!

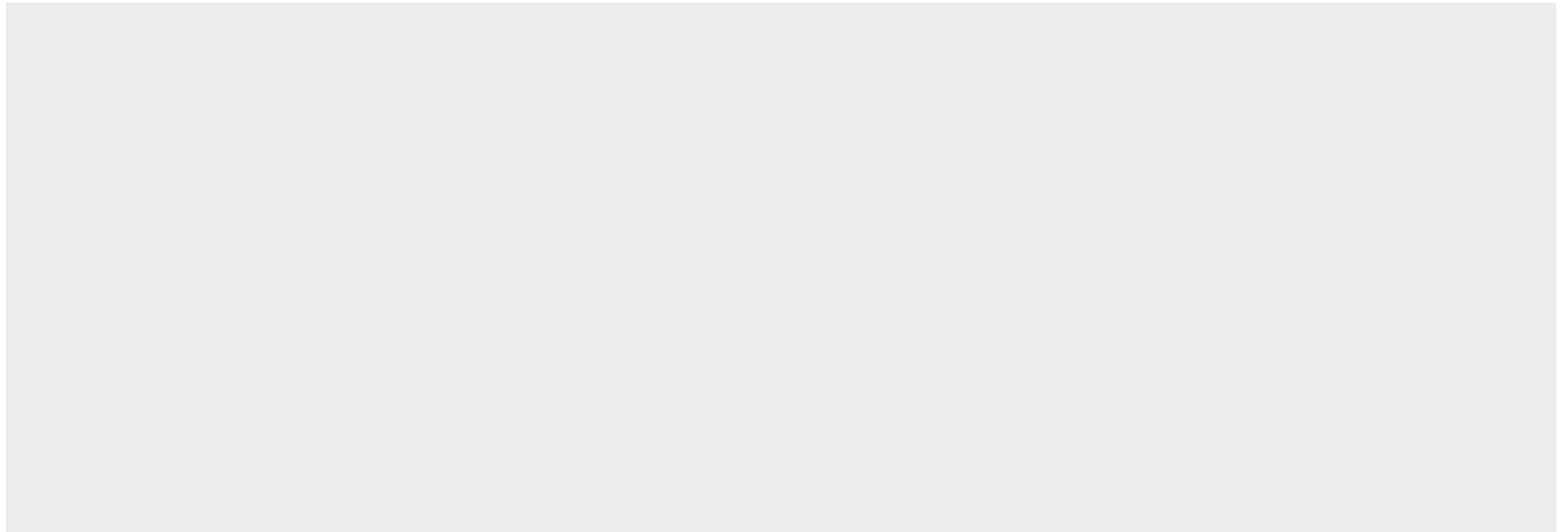
What credentials do you have?



L I V E F R O M Y O U R H E A R T A N D M I N D

LET'S REGAIN YOUR POWER!

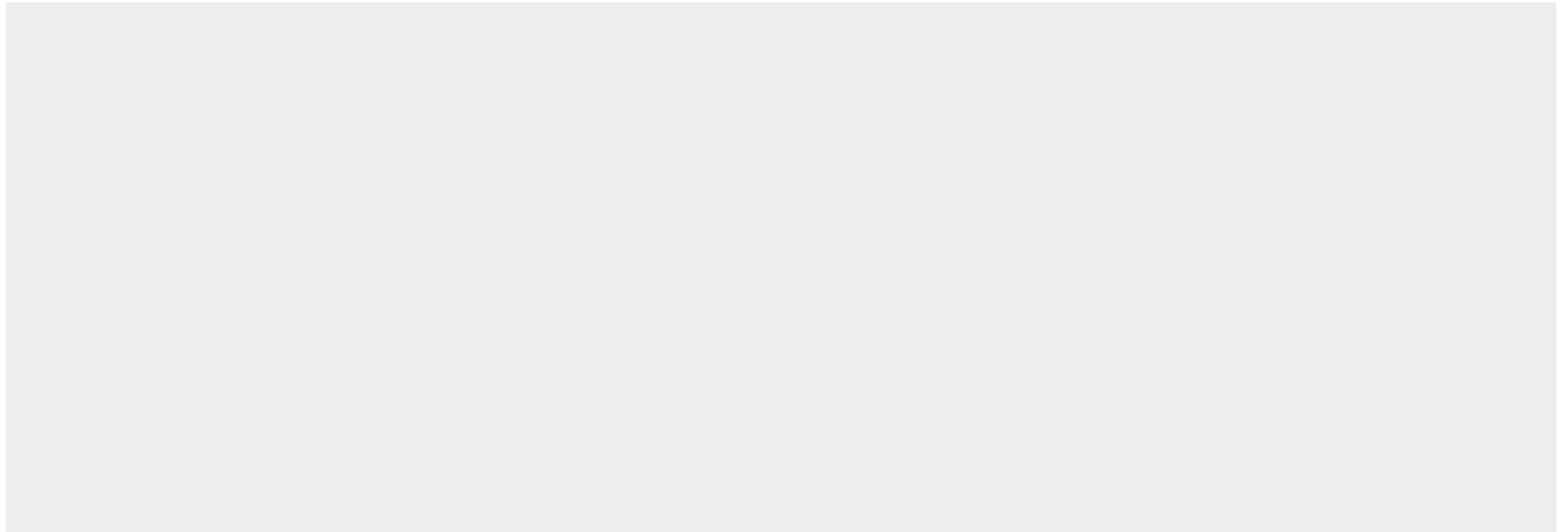
What experience do you have?

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L I V E F R O M Y O U R H E A R T A N D M I N D

LET'S REGAIN YOUR POWER!

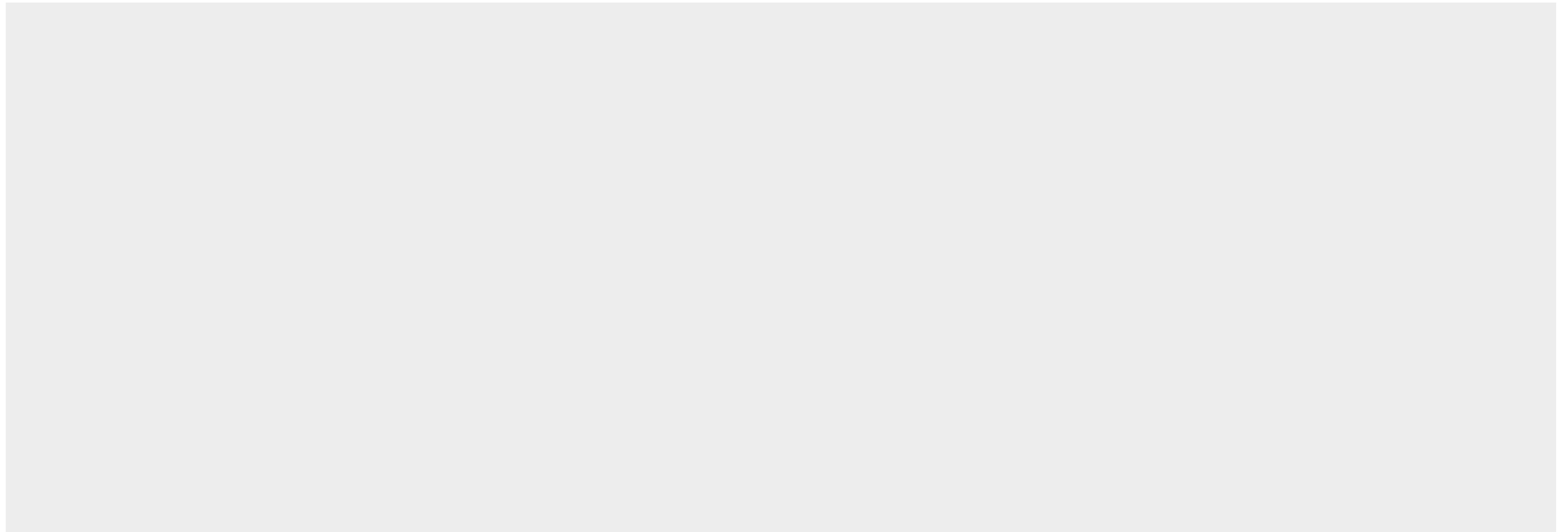
How good are you at what you do? Explain.

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L I V E F R O M Y O U R H E A R T A N D M I N D

LET'S REGAIN YOUR POWER!

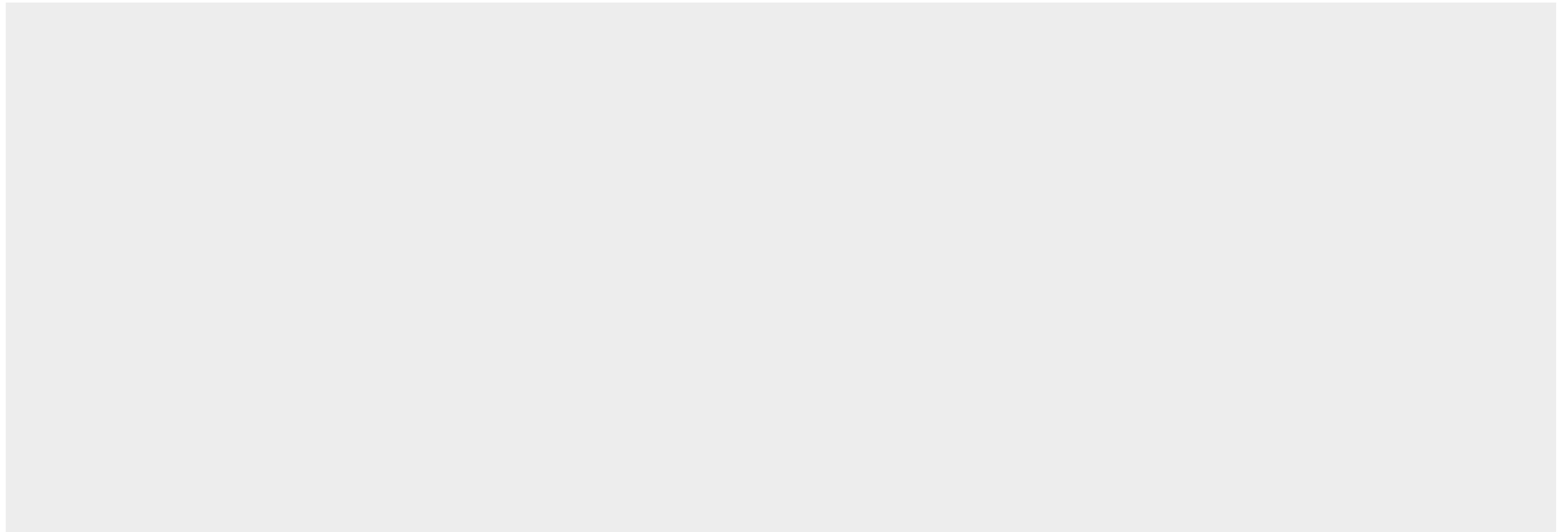
How much will it cost you to not claim your worth? Emotionally?



L I V E F R O M Y O U R H E A R T A N D M I N D

LET'S REGAIN YOUR POWER!

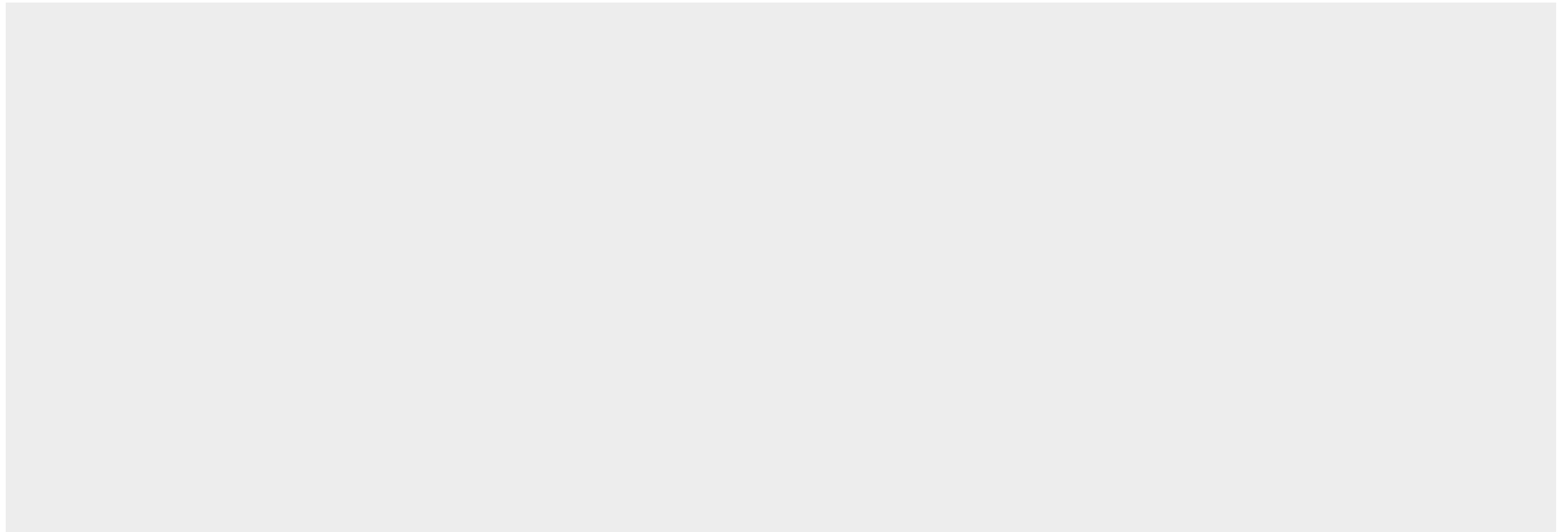
How much will it cost you to not claim your worth? Financially?



L I V E F R O M Y O U R H E A R T A N D M I N D

LET'S REGAIN YOUR POWER!

How much will it cost you to not claim your worth? Time-wise?





DO YOU SEE HOW MAGNIFICENT YOU ARE!?
DO YOU SEE HOW MUCH YOU, YOUR LOVED ONES
AND YOUR CLIENTS LOSE BECAUSE YOU ARE NOT
CLAIMING YOUR WORTH!?



L I V E F R O M Y O U R H E A R T A N D M I N D

You Need to CHOOSE to be a Creator of Your Own Life and
Claim Your Worth!

- This means being willing to go public on videos;
- This means being willing to be criticized by known and unknown people;
- This means being willing to get better as you go and not wait anymore;
- This means being willing to take responsibility for your life.

THE MORE YOU'RE WILLING TO DO THIS, THE MORE SELF-CONFIDENCE
YOU WILL GAIN AND MORE IMPACT YOU WILL MAKE!

L I V E F R O M Y O U R H E A R T A N D M I N D

We are all afraid.

YOU MUST DO THIS EVEN IF YOU ARE AFRAID, EVEN IF YOU DON'T FEEL GOOD, EVEN IF YOU ARE NERVOUS.

Your brain is an organ for survival and fear is nothing else but the reaction of your brain to the unknown or what it sees dangerous in order to protect you.

If you are not afraid, then what you are doing is not important.

Fear is good. It is a sign that what you are doing is important for you!

Don't let go!

What you need is more self-confidence and fear will disappear.

Distraction is another brain weapon to get you away from the unknown.

Procrastination also – to make excuses and postpone actions in order to keep you “safe” from the unknown.

But what your mind doesn't know is what your heart knows:

THERE IS NO CHANGE OR SUCCESS WITHOUT EXPERIENCING THE UNKNOWN, AND YOU ARE SAFE BECAUSE YOU ARE DOING WHAT YOU LOVE.

L I V E F R O M Y O U R H E A R T A N D M I N D

You must take action and don't listen to that voice in your head! You are capable, you can do this! When you hear the voice of doubt in your mind, get afraid or distracted or you postpone something, just look at your vision board and say:

“I choose to be the creator of my life. I can do this. I don't allow my brain to stop me, I trust my heart. I am safe because I am doing what I LOVE.”

Then read everything you wrote on your vision board and do what needs to be done.

THE ANSWER IS
ALWAYS YOU.
EVERYTHING YOU
NEED IS IN YOU!
ACTIVATE YOUR HEART
AND MIND!
USE THE LHM SYSTEM
FOR EMOTIONAL AND
INTELLECTUAL
DEVELOPMENT!

*ALL THAT
I SEEK
IS ALREADY WITHIN ME.*

LOUISE HAY



Catherine B. Roy
www.catherinebroy.com

L I V E F R O M Y O U R H E A R T A N D M I N D

It is my pleasure to introduce you to the “Live from Your Heart and Mind” (LHM) System for Emotional and Intellectual Development. LHM represents a completely dynamic new way of increasing emotional and intellectual capacity and sets those inseparable entities in balance.

The LHM system consists of two major components: emotional and intellectual. The emotional part is based on unique and verified LHM formulas and LHM algorithms in the most important life fields. The intellectual component successfully raises mental capacity through the application of associative memory techniques and LHM IQ training questions. Reconfiguring emotions to embrace peace and harmony and raising mental capacity and creating balance between these two sides will allow you to recognize the extraordinary
LIFE YOU CAN LIVE YOUR OWN WAY!

L I V E F R O M Y O U R H E A R T A N D M I N D

The most beautiful thing that separates LHM from other systems is the fact that it is created as a personal guide. There are no two same persons on this planet, and there will be no same solution. That is why LHM solutions are created to be suitable for anyone in a wide variety of situations and is based on individual answers.

LHM is designed with the goal to help people, to do good and to bring happiness, joy, satisfaction, success, harmony and balance to people's lives.

L I V E F R O M Y O U R H E A R T A N D M I N D

Now, learn some of the LHM formulas:

<https://catherinebroy.com/category/lhm-formulas/>

Then learn to use LHM Algorithms:

<https://catherinebroy.com/category/lhm-algorithms/>

Play with LHM IQ Training Questions:

<https://catherinebroy.com/category/lhm-iq/>

For more information, please visit: <https://catherinebroy.com/lhm-book/>

L I V E F R O M Y O U R H E A R T A N D M I N D

Now, when you are familiar with the LHM System and before we continue to the business part of this master class, learn LHM Formulas, do LHM Algorithms and play with LHM IQ Training Questions.

This way you will heal, if it is needed. You will solve any emotional pain, fear or whatever it is needed to be solved in order to catapult your emotional and intellectual capacity to the highest level. And start the business part of this Master Class on a healthy basis, because if we plant a tree in a toxic ground it will not grow as high and healthy as we would want it to.

Reprogram your emotions, gain self-confidence, activate your mind potential and prepare yourself for the best ride of your life!

Take your time, be gentle to yourself and allow yourself to heal and grow.



THE TRUTH IS YOU'RE EITHER IN RESISTANCE OR
MOMENTUM...AT AN ORDINARY OR HIGH LEVEL.
SO, WHICH WILL YOU CHOOSE?



TO BE CONTINUED...



CATHERINE B. ROY



CONGRATULATIONS!

You have finished

UNLIMITED IMPACT

MASTER CLASS #1

NEVER QUIT AND KEEP GOING!
I AM HERE TO SUPPORT YOU.