



The SHAPE You're In

Break the endless cycle of **Trying and Failing**
using the power of your **Auto Response System**

- Food
- Fitness
- Exams
- Success
- Relationships
- Unemployment



Welcome to SHAPE.

This relaxing programme is designed to honour you, your life, your aspirations, your longings and your power.

The SHAPE programme is the opposite of 'try harder'. After all, most people who come to a programme like this have been trying for years, and have lived with the underlying expectation of failure, disappointment and defeat. "Will this be another programme of false promises and lost hope?"

No. What you gain from today will change your thinking, and you'll be able to see how intrinsic it is to your life.

- No comparisons
- There are no expectations
- There are no selling smiles
- No unrealistic promises
- And no hype

Instead we have words and concepts which take you below the surface: words you may not immediately associate with the shape you're in, and concepts that are radical and new.

Stay curious today. You may be surprised, relieved, and somehow ... reconciled?

This programme is designed with you in mind. It is personal. Make it your own.

SHAPE assumptions...

- *You are not into self-justification*
- *You're trusting for a better future*
- *You're not going to hide*
- *You want a life filled with meaning and clarity*
- *You're ready to leave the past behind*
- *You're in this for the long term*

