

A FREE MASTERCLASS WITH KORE

The Power *of* NO

The first step toward a life that feels like yours
is refusing to keep living one that doesn't.



BEFORE WE BEGIN

You don't need to know
what you want yet.

You only need to become honest
about what you don't.

Your no can come before clarity.

WHAT WE LEARNED

Rude. Selfish. Hurtful.
Difficult. Disappointing.

Your no is

Self-recognition

The map you inherited

Before you were old enough to question it,
you received instructions for how to live.

Parents. Teachers. Caregivers. Culture. Society.

Be successful.

Be responsible.

Be desirable.

Keep the peace.

Make people proud.

Choose the safe path.

MAYBE YOU FOLLOWED IT EXACTLY

FROM THE OUTSIDE

Immaculate

Successful. Responsible. Accomplished.

FROM THE INSIDE

Something
is missing

You followed the map where it promised to take you.

You arrived
And realized you never
wanted to be there.

—— That is where your no comes in.

Your no

What are you no longer
willing to accept?

A life that feels empty.

Pretending to be someone
you never were.

Relationships that require
you to abandon yourself.

Success that leaves you exhausted.

Sacrificing your aliveness
for approval or belonging.

Name your no

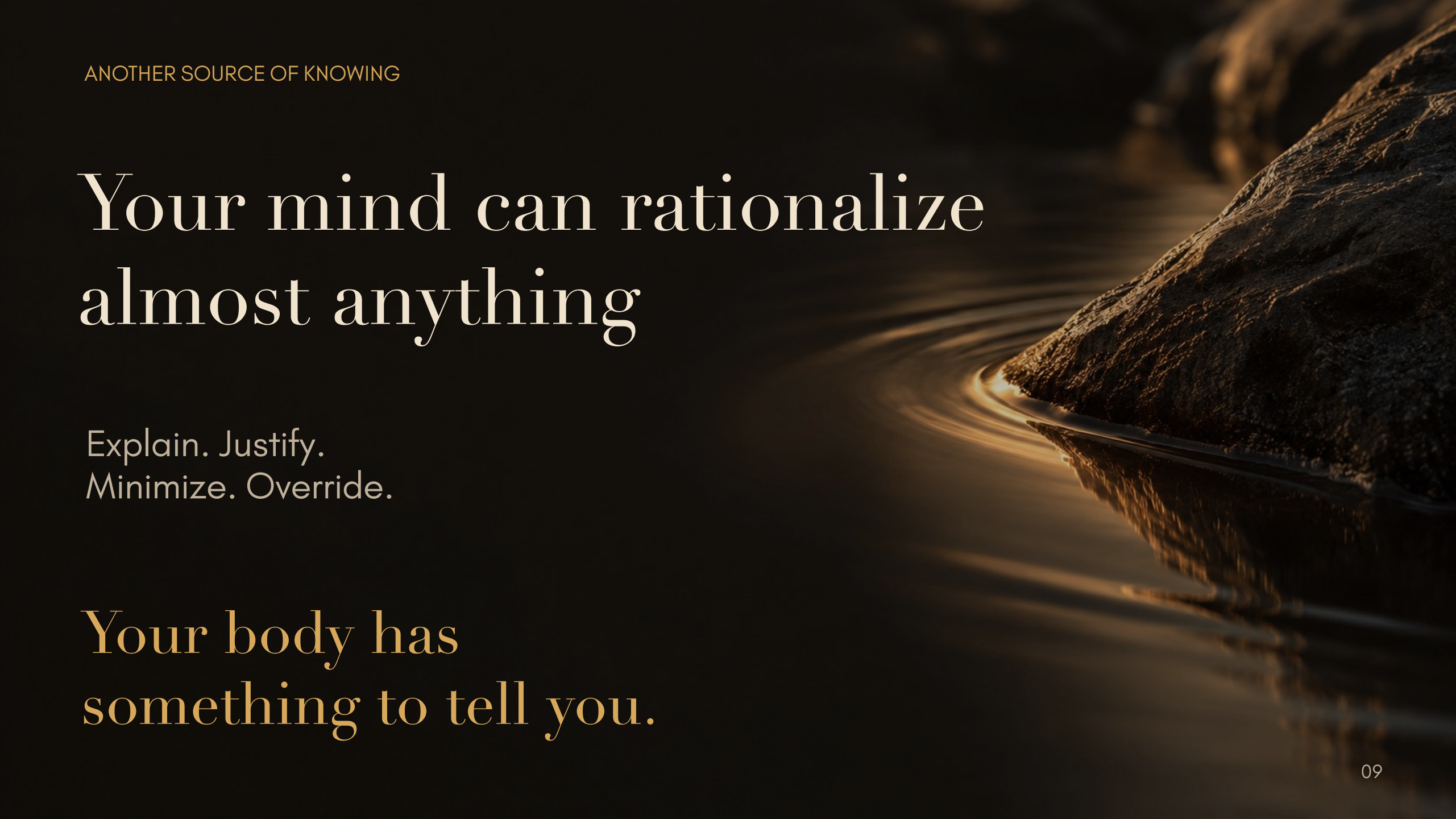
Say it out loud.
Write it down.
Let your body hear you choose it.

01 I am no longer
available for...

02 I no longer believe...

03 I am ready to stop...

04 My no is...



ANOTHER SOURCE OF KNOWING

Your mind can rationalize
almost anything

Explain. Justify.
Minimize. Override.

Your body has
something to tell you.

YES

may feel like

Expansion
Warmth
Openness
Energy
Relief
Curiosity

NO

may feel like

Contraction
Heaviness
Tension
Numbness
Dread
An urge to pull away

Your sensations are individual. You are learning your own language.

Feel the difference

01 AN EASY YES

Bring to mind an undeniable yes.

What happens?

02 AN EASY NO

Bring to mind an undeniable no.

What changes?

Notice your breath, energy and posture. Pause here for as long as you need.

First, notice

Each time you recognize and honor what you notice,
you strengthen your relationship with yourself.

———— You don't have to transform your entire life today.

No creates
the boundary

Without boundaries, your energy
spills into everything around you.

A structure
that allows
you to open

SPACE

Your no creates space

Every no to what is not you
creates space for more of you.

What are you ready to open into?



When you release everything that is not you...

YOU

It has been you all along.

The you beneath it all

Beneath the expectations.

Beneath the roles you learned to perform.

Beneath the life you thought you were supposed to want.



GUIDED VISUALIZATION

Meet them

- 01 Where are they?
- 02 How do they carry themselves?
- 03 What do they want you to remember?

What did you see?

01 What did this version of you show you?

02 What did they want you to remember?

03 What truth are you ready to carry forward?

I started with no

I didn't know what I wanted.
I knew what I didn't want.
So I started saying no.

At times, it felt irrational.
I kept listening.



EVERY NO WAS CREATING SPACE

I was learning how to listen to myself.

I was my
own map

The map had been within me all along.

YOUR NO IS THE BEGINNING

Your no creates the space

How do you become the version of you
that you just met?

Hear them. Trust them. Live as them.

YOUR OWN AUTHORITY

Your own blueprint.

Your own compass.

Your own anchor.

Your own authority.

A deeper relationship with you.



A NINE-WEEK JOURNEY

Say
YES
to **YOU**

From conditioning to truth.
From the person you learned to be
to the person you came here to embody.

This is for you if...

- 01 You are ready to stop living by the map you were handed.
- 02 You are willing to meet the patterns standing in your way.
- 03 You want to trust yourself and your own answers.
- 04 You are ready to go all in on your life.

GO ALL IN

Honesty. Willingness. Participation. Devotion.

WHAT BECOMES POSSIBLE

Fully alive inside your own life

The life you are creating.

Your own compass.
Your own anchor.

Permission to be yourself.
Desires that guide you.
Work that feels like yours.
Dreams you begin to live.

SAY YES TO YOU

A nine-week journey beginning January 1

EXCLUSIVE MASTERCLASS PRICING

\$2,700

For the first 15 enrollments

You know what you're saying no to.
What are you ready to say yes to?

I choose me.

After the first 15 places are claimed

\$3,333

Full price: \$4,500

CLAIM YOUR PLACE