

The GUTZY Movement™

presents

BECOMING GUTZY

Tier 1: Arc Word AWAKEN

*For the woman who has spent a lifetime in a birdcage built from other people's expectations,
and is ready to fly free towards her best life on HER terms.*

IS BECOMING GUTZY FOR YOU?

Yes, if any of these statements resonate with you.

- ☐ I'm tired of putting everyone else's needs before mine.
- ☐ I have no idea what I want, but I know I'm not fulfilled.
- ☐ I think I know what I want, but I don't know how to get started.
- ☐ I don't take the best care of myself.
- ☐ I'm more exhausted than happy anymore.
- ☐ I'm starting to realize I haven't fully lived my life on MY terms.
- ☐ I want the rest of my life to be the best part of my life, but I have no idea where to start to make that happen.
- ☐ I feel like I don't really know or honor myself, my capabilities, my strengths, or my value.
- ☐ I don't really have any dreams or a bucket list for myself.
- ☐ I want my life to be better, but I'm afraid of the consequences of standing up for myself.
- ☐ I'm tired of beating myself up all the time for never being enough.
- ☐ I wish I knew others felt the way I do and could build a community with them.

If you agree with any or all of these statements, **I want to help you.**

Because I created **The GUTZY Movement™** **for us.**

For those who have been there, and those just beginning.



First concept of The Warrior Bird by Megan Bigham

WHY YOU DESERVE THIS:

I want to tell you something I learned the hard way, both in my own journey and in decades of sitting across from women just like you.

Right now, you may know exactly what you want. You can see it clearly, but you just haven't been able to get there yet, and you're not sure why.

You may have no idea what you want. You know that what you have isn't giving you joy anymore. That the life you've been living fits like a borrowed coat that's functional, presentable...but isn't YOU.

Or maybe you aren't even sure why you keep reading this. You just felt something when you resonated with the words. And that feeling is enough.

*Wherever you are, I will meet you there. **Becoming GUTZY** is not for women who have it all figured out. It is for women who are finally willing to look.*

If I handed you a blank page right now and asked you to write down your greatest successes, **YOUR top five accomplishments that YOU are most proud of**, could you do it?

If you can't, it's not because they aren't there. They are.

But maybe it's from all of the outside noise that told you what you did wasn't that impressive, that "real" success looks different, that someone else deserves that title more than you, or that you are not worthy.

I've watched it happen hundreds of times. Ask a woman to list her failures, and she'll fill the page without blinking. Ask her to name a success on her own terms, and she goes blank.

What about your dreams? Could you list all of those?

Everything you want for yourself, with no hesitation about the perceived obstacles, expenses, or excuses as to why you can't have them. Or aren't deserving of them.

Wait - what if you don't have any dreams for yourself?

It's not uncommon. I didn't either when I started this journey of self-discovery.

That silence is not who you are. It's what you were taught.

Becoming GUTZY exists because I refuse to hand you a worksheet and send you off alone to do the hardest work of your life. *I will be there.* Live, present, and here for you. Along with a community of women who are searching for the same thing:

Building your best life.

WHAT THIS IS:

Becoming GUTZY is eight live virtual sessions, twice a week, with me. No modules to work through on your own time. No self-paced videos to watch alone at midnight, wondering if you're doing it right.

Just you, me, and a small group of women on the other side of the screen who are right where you are, carrying more than anyone knows, and finally ready to set some of it down.

Together, we will name what has been keeping you small. We will call it what it actually is: conditioning, not character. And you will write your first real success stories that tell the truth about who you are. Authentically.

By the time we finish, you will have the beginning of something I call **Your Power DNA™**: the first real blueprint of your strengths, your values, your experiences...all of the ingredients that blend to make

you uniquely fabulous.

And you will have a language for your experience that you did not have before:

The Cage. The Clench. The Exhale. Internal Authority.

WHAT I WANT YOU TO KNOW BEFORE YOU SIGN UP:

You do not need to know what you want before you show up.

You do not need to have the words for what's wrong.

What you need is to be willing to look, be open, and commit to this investment in yourself.

You are not behind. You have not missed anything.

*You may leave **Becoming GUTZY** knowing exactly what your next move is.*

You may leave with language you didn't have before to name what has been keeping you small, which helps the fog start to lift.

You may leave with something quieter: a first glimpse of something true about yourself that you cannot unknow.

All of it is the work. All of it counts. And all of it happens at exactly the pace it needs to happen for **YOU**.

There is no wrong version of this. There is only **yours**.

You will leave having done something most women spend a lifetime avoiding: you will have claimed something true about yourself, out loud, in front of witnesses who believed it before you did.

That moment is irreversible. And it is waiting for you, wherever you are right now.

Remember, you are not alone in this.

AT THE END OF BECOMING GUTZY, YOU WILL HAVE:

- ☐ Written your first success stories in a safe, witnessed, and encouraging setting
- ☐ Experienced what it feels like to be truly seen by a community of women who understand what you've been carrying
- ☐ Named what has been keeping you small, and recognized it as conditioning, not character
- ☐ Claimed the **GUTZY** lexicon as your own: *The Cage, The Clench, The Exhale, Internal Authority, Self-Sovereignty*
- ☐ Made your first public claim of value, out loud, witnessed, and irreversible
- ☐ A clearer sense of where you are in your own journey, and what the next right step looks like for **YOU**
- ☐ Taken the first step toward **Your Path to POWER™**, where you go deeper on your own terms and in your own time
- ☐ Become your own version of a **GUTZY Warrior Bird** with your own unique fabulousness!

JOIN THE NEXT BECOMING GUTZY COHORT

EIGHT SESSIONS

TUESDAYS AND THURSDAYS, 7:00 - 8:00 PM EST

LIVE ON ZOOM

REGISTER



Questions? Email me at terry@thegutzymovement.net

Fly Free, Warrior Bird!

Terry

Lead Architect, The GUTZY Movement™

TheGUTZYMovement.com