

# Unapologetically



Empower Your Authentic Self &  
Get Excited About Your Life

Katherine Metzger

Foreword by Peter Sage

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Wow, what an inspirational read! We are often aware that we aren't being truly authentic, but don't know what to do about it. Instead of just telling the reader to be authentic or to go figure their authentic self out, this book does a great job of revealing specific and practical ways to master oneself. As it guides you through exercises that lead to more enlightenment about yourself and the life you want to create, you see that you aren't alone, that change is possible, and that a more fulfilling life is available to you. Uncovering your authentic self could seem like a daunting task, but this book provides the support needed to make the journey more accessible and easily attainable. Just do the work and watch what unfolds. I have learned that I can reframe any situation, I can see all things as a learning experience and allow them to grow me, I don't have to be tossed around by any external winds (circumstances, hurts, opinions, etc.), but have the power to do the internal work that keeps me joyful regardless of what's going on outside of me.

**- Erica Owen, LMSW**

This insightful book is a collection of the techniques and tools I needed to overcome life challenges, while giving me the directions on how to reconnect with my inner power, and how to be true to my own self. It has more lessons, techniques and tools than I have found in years of research on my own. It has helped me on my journey to understand who I genuinely am more clearly and to reconnect with myself on a deeper level. Katherine gives such a clear outline of steps through the chapters on how to put yourself first, that it felt as if she was present as a guide throughout this journey. I already intend to start reading it again, it will be my new bedside-table book. This is the compilation I have been waiting for so long and which can be adapted to many areas of life, being personal, work or family; it is all in one place!

**- Gabriela Amorim**



# Dedication

To Joe for his unconditional support and love while I follow my dreams. To my family for always being my cornerstone in this unpredictable adventure called life. Finally, to the people in my life who could not see my worth, forcing me to find my own.

I thank and appreciate you with all my heart.





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# Foreword

IMAGINE - What if you had the ability to reshape your past and create your desired future. How would you live differently if you were free to be who you wanted? To be who you were sincerely meant to be. As an expert in human behavior, I see many people struggle to live an authentic life, true to themselves. They become limited by their perceived identity - never understanding who they truly are on a deeper level, what they are capable of, or even that they have the power to change the parts of themselves they don't necessarily enjoy. People feel stuck doing things a certain way because that's how they've always done them and it feels safe; or they feel trapped because they have set a precedence, and now everyone around them has expectations for them to live consistently with the person they've come to know. People want to break free, to be able to change the parts of themselves that no longer serve them. They know there's *something* more, but they either don't know how to shift, or they are afraid to change because the uncertainty that comes along with it can be scary. The obvious question is this: Is the journey worth it? The obvious answer comes through another question. What is the price of spending your life as 'not yourself'?

Katherine is an authentic example of someone committed to walking as her real self towards her own true greatness. She is also part of my

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flagship program the “Elite Mentorship Trainer” and is the ultimate invitation on how people can live their lives full of joy.

It has been said that it is always easier to be where you are at than change direction, even if the direction doesn't serve you. This is because your physical body is wired for comfort and your soul is wired for growth. Seeking to master areas in our lives while coping with challenges is hard to do, and nearly impossible if you have no tools to do it. In my experience, navigating life without a map is a fast track to frustration. Yet this can all change in one shift when we are helped to face the right direction. For example, a simple tool for understanding the four different levels of where people are in terms of their levels of thinking, or consciousness, can be a game changer. The first or lowest level is that of the victim mentality. Something I call ‘to me’. This is where they feel like life is happening to them; they don't feel as though they have control over their situation or the circumstances they find themselves in. The next level up the emotional maturity scale is the level I call ‘by me’. This is where people start to take on responsibility for getting things done in their life. They shed the victim story and start to take on responsibility for what is happening within themselves as well as their surroundings. They start recognizing patterns, and decide that if things are going to change, it's going to be ‘by me’ and my efforts. The third level, ‘through me,’ is where you realize that trying to do it all yourself can be draining, and you start to tap into the universe's awesome power. Listening to your intuition and recognizing synchronicities around you. This is the holy grail for the frustrated achievers. The final level is ‘as me,’ where we start to recognize the inner workings of how everything is connected and that everything at its core is energy.

Most people go through life in ‘to me,’ feeling like a victim of their circumstances because they are living with a reactive mindset; waiting to see what shows up in life and react rather than respond because of their unconscious patterns which drives their behavior. For people at this level Katherine gives practical steps to gain a better understanding of who you are, why you are that way and how to change the parts you wish were different; moving from ‘to me’ to ‘by me.’ She also starts to explore the pathway to, and feelings that accompany, a ‘through me’ mentality.

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By taking this journey, you will be empowered to start consciously choosing who you want to be going into each moment. This will not only strengthen your courage to live authentically, but it will empower you to start influencing your experiences as well as those happening around you.

Turn the page, your journey begins now.

**Peter Sage**

A handwritten signature in black ink, appearing to read "Peter Sage". The signature is fluid and cursive, with a long horizontal stroke extending from the bottom of the name.





# Introduction

Sometimes in life we go through transitions that make us question our worth and even who we are. We get so wrapped up in a relationship, job, or situation that our identity and self-worth become entwined, leaving us feeling vulnerable when that connection ends. Your value is not an attribute that fluctuates based on external experiences. You have value because you exist and you are you; it may just take looking through a different lens to see it sometimes. No matter what has or hasn't happened in your past... you are worthy of love and of living a life you love!

Do me a favor. Go over to the mirror, look yourself in the eyes, and tell yourself, 'I love you!' How did that feel? Maybe a little uncomfortable? Were you able to look yourself in the eyes when you said it? I want you to make this a daily practice. Any time you pass a mirror (don't go covering them all now), I want you to do this. Deal?

Wonderful! Before we get into the heart of the book, I'd like to discuss the concept of grace. Most new skills or habits require time, commitment, practice, patience, and compassion! Sorry (not sorry), no quick fixes here. There will be obstacles and errors along the way, and it may take longer than you think. Change takes time; you don't go to the gym once and instantly become in shape. You have to keep showing up, again and again. And it's the same for stretching your mind! I know it won't be

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easy, but it will definitely be worth it! Give yourself tons of grace, and don't be afraid to fail.

In fact, I want you to fail, because failing means you're trying something new, and probably putting yourself in uncomfortable or unfamiliar situations. I want you to 'usefail,' — fail with purpose — use your mistakes to learn what not to do, and then try something different. Keep 'usefailing' and exploring different options until you find what works for you! Thomas Edison found 1,000 ways not to invent a lightbulb before he found a way that worked! Michael Jordan missed 9,000 shots when he was playing basketball in the NBA. It's time we stop putting these unrealistic expectations on both ourselves and society to be 'successful' and 'perfect' all the time — it's not reality. Let's make a commitment to find beauty in the whole process, including the failures. Let's make PROGRESS the goal! I want you to go out there and fail; fail and fail again, fail like you've never failed before, and don't stop failing until you reach success (whatever that means to you)!

This book is designed to push you and get you out of your thought comfort zone; to get you thinking about ideas that are outside the mainstream. Some of it might sound strange or even challenge your world views or beliefs, which will feel risky; but, as Henry Ford said, "If you always do what you've always done, you'll always get what you've always got!"

Facing who we are, and who we've become, after life has taken its toll, can bring up feelings of sadness and regret. Letting go of who we think we are or should have been, and not fully knowing who we can be, or what the future could hold if we change, can be scary! Don't be afraid if you feel as though you're being cracked wide open. That's just your shell, and when your shell is gone, you'll realize you're a seed that we can plant in some rich, bio-diverse soil, so you can bloom into the person you are meant to be.

Throughout these pages, you have the ability to choose what information feels right for you, and to discard things that may not resonate right now. I have actually chosen to forfeit the chapter summaries, and instead given space for you to write your top take-a-ways from the chapter; things that resonate most for you. Also, if you go to [www.eLovatedlife.com](http://www.eLovatedlife.com).

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com, you'll find details about a printable workbook where you can start to write your own transformation story as you read through mine.

I'm not here to tell you how to live your life, nor would I want to. While I make general suggestions stemming from what worked for me, everyone is unique, so I also give prompts along the way to allow you to go even deeper for yourself. Read with an open heart and truly consider the ideas to spark your inspiration, and start seeing positive changes in your life. You get what you anticipate; if you approach the book with negativity, you're not going to get much, if anything, out of this experience. But, if you go into it with a flexible, open heart and a positive mindset, you'll see transformation!

Be curious about it and put judgment aside; when you judge something you close yourself off to possibilities. Give it an honest effort, and if you feel yourself being met with resistance, take a deep breath and ask yourself, What if? What if I *did* try it? What if I *did* go all in? What if this *did* work? If you honestly feel that you've given it your best and it still doesn't work for you, modify it, or let it go all together. Information comes into our lives when we are ready to receive it.

People tend to brush things off as unimportant if they are simple or easy. Please don't disregard an idea just because it seems too basic or too obvious. Common knowledge isn't always very commonly practiced these days, and the real power of knowledge is its execution! Make sure you practice the exercises along the way. No one is perfect and loving yourself enough to live truly, as your authentic self, may feel impossible right now, so just make progress your goal! Celebrate all of the small wins along the way. As long as you keep moving forward, even in the smallest of increments, you'll be one step closer to knowing who you really are and getting excited about your life!

Think of it as trying to hike through the woods with a map and a compass; you pick the spot on the map where you want to end up, then you use your compass to set your course. Now, if you just look at your compass once and keep walking for hours, then if you are even a degree off, you will end up way off course. You have to keep checking in with the compass and making small adjustments along the way to make sure you're still on course for your desired target. Each step in the right direction

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gets you closer to your destination; your journey is the progress you are making along the way. Summarizing the chapters yourself by writing your top take-a-ways will keep you checking in with yourself. Write down the ideas from the chapter that land home for you. This is your journey, your trail to blaze, and your adventure to create... have fun with it!

I have a dream that every person will learn to love themselves unconditionally, and when their cup runneth over with self-love, tolerance, and acceptance, it will spread to those around them, and those around them; there will be a ripple effect so great that we can create a more peaceful world! I ask you to choose to love yourself unconditionally and spread that love not because it is easy, but because it is hard. And when you prove that you can do the hard things, others will follow your lead. By reading on, it shows that this is a challenge we are willing to accept, one we are unwilling to postpone, and one which we intend to win!

*When another person makes you suffer, it is because he suffers deeply within himself, and his suffering is spilling over. He does not need punishment; he needs help.*

**- Thich Naht Hanh**