



Join this LIVE WORKSHOP

to get your FiX!

An Introduction to

### **The TriFECTA FiX WORKSHOP**

A 60 minute Body, Mind & Soul session to install key rituals & practices to STAY the Course with your life vision and goals for 2021.

on Tuesday 19th January 2021

1:30pm EST (2:30 Caribbean) | 6:30 GMT | 8:30pm Nam

[Register & get your ZOOM link](#)



## **The TriFECTA FiX**

3 daily actions in 3 life areas for 3 weeks!

Key rituals & practices to keep you on Target!

## What is @YourCORE?

LIVE informative, exploratory & interactive sessions on all things  
***Health, Wealth & Happiness.***

Being '**@Your CORE**' is living a **Centred, Optimized, Resourceful & deeply Engaged life** to broaden our **Circle of Impact**

Mr. Pilates created the ***Magic Circle*** (Fitness ring), a small piece of equipment used to help the Pilates practitioner access our core muscles more effectively.

In creating '**@Your CORE**' I intend these LIVE ***sharing, interactive exploratory and informative sessions*** to play the role of a ***Magic Circle*** with our *Questers* and *Quest Guest Contributing 'Sages'* (wise and knowledgeable women), so we can together embrace *Higher Thriving by living a life @Our CORE.*

# The TrīFECTA FīX

with Carla ARMOUR your Nobody does *you* better *Quest Coach*  
3 key daily rituals & practices in 3 life areas for 3 weeks!

## Why this FIX? & Why NOW?

# Why Carla, what qualifies me?

**I am Carla Armour Mindset & Movement, Artist & Entrepreneur.** I coach women over 40 to be their healthiest, fittest most creative & courageous selves. **Knowing first-hand that life can be a series of sometimes extreme challenges,** I create inspiring coaching experiences combining mind-body Pilates practice with creative resilience building strategies to cultivate congruence, self-compassion and self-integrity so that my clients can get out of their way and step into their consistent FLOW.



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*So let's get started...*

*My Proclamation:*

*I am Available, I am Creative,  
I am Consistent and I am Grateful.*

# *My Invocation & Promise to you...*

*I am Grateful to You for making yourselves Available.*

*I Open this space to Divine Presence and Guidance so that we can share, receive and grow further into our potential together.*

*I invite the blessings of Wisdom, Creativity, Understanding and Gratitude. And so it should be, Amen... we are available.*

# WHAT IS THIS FIX ABOUT? Let's get right to

Introducing  
**The TrIFECTA FiX**  
with Carla ARMOUR your Nobody does *you* better  
*Quest Coach*

3 daily actions in 3 life areas for 3 weeks!  
Key rituals & practices to stay on Target  
with your life vision & goals.

**Centred • Creative • Consistent • Connected**

[carlaarmourcoaching.com/trifecta-fix](http://carlaarmourcoaching.com/trifecta-fix)



**Join me for the entire 3 week FiX for just us\$47.**

## What you will get out of this FiX.

- ❑ Some reflective self-care & creative activities to get out of the Stress State & release those Happy Hormones to get you into a Rest & Response State.
- ❑ You will learn to be calm, balanced & healthy. Feeling energized and inspired in body, mind & spirit, improving sleep too.
- ❑ Tips on hydration, eating, exercise and movement so you feel Fit Strong & Flexibl, to maintain energy and **manage weight effectively AND for good!**
- ❑ You will do creative Proclamations & Gratitude posts and innovative 'Goals Settling' so you become a doer, not just a talker, **YOU WILL WALK the TALK!**
- ❑ You will start to feel authentic with others in all situations, being in control of your emotions and reactions to dwell in the Rest, Recovery & Response state more easily.

Centred | Creative | Consistent | Connected  
In Body Mind Heart & Soul

## CHECKLIST

### 1. How to Be Centred in your Spirit:

- ☐ 3 Mindful moments a day: Breath rituals
- ☐ Read your 'Personal Proclamation' 3 x a day.
- ☐ Share 3 things you are GRATEFUL for with  
**SOMEONE** you are Grateful to have in your life.

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## CHECKLIST

### 1. How to stay **CONSISTENT** with your **BODY**:

- ☐ A 3 minute **Positive Pilates Posture** practice 3x a day.
- ☐ 3 litres of **Water** & 3 x **Nutrition** a day.
- ☐ 3 types of **Movement** a day: Fit (Cardio) • Strong (Strength), Flexible (Stretch).

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## CHECKLIST

### 3. How to HAVE a Creative MIND:

- ☐ **Settle** on **3 goals** to accomplish each day.
- ☐ Ask yourself the **CORE Questions** for each goal you are **settling** on.
- ☐ **Celebrate 3 things** at the end of the day.

Centred | Creative | Consistent | Connected  
In Body Mind Heart & Soul

## How it's done. *Hydration & Nutrition*

- **3 Litres** of good clean water:  
**1 litre by 9am, 2 litres by 2pm, 3rd litres by 9pm**
- **Eat good healthy low starch foods** and loads of high- water content foods (vegetables and salads) at least 3 times a day **within a maximum 9 hour window.**

Centred | Creative | Consistent | Connected  
In Body Mind Heart & Soul

## How it's done.

### *Exercise Exaggerations & Movement Myths*

- 3 types of **Movement** to keep you

**Fit, Strong & *Flexible***

**Cardio • Strength • Stretch**

- **My Positive Pilates Posture Practice**

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In Body Mind Heart & Soul

## Morning:

- ☐ **Breath & Surrender Meditation.** By the end, you will find that you have a few things to be **grateful for** or **to celebrate with a deep belly laugh or hug.**
- ☐ Do your **Positive Pilates Posture Practice & at least 20 mins exercise.**
- ☐ Say your **Personal Proclamation** then **review or make up your list of the 3 most important Goals** you have **to accomplish today.**
- ☐ Make sure you ask **your CORE questions**, ensure they are **congruent with your Life Legacy Statement/Vision.**

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## Midday:

- ☐ **5 minute Standing Breathing & Centring** moments with your **Positive Pilates Posture Practice** whisper your **Personal Proclamation** to yourself
- ☐ **Find Something new to be grateful for** or **someone you can be grateful for** having been there for you this morning.
- ☐ Make sure you mentally check in, **Am I living at My Core?** Ask your CORE questions to ensure you are **congruent with your Life Legacy Statement/Vision.**

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## Afternoon / Evening:

- ☐ Make a note of **3 things you are grateful for today**. Make it as a Gratitude not to someone you want to thank. **Celebrate that person**.
- ☐ Find something about yourself to laugh about while you are doing your **Pilates Posture Practice** and move or **stretch** your body somehow.
- ☐ Say your **Personal Proclamation** then fall asleep doing your **Breath & Gratitude Prayer**.
- ☐ You may want to **review and plan your goals for tomorrow** before bed.

# *The Goal Setting Questions*

## CORE *Activators*

Centred | Optimized | Resourceful | Engaged  
Mind, Body, Heart & Soul authenticating matrix.

## CENTRED

with Clarity, Creativity,  
Compassion, Congruence,  
Caring & Connection

Aligned with my divine potential, with my  
Values, Inspirations, Passions, Past  
Experiences, Talents & Skills (VIPs & PETS)

## OPTIMIZED

Continuously Optimizing  
my assets & potential.

Open to all Options & Opportunities  
Perpetual physical & intellectual growth and  
insight to think outside the box and be fit for  
my divine purpose with confident connection.

## ENGAGED

Empowered & Energized  
Committed, Contracted, Purposed

I know WHO I am engaging with.  
I know WHY I am engaging in this.  
I am fully engaged with those who matter  
and need my love and contribution?

## RESOURCEFUL

Reflection Release Resistance  
& Restrictions. Re-energise

Restructure, Renewal.  
I know that life is a journey with ups &  
downs. Each day I can dismiss old limiting  
beliefs, destructive habits & behaviours.

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## *My Personal Proclamations*

These are created through the **VIP's & PETS Exercise**  
to develop clarity and purpose.

*Values • Inspirations • Passions • Past Experiences • Talents & Skills*

*“The relationship you have with yourself is the relationship you have with everyone else.”*

So will you join me for the entire  
3 week FiX for just us\$47.

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What is this *Quest*?

12 weeks to the  
strongest, fittest &  
most creative &  
courageous you!

Nobody does  
*you* better.

A deep diving, mind-shifting,  
body shaping, habit forming  
exclusive *Quest*.



Thank you, Thank you,  
Thank you  
to all of you for joining this  
introduction of

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at this week's

@your  
**CORE**



Your host *Quest Coach* Carla Armour  
Mindset & Movement Coach,  
Pilates & Personal Trainer,  
Artist & Entrepreneur

## MORE ABOUT YOUR COACH CARLA ARMOUR

Carla Armour **coaches and mentors high achieving women, focusing on Mindset shifts, Mind-body connections and the treatment of trauma and injury, to awaken their inner power** to be Centred, Creative, Consistent & Congruent so they can live a Courageous Life with deep Connection. She creates inspiring coaching experiences that combine deep mind-body Living Pilates practice & philosophy with creative resilience coaching techniques and strategies. This approach is aimed at cultivating values of self-compassion and self-integrity so they can **get out of their way and step into their consistent FLOW.**

She is a Life Coach, Pilates Instructor, Personal Trainer, Artist & Creative Tourism Consultant and Entrepreneur with over 35 years' experience in these industries. and NGO's in the Caribbean (Dominica), New York City, US, Namibia and England. Carla is currently the CEO and Coach/Consultant of Carla Armour Ltd. (UK) and Vetivert Inc. (Dominica). **Carla combines her passions, with decades of expertise and life experiences to serve from her core, with love, respect and authenticity.**