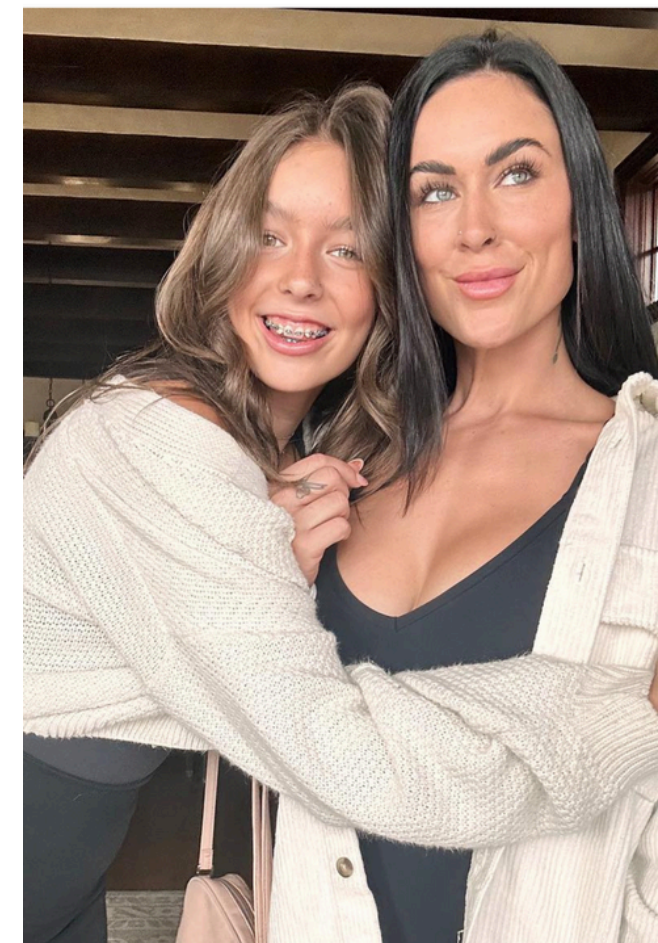
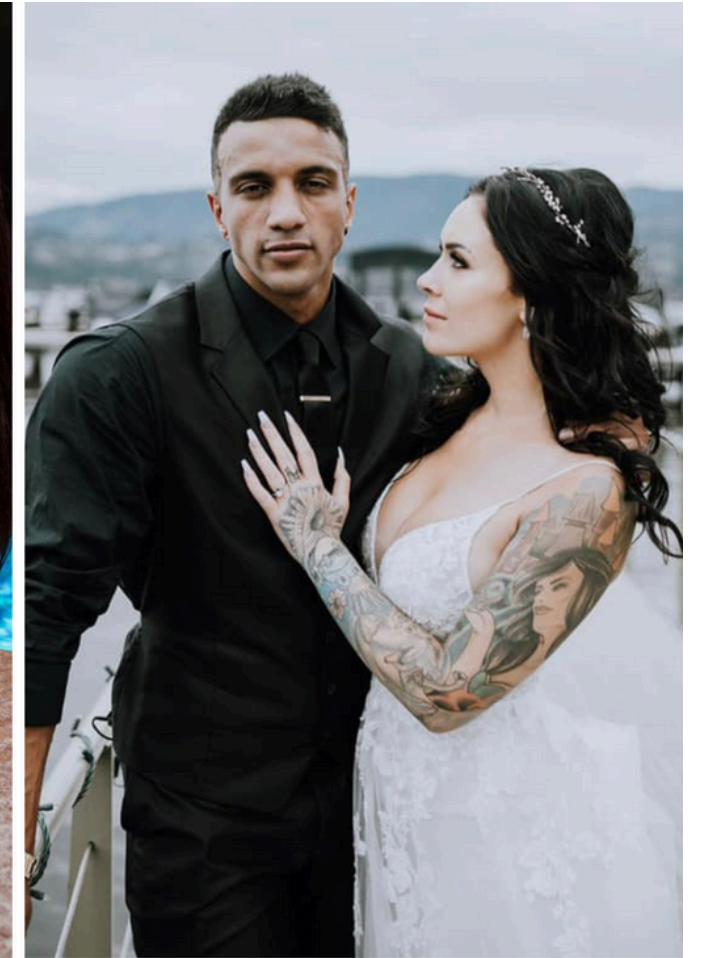
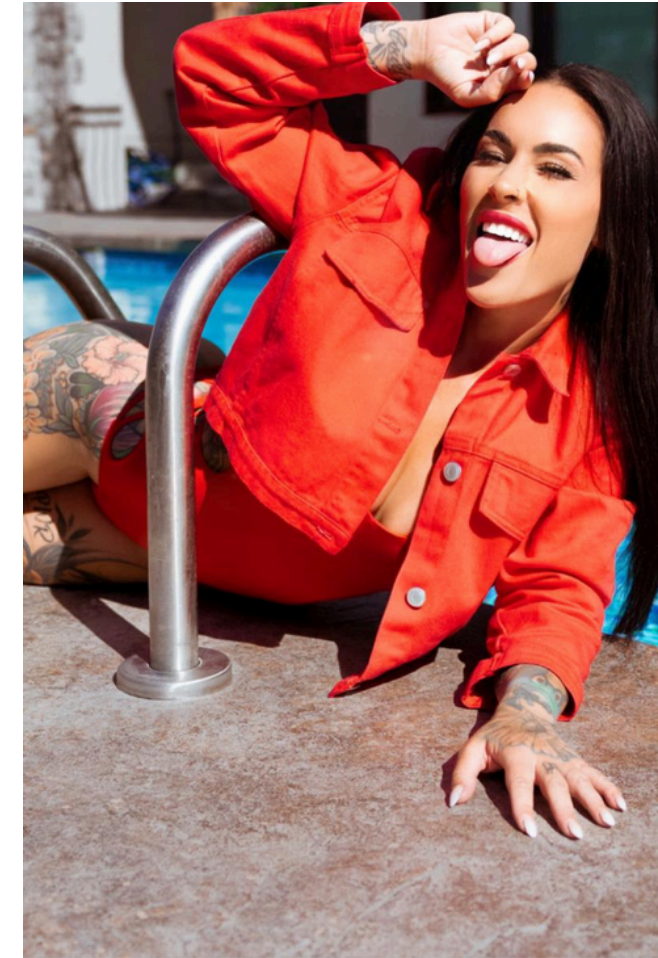
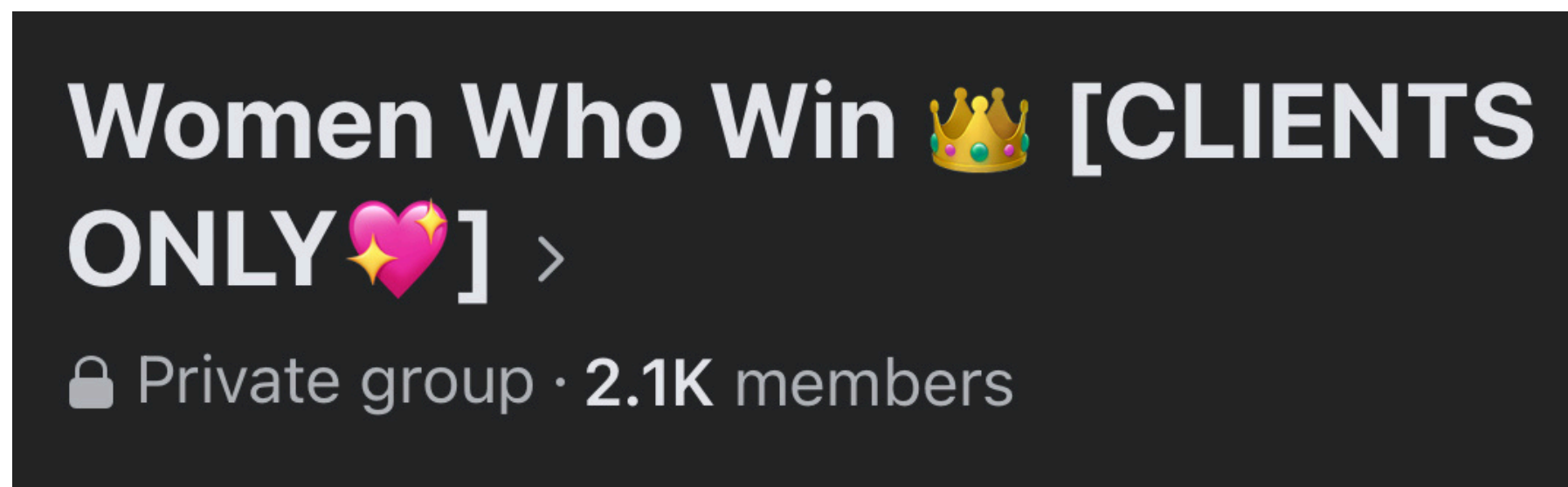




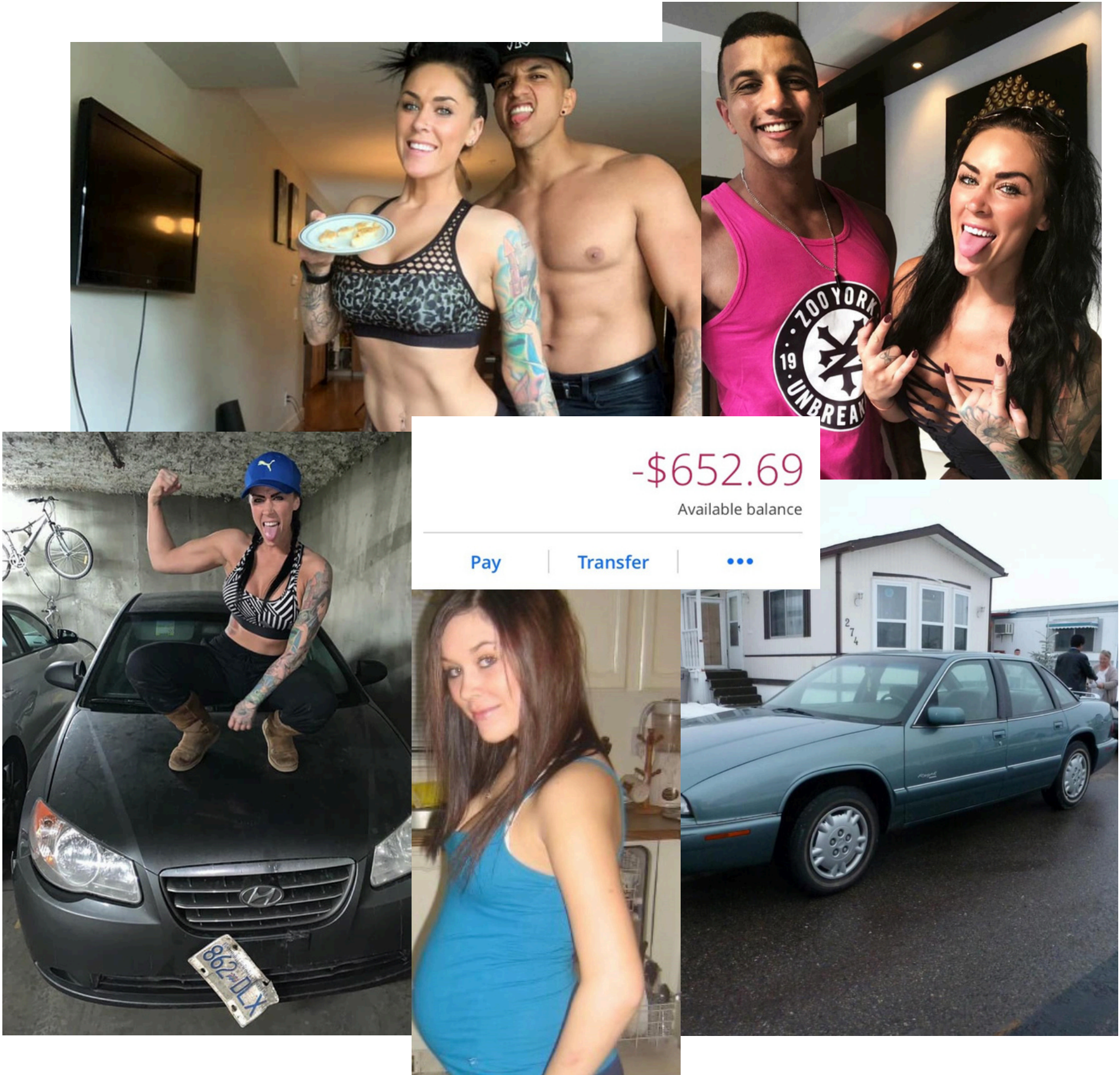
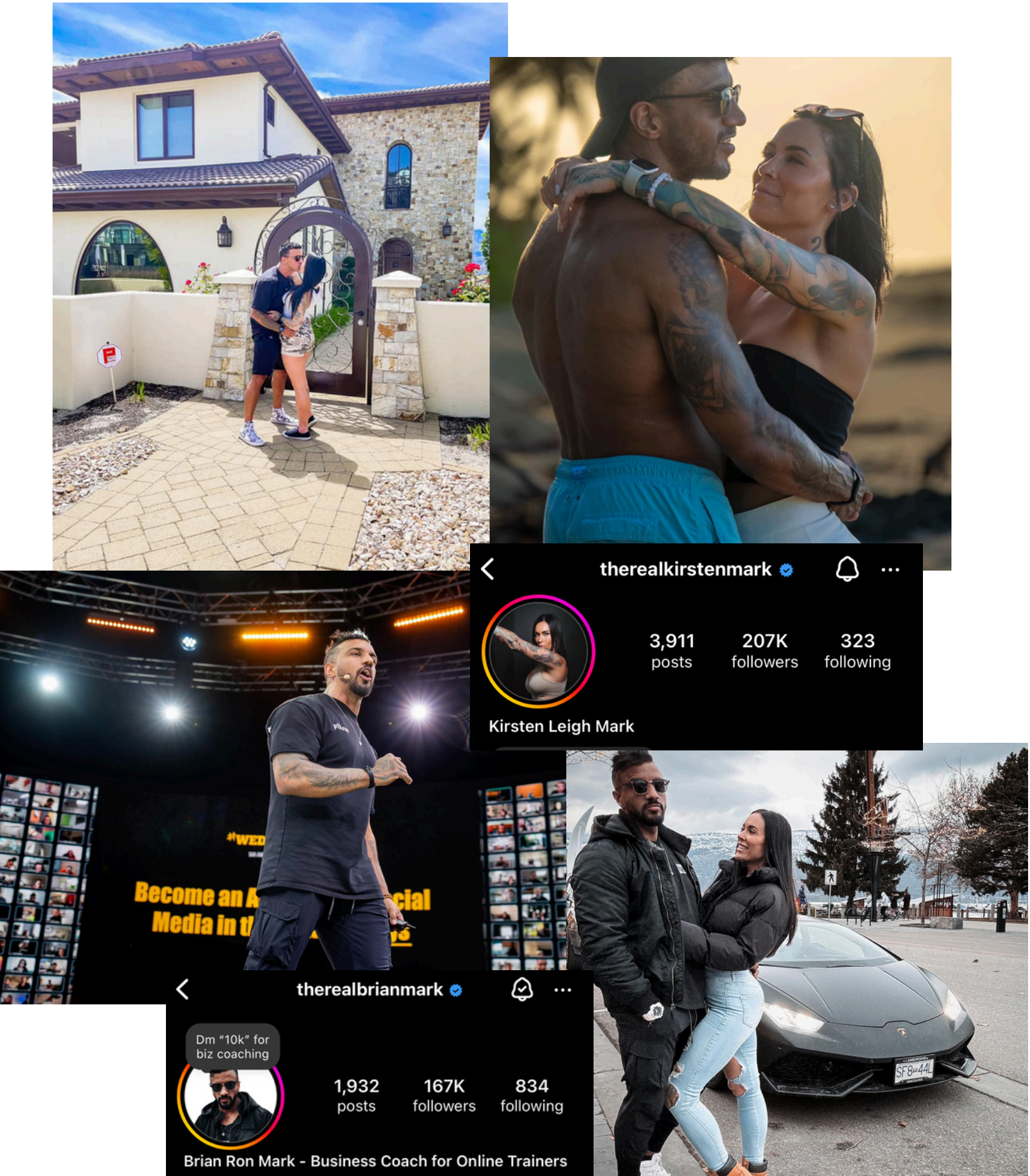
KIRSTEN MARK PRESENTS

# RISE UP

TO THE CHALLENGE

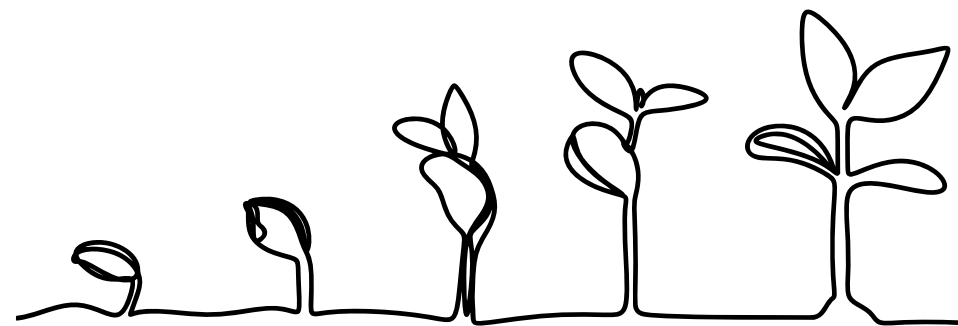


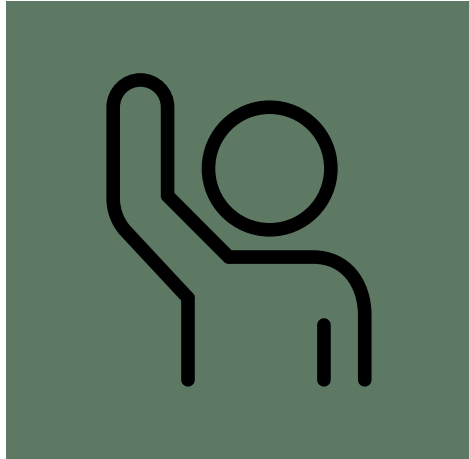
# What you guys see 📱



# What you guys don't see 📱

YOU SEE WHERE WE ARE BUT A LOT OF THE TIME YOU FORGET  
THE CHALLENGES WE FACED TO GET TO THIS PLACE.





Who here is currently facing some sort of challenge?



I always try to replace the word struggle with challenge because.. What does not challenge us doesn't CHANGE us..



And can we agree that we are all here to change some fkn lives? And can we agree that in order for us to change our clients lives we need to start with ourself first? Who wants to change lives and make some MONEY?

MY GOAL FOR  
TODAYS TRAINING:

**TAKE YOU FROM  
STUCK IN YOUR  
STRUGGLES TO  
HAVING YOUR  
CHALLENGES  
FOSTER AND  
SUPPORT YOUR  
PERSONAL  
GROWTH AND  
YOUR BOOMIN  
ONLINE BIZ.**

PRIDE AND PREJUDICE

when her sisters abused it as ugly, she added, with perfect concern, 'Oh! but there were two or three much uglier in the country; and when I have bought some prettier-coloured satin in France, it will be very tolerable. Besides, it will not much signify what one wears this summer, after the summer have left Meryton, and they are going in a fortnight.' 'Are they indeed?' cried Elizabeth, with the greatest satisfaction. 'They are going to be encamped near Brighton; and I do so want papa to take us all there for the summer! It would be such a delicious scheme, and I dare say would hardly cost anything at all. Mamma would like to go too of all things! Only think what a miserable summer else we shall have!' 'Yes,' thought Elizabeth, 'that would be a delightful scheme, indeed, and completely do for us at once. Good Heaven! Brighton, and a whole camp full of soldiers, to us, who have been overset already by one poor regiment of militia, and the monthly balls of Meryton!' 'Now I have got some news for you,' said Lydia, as they went down to table. 'What do you think? It is excellent news, capital news, and about a certain person that we all like.' Jane and Elizabeth looked at each other, and the waiter was told that he need not hear, as if he cared! I dare say he often hears worse things said than I am going to say. But he is an ugly fellow! I am glad he is gone. I never saw such a long chin in my life. Well, but now for my news: it is about dear Wickham; too good for the waiter, is not it? There is no danger of Wickham's marrying Mary King.—There's for you! She is gone down to her uncle at Liverpool; gone to stay. Wickham is safe.' 'And Mary King is safe!' added Elizabeth; 'safe from a connection imprudent as to fortune.' 'She is a great fool for going away, if she liked him.' 'But I hope there is no strong attachment on either side,' said Jane. 'I am sure there is not on *his*. I will answer for it he never

Elizabeth was she  
such coarseness of ex  
was little other than  
fancied liberal!  
As soon as all  
was ordered; and  
all their boxes, w  
addition of Kitty  
'How nicely  
I bought my bonnet, if it is only for the fun of ha  
bandbox! Well, now let us be quite comfortable  
and talk and laugh all the way home. And in  
let us hear what has happened to you all, since y  
Have you seen any pleasant men? Have you h  
I was in great hopes that one of you would hav  
before you came back. Jane will be quite an  
I declare. She is almost three-and-twenty! L  
I should be of not being married before three  
aunt Philips wants you so to get husbands, yo  
says Lizzy had better have taken Mr. Collins  
there would have been any of you! and then I  
to be married before any of you! we had  
about to all the balls. Dear me! we had  
fun the other day at Colonel Forster's.  
spend the day there, and Mrs. Forster p  
dance in the evening (by the bye, Mrs.  
friends!); and so she asked the two K  
Harriet was ill, and so Pen was force  
then, what do you think we did? W  
in woman's clothes, on purpose to  
what fun! Not a soul knew of it, b  
and Kitty and me, except my aunt,  
one of her gowns; and you cannot  
When Denny, and Wickham, an  
of the men came in, they did not

PRIDE AND PREJUDICE

when her sisters abused it as ugly, she added, with perfect concern, "Oh! but there were two or three much uglier in the shire; and when I have bought some prettier-coloured satin to make it with fresh, I think it will be very tolerable. Besides, it does not much signify what one wears this summer, after the shire have left Meryton, and they are going in a fortnight."

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"She is a great fool for going away, if she liked him."


"But I hope there is no strong attachment on either side," said Jane.

"I am sure there is not on his. I will answer for it he never

**THERE HAVE BEEN MANY  
MOMENTS IN MY LIFE WHERE I  
THOUGHT A CHALLENGE WAS  
GOING TO COMPLETELY  
CONSUME ME, TAKE ME OUT,  
HOLD ME DOWN..**

But I always rise up.





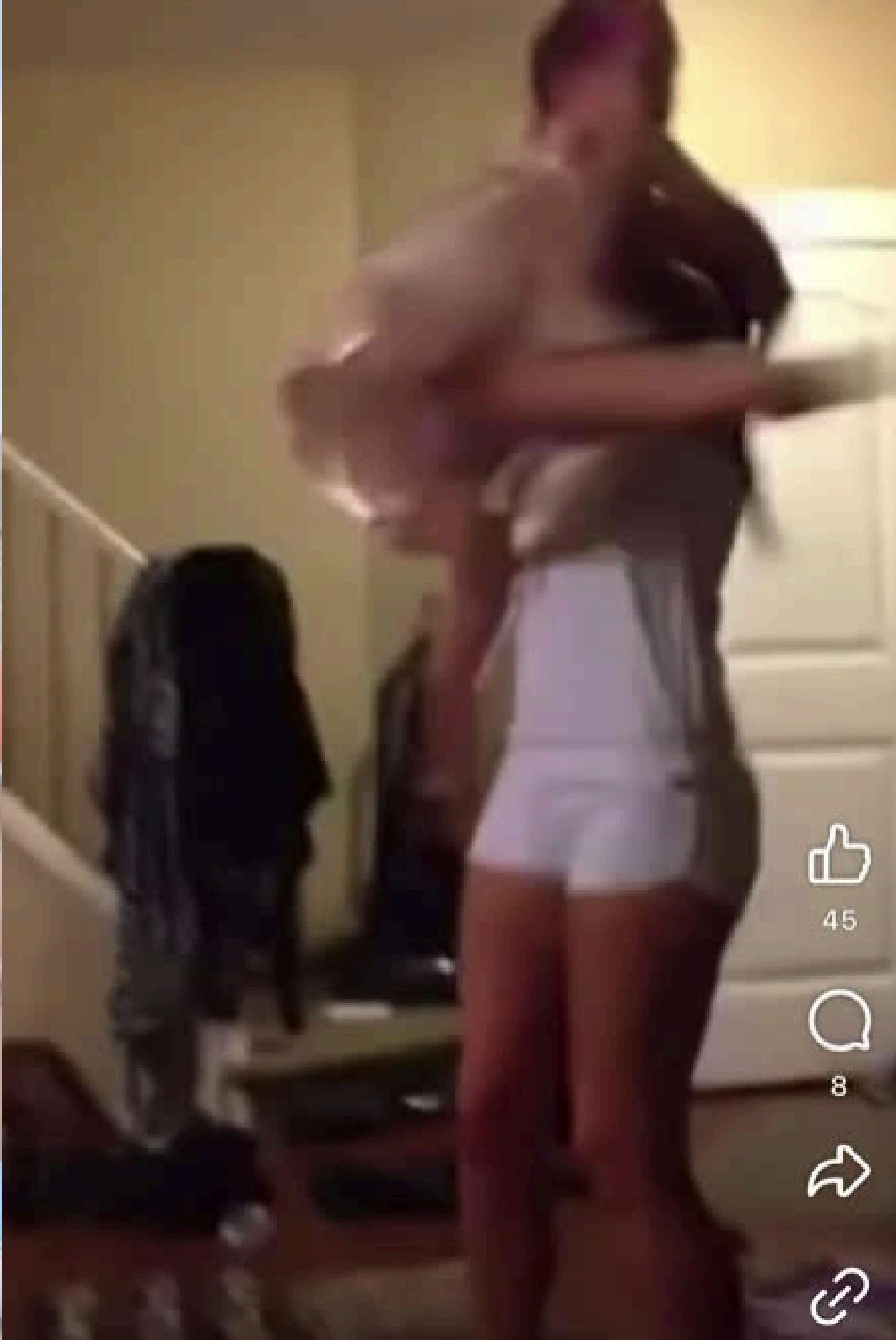
**Today I am going to  
TEACH you all 3  
incredibly important  
lessons through my  
own story.**

*Let's get this party started*



**At 16  
years old,  
I found  
out I was  
pregnant.**





Haylees dad and I tried to  
make it work

But as time passed, we  
drifted.

The thought of leaving  
terrified me, since 14 we  
had been by each others  
side. The thought of being  
alone, the thought of it just  
being me and Haylee,  
scared the absolute shit  
out of me.



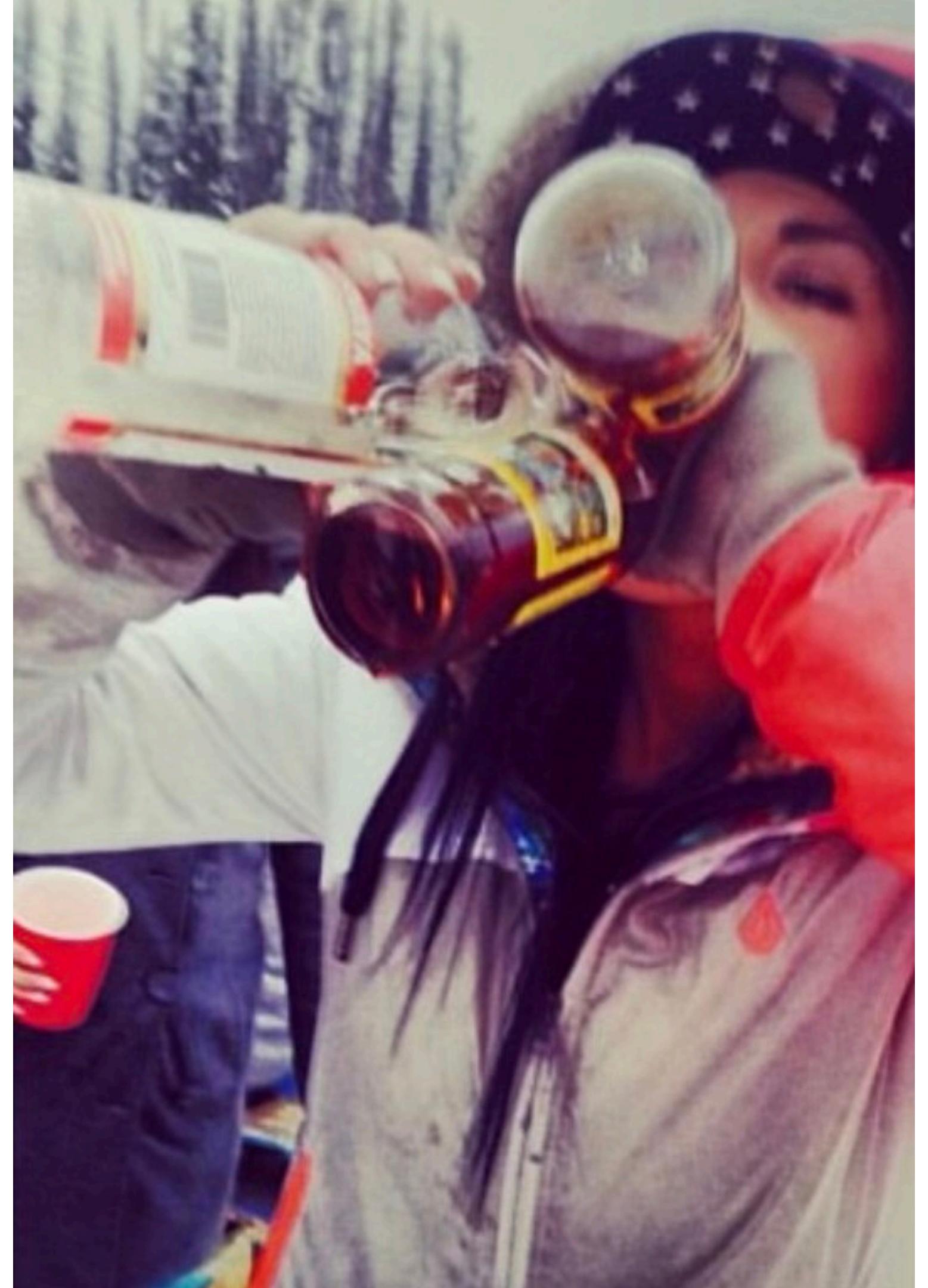


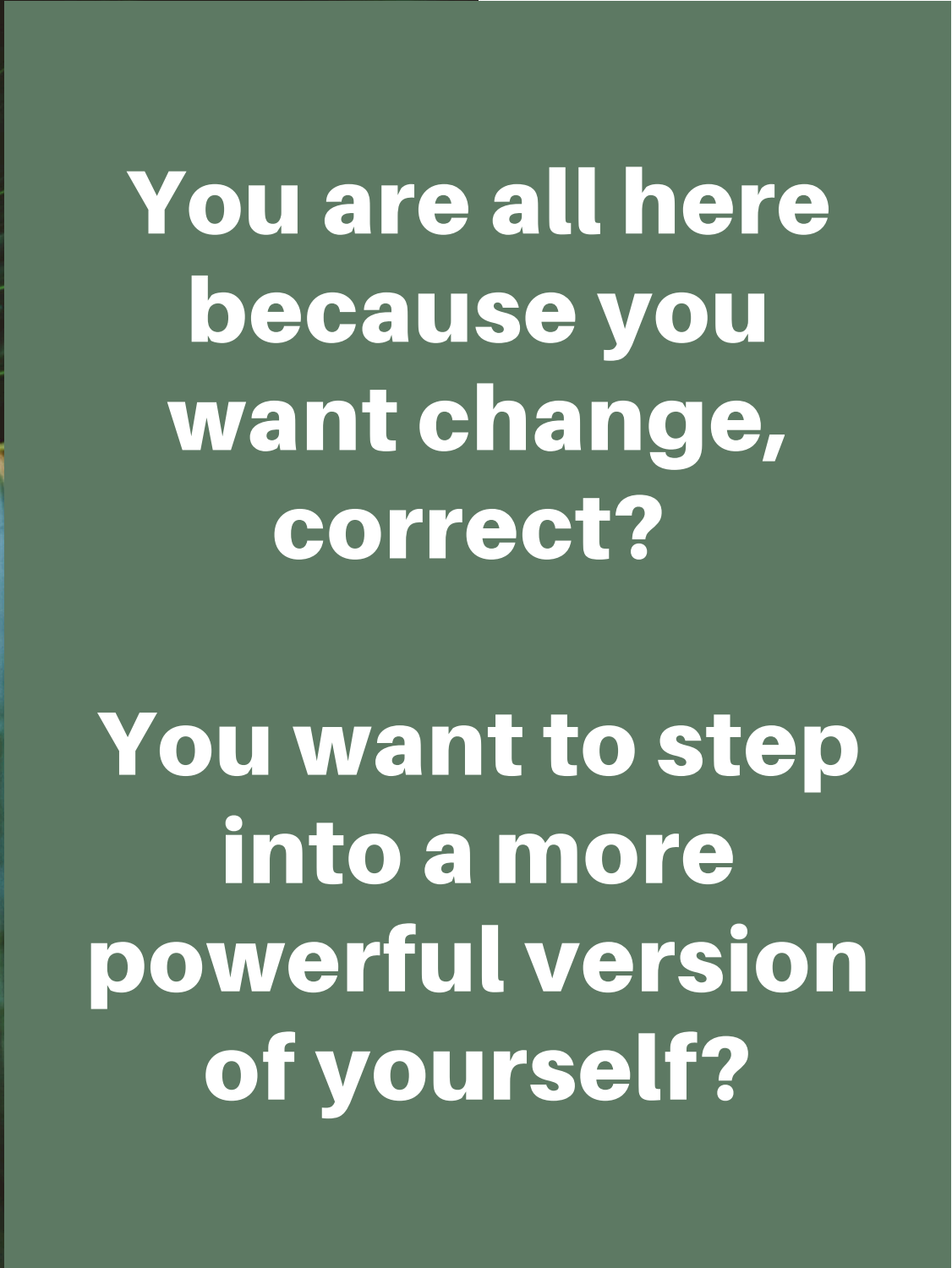
SO I STAYED, AND WE  
CONTINUED TO DRIFT..

He played video games and smoked weed

I went out and sought the attention that I  
didn't feel I was getting inside our  
relationship

**Throughout my  
drinking I  
reached a place  
where I wanted  
to change, I  
wasn't HAPPY  
with where I  
was.**





**You are all here  
because you  
want change,  
correct?**

**You want to step  
into a more  
powerful version  
of yourself?**

## I INVESTED IN A GYM MEMBERSHIP

I TRIED to get Haylee's dad to run with me, to eat better, but I was trying to force change on someone that wasn't ready for it.

## REMEMBER JUST BECAUSE YOU ARE MAKING A CHOICE FOR YOU

DOES NOT mean the people in your life are going to follow your lead.

## I ENDED UP BEING UNFAITHFUL IN THIS RELATIONSHIP

And to this day, that has been one of the hardest things for me to work through.

He didn't understand me, and I didn't understand him.

I am not better than him, he is not better than me but being together no longer aligned.

**Who here has felt misunderstood by their family or friends when it comes to your online business?**

*Maybe they call you crazy.*

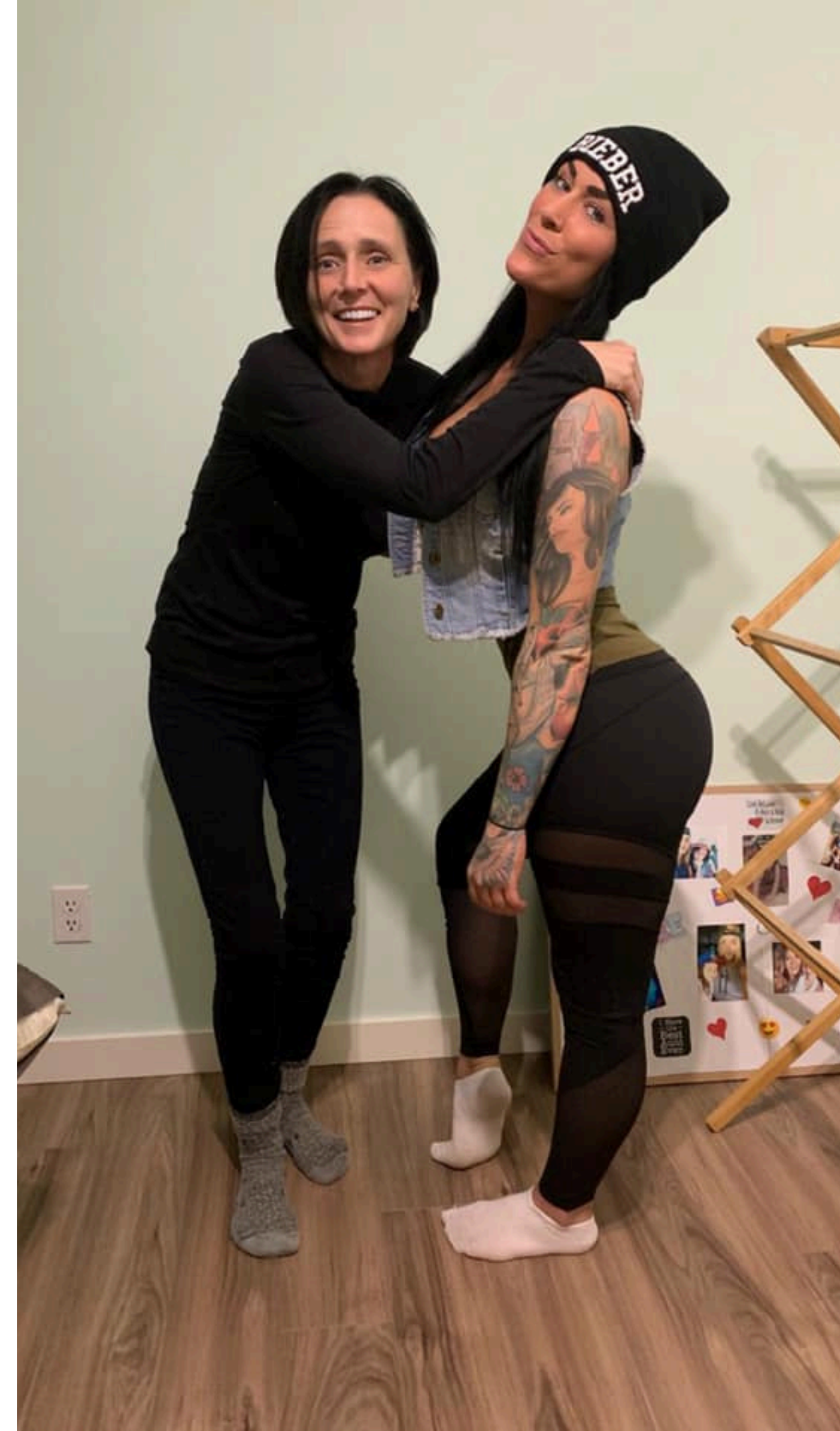
T e l l   y o u   t o   p l a y   i t   s a f e .



# It was a talk with my mom that changed it all for me.

*I EVENTUALLY WORKED UP THE COURAGE TO LEAVE THE RELATIONSHIP.*

I REMEMBER TO THIS DAY THE GUT WRENCHING FEELING OF WATCHING MY DAUGHTER'S DAD PUT HIS STUFF IN A GARBAGE BAG AND LEAVE OUR HOME.



# LESSON #1

EMBRACING YOUR FEAR  
AND FACING THE  
CHALLENGE IS FAR  
LESS CONSEQUENTIAL  
THAN PLAYING IT 'SAFE'

**IF I DIDN'T FACE MY  
FEAR OF BEING ALONE,  
I WOULDN'T BE HERE  
SPEAKING IN FRONT OF  
YOU TODAY.**

*Fear will leave you with two options:*

**Y o u   c a n :**

1. Pretend it doesn't exist, avoid it but we all know it'll creep it's way into your mind.
2. Face the fucking fear and RISE UP to the challenge.





Leaving Haylee's dad  
left me with more than  
just the challenge of a  
breakup..

It left me with the challenge of providing a roof over mine and Haylee's head and groceries on the table on my own.

It left me trying to navigate this new life with Haylee, hoping that one day she would understand.

**But this CHALLENGE  
forced me to rise up.**

It taught me that one of my core values is LOYALTY.

The way I felt after being unfaithful was a way I refused to ever feel again.

I can remember Haylee being  
absolutely devastated when I  
told her her dad was moving out.

I felt like a bad mom.

That maybe I should have  
stayed, not for me FOR HER.

Our relationship after that was a  
challenge.

BUT what do we do when we are  
faced with a challenge?

**WE RISE UP.**





**Throughout all  
this chaos I was  
using the  
resentment of my  
past self to fuel  
my fire.**

I wasn't doing this for her, I  
was doing this because I was  
so MAD at her.

I WOULD RUN,  
HIT THE GYM.

I HAD EVERYONE ASKING ME WHAT I WAS DOING, WHAT WAS I  
EATING?

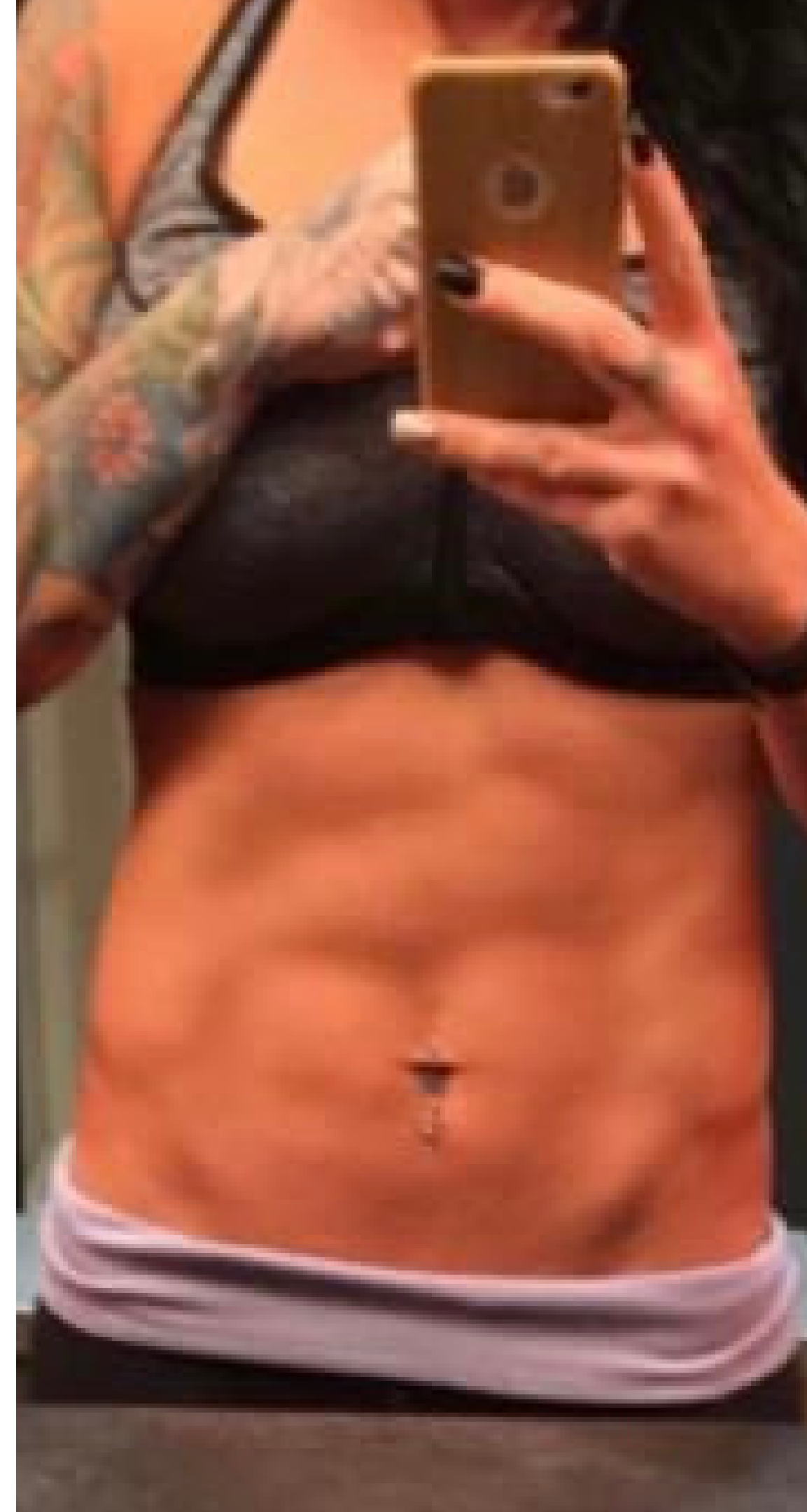
I TOOK IT TO AN EXTREME THAT YOU NEVER SHOULD IN A FITNESS  
JOURNEY.

CERTAINLY I HAD A 6 PACK BUT MY PERIOD STOPPED FOR OVER 6  
MONTHS AND I WAS MAYBE CONSUMING 1000 CALS DAILY.

I WASN'T PROCESSING ANY OF MY EMOTIONS I JUST TRIED TO  
OUTWORK THEM.

*KEEP MYSELF DISTRACTED.*

GYM  
RUN  
WORK  
REPEAT



**1%**



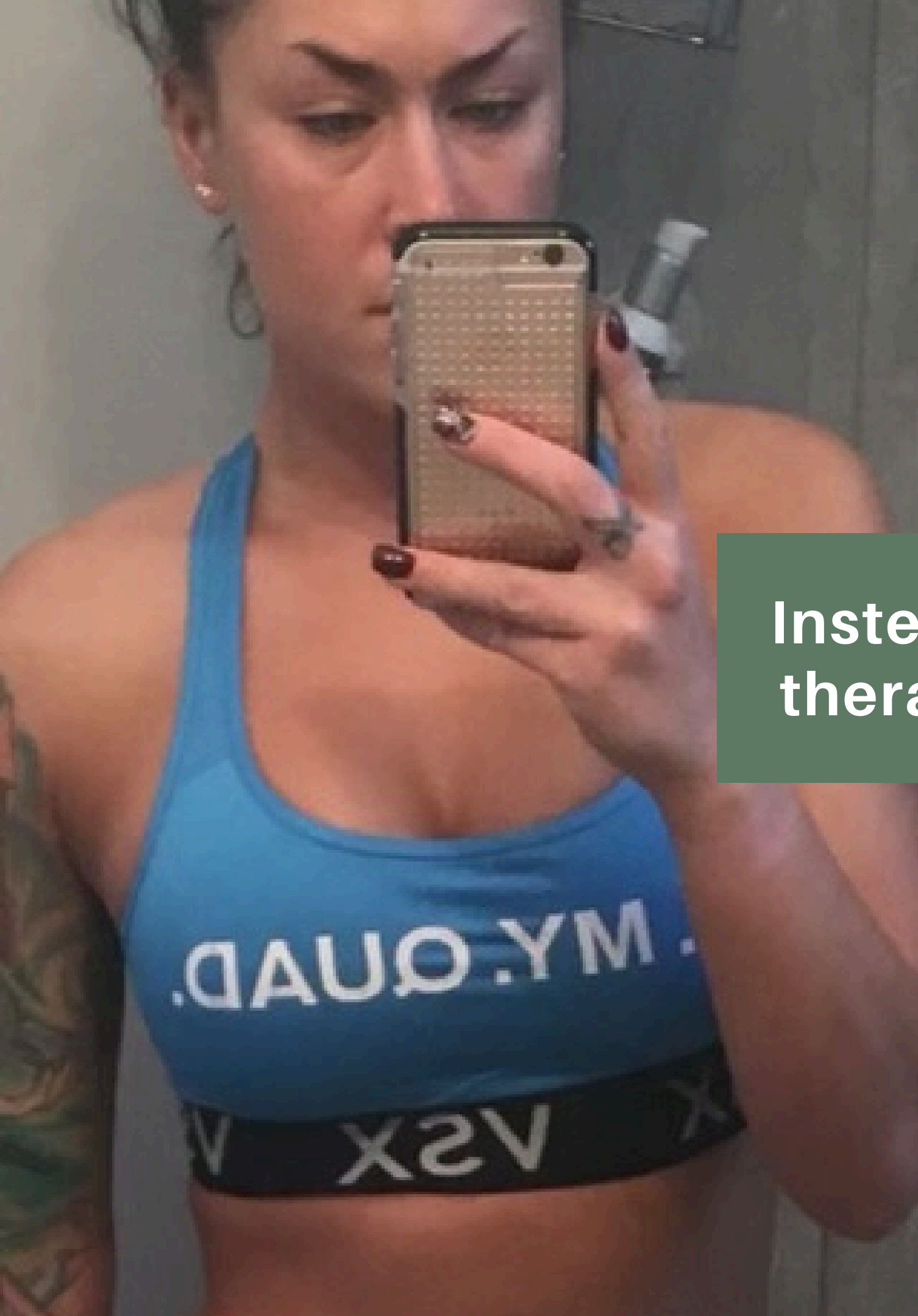
**At one point I  
was working at  
original joes,  
bartending at  
a night club &  
teaching  
bootcamps .**

I was burning out .



**I couldn't keep  
going at the pace I  
was going.**

Eventually it all became too much to  
handle and I crumbled hard.



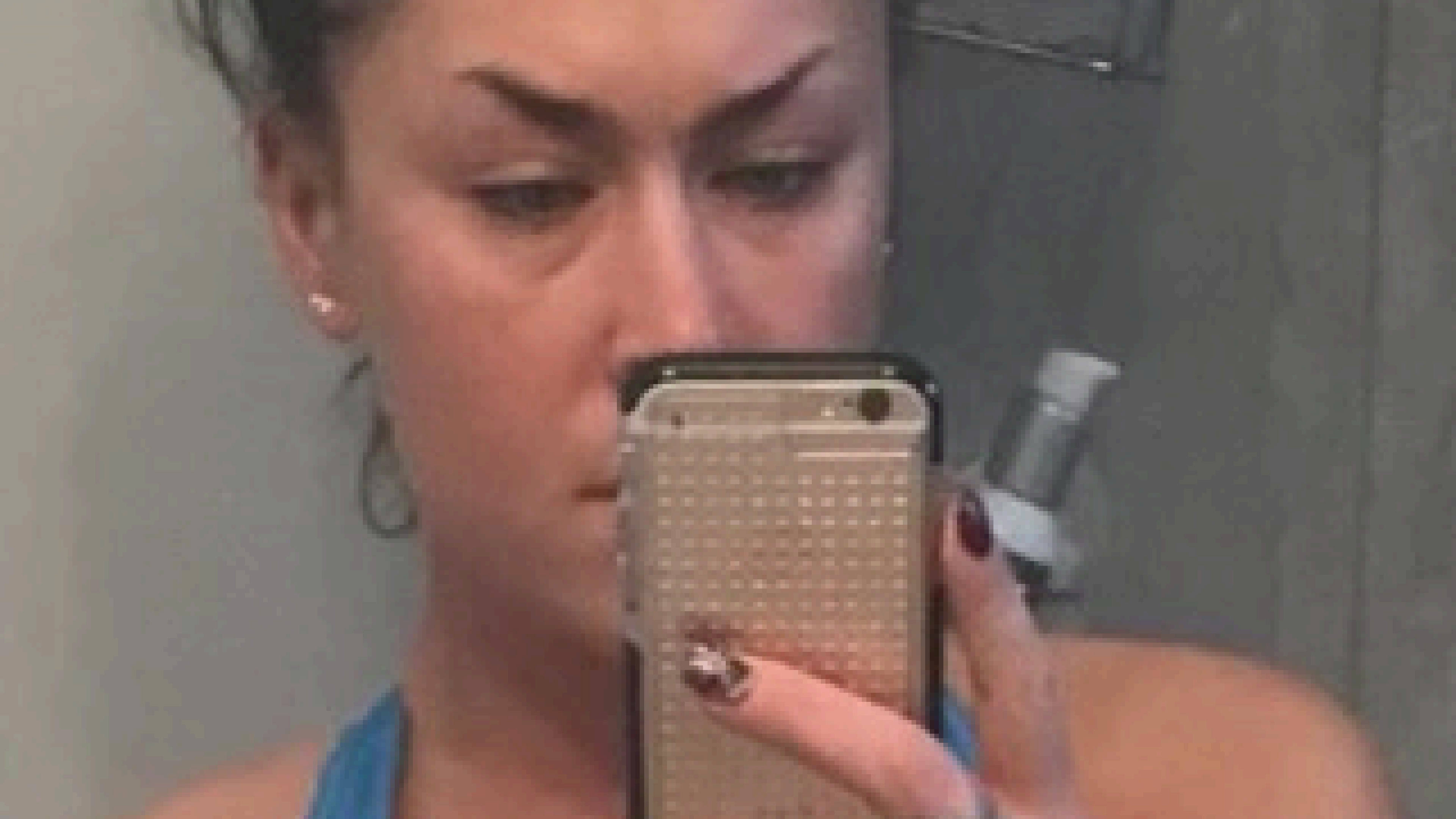
**Instead of  
therapy..**

**Or even just  
opening up  
to someone.**

I started to use food as a  
coping mechanism.

I found myself in my car  
binge eating 5000+ calories  
on a daily basis.

This is what unprocessed  
emotions looks like.



# The Feelings Circle

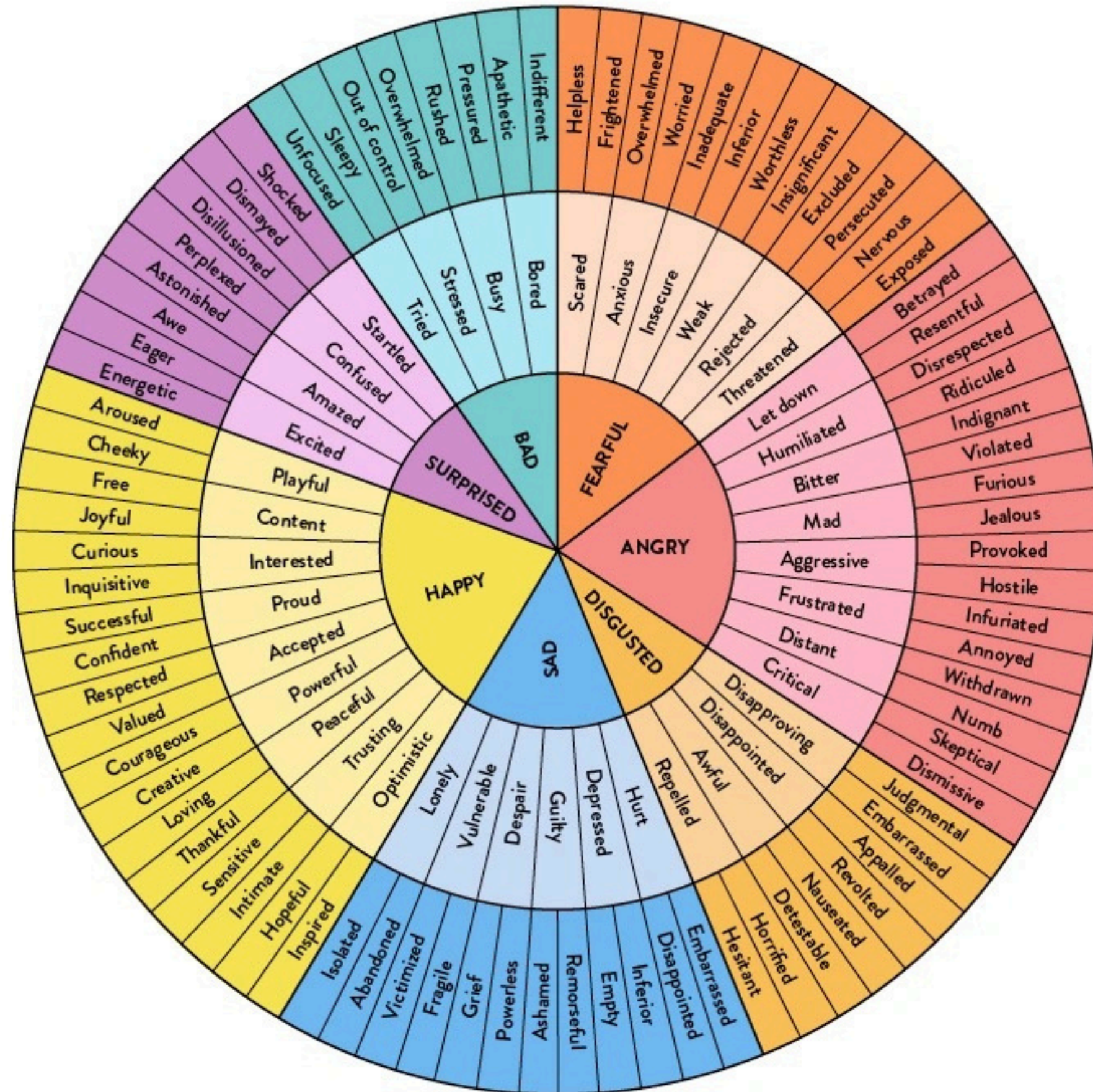
I honestly didn't know HOW to process my emotions or even WHAT the emotions were that were coming up.

Not too long ago I found this 'FEELINGS circle'

*Yes boys, this is for you too.*

This can help you better understand what the actual emotion IS that you are feeling so you can allow it to be there and to pass.

Every emotion that you feel is temporary but they get stuck when we refuse to acknowledge them or try to outwork them.



# LESSON #2

EMOTIONS NEED TO BE  
PROCESSED, NOT JUDGED.

I want you all to know that your emotions are  
valid.

If you are feeling them they are there.

And some people won't understand them,  
they don't need to.

But you NEED to have the courage to work  
through them, because if you don't they will  
continue to show their face.



**Let me  
give you  
an  
analogy.**

Our food works for us once it's metabolized. We eat it, our body metabolizes it and that is when our body gets the benefits from the nutrients...

If you WERE to eat and eat and eat but your body DIDN'T metabolize the food what would happen?

You would get backed up, the food would essentially be stuck in your system and wouldn't be providing you with the nutrients needed.

*Now let's imagine our emotions are the food.*

We feel angry, sad, frustrated, jealous and we never actually allow ourselves to metabolize the emotions so they can work FOR us VS against us.

Now we are emotionally backed up and those emotions need to be metabolized in order for us to learn, grow and reap the benefits from them.



**Eventually I opened up and was honest about what I was going through, I invested in a therapist and I actually started to work **THROUGH** the emotional back up.**

**I WASN'T PERFECT BUT I WAS MAKING PROGRESS**

NOW WHO HERE IS FROM THE CLA?  
THE MASTERMIND?

You guys HAVE a community to lean on.

WHO HERE HAS COMPARED THEMSELVES TO  
SOMEONE IN THE ACADEMY?

Felt jealousy, insecurities, fear..

**The emotions that you are feeling are not only normal, OTHER people have felt them too.**

Bless Brian and Cole because they have made a SAFE space for you to work through these emotions.

Feeling imposter syndrome?

*Hey me too.*

Felling stuck in a cycle of comparison that is getting you no where?

*Hey me too.*

**Lean on the community, they want to help.**



OKAY SO NOW I'M A SINGLE BOSS ASS B WORKING 3 JOBS,  
ACTUALLY STARTING TO PROCESS MY EMOTIONS. NOW I WAS  
CERTAIN I WAS READY FOR MR RIGHT...



## *INTRODUCING 'NOT MR RIGHT'*

I STARTED TALKING WITH THIS GUY  
ONLINE AND WE CONNECTED  
IMMEDIATELY.

He had a light sense of humour.

He took care of himself

AND he wanted to get to know me VS the  
guys who would call me when they wanted  
'uknowwhat'


Little did I know I was entering one of the  
most challenging phases of my life to date.



# **This relationship got bad (very bad)**

My self worth tanked.

And neither of us  
were willing to  
leave [even tho  
we both knew we  
needed to]



I was starting to  
repeat the same  
cycle I did with  
Haylee's dad.

**Who here has  
made the same  
'mistake' more  
than once?**

Or found themselves in a cycle that  
doesn't serve them?

Nowwww what do we do when we  
are faced with a challenge?

**W E R I S E U P**

But this time I ROSE quicker ..

**I made the  
decision to invest  
money I DID NOT  
have into the 8  
weeks to freedom,  
Brians first ever  
Mastermind**

Not only that.....

Hi mom. First of all I love you. I know I'm not in a good financial place right now but there is an investment I need to make. I promise you that I NEED to do this. It's \$900 and I can put the rest on my cc. Would you and dad lend me the money. I'll pay you back.

Read 11:01 AM

Kirsten, you've got to be kidding me!! What is this investment you are talking about? Your dad works at the bank, he knows how much debt you're in. I hope you're kidding.

Just stay with your friends ok

No leaving and going by  
yourself

Stay with someone at all times

Lol

From haylee

You can't be alone

**I called my mom  
and said "I am  
leaving the  
country and I  
need you to  
watch Haylee"**



**I left all my jobs.**

**I left my daughter.**

**I left everything back  
in Kelowna to travel to  
the other side of the  
world with two  
strange men I had  
never met and take  
this online thing  
seriously.**

**MY FAMILY THOUGHT I WAS FUCKING CRAZY.  
MY MOM CALLED ME IN THE MIDDLE OF THE  
NIGHT BEGGING ME NOT TO GO.  
BUT SOMETHING INSIDE ME TOLD ME...**

I needed to go.

I needed to listen to Kirsten.

I needed to get of Kelowna and I needed to go all in and  
make this happen.

And so I packed my bags dropped my daughter off and  
drove to Vancouver crying, continuing to tell myself this  
was the right move.

If I didn't make money in Bali I wouldn't have been able to  
come home to my daughter.

**I was literally BROKER THAN BROKE.**

# In Bali..

1. I fell madly in love with Brian, I mean I would explain why but look at him, he didn't fall in love with me but as you can see I get what I want eventually.

2. You guys I made more money in a day than I ever had working 3 jobs.

I didn't just go to Bali I went to Bali **ALL IN**  
I went to Bali with the belief that I was made for more.

I was a teen mom, struggling with bad relationships,  
burnout you name it..

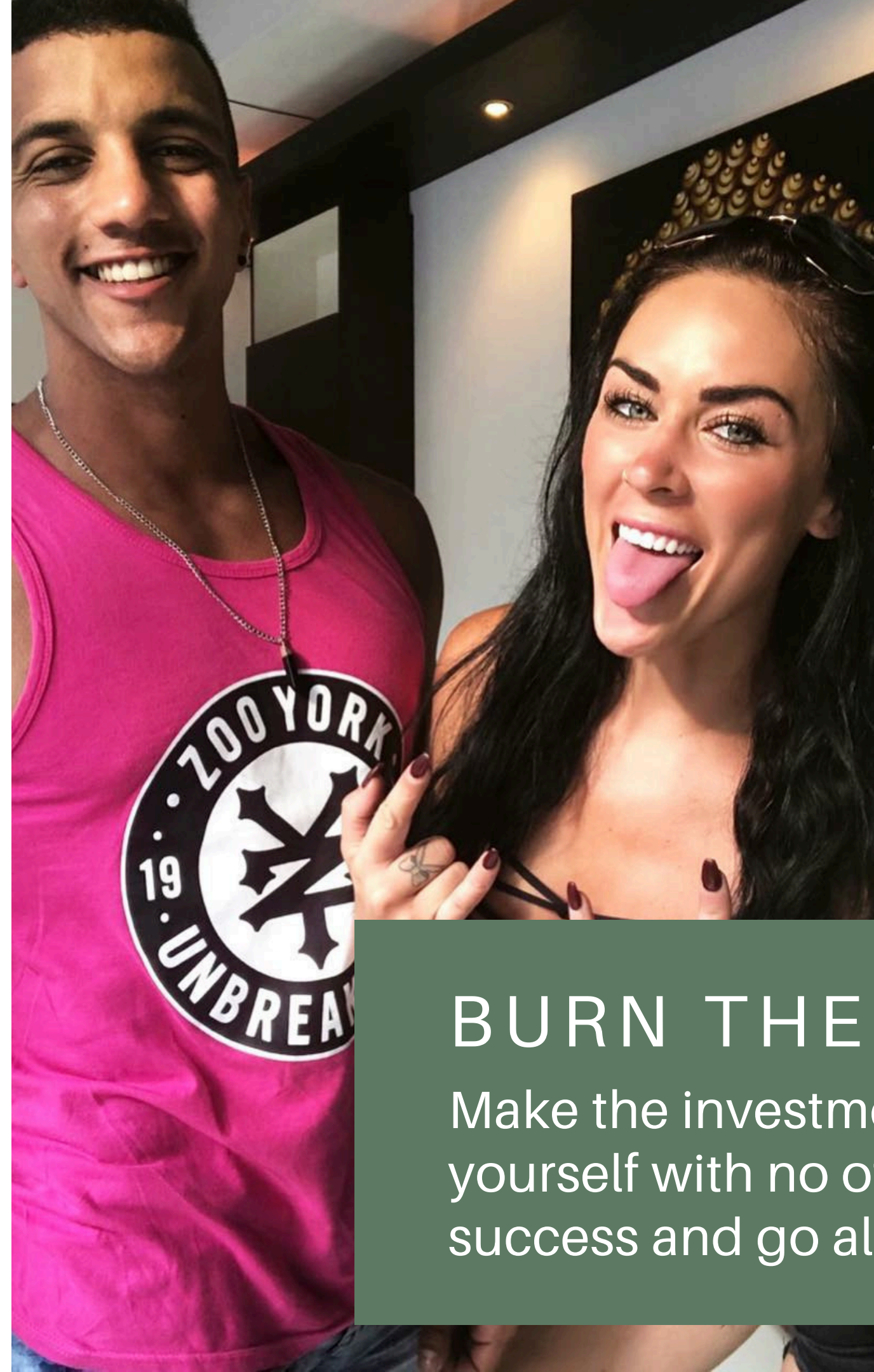
*So if I can do it ..*

**WHY NOT YOU**

REPEAT  
AFTER ME:  
**WHY THE  
FK NOT ME**



# LESSON #3



BURN THE BOATS.

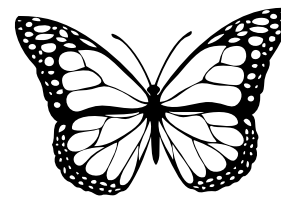
Make the investment. Leave yourself with no other option BUT success and go all in on YOU.

# BONUS LESSON

THERE IS A COMMON THEME  
WITH EVERY SINGLE  
CHALLENGE ...

YOU SEE EVERY CHALLENGE THAT I HAVE FACED, HAS SHAPED  
WHO I AM TODAY.

THEY WERE SIMPLY BLESSINGS IN DISGUISE THAT LEAD ME TO  
WHERE I AM TODAY.





**Without  
THIS.**

**I WOULDN'T HAVE THIS...**



I WOULDN'T HAVE THIS...

Without  
THIS.



I WOULDN'T HAVE THIS...

-\$652.69

Available balance

**Without  
THIS.**

Gross volume

CA\$1.73M

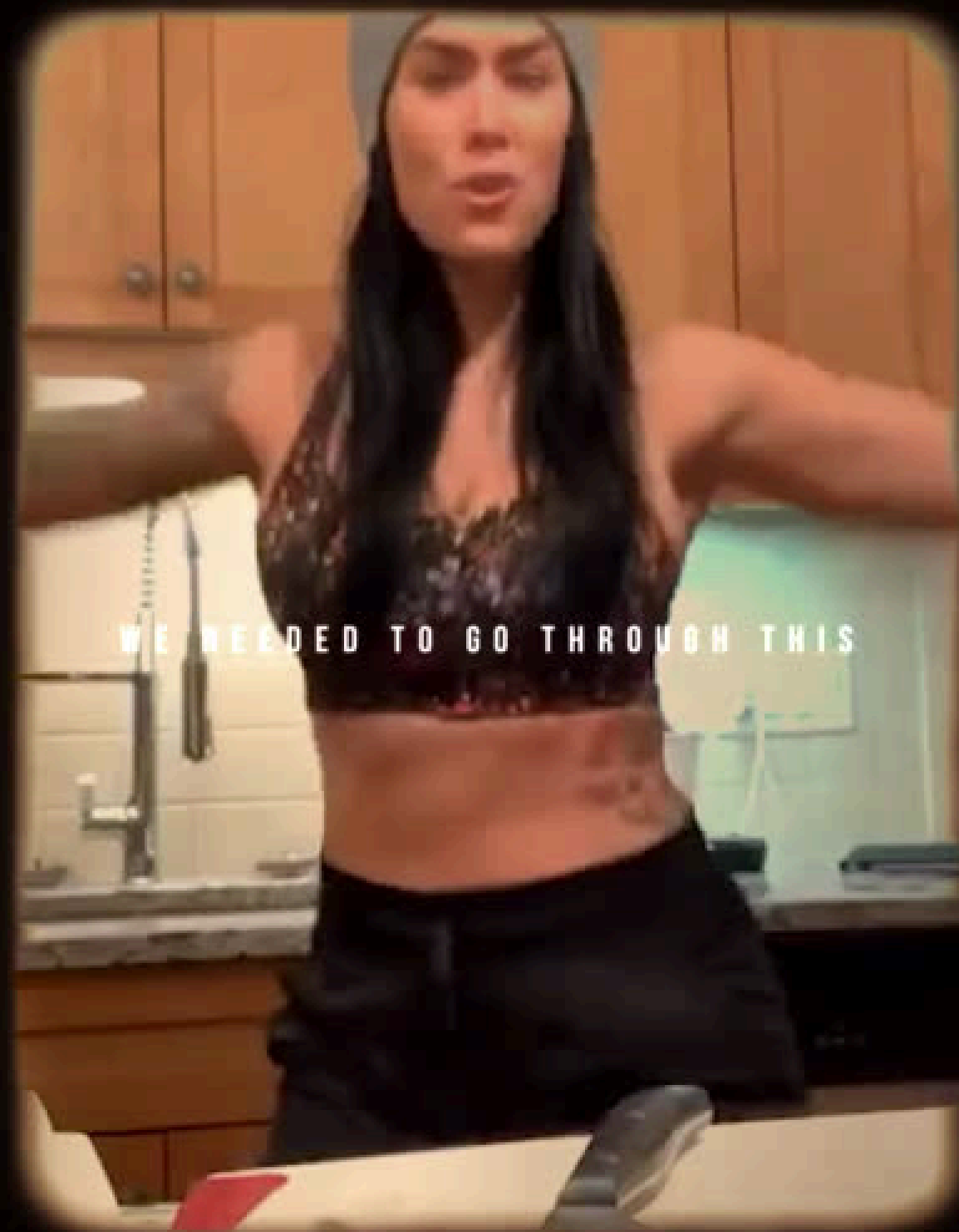




**Without  
THIS.**

**I WOULDN'T HAVE THIS...**





WE NEEDED TO GO THROUGH THIS



**NOW IT'S YOUR TURN  
TO RISE UP TO THE  
CHALLENGE.**

 @THEREALKIRSTENMARK

**BY KIRSTEN MARK**