DISCOVER YOUR Childhood Vows™

"You can't change your childhood.
But you can change what you carry forward."

A guided journey to understand your patterns, discover the childhood decisions beneath them, release old beliefs, and choose what comes next.



What if something you decided as a child is still shaping your life today?

Perhaps you learned that you had to be perfect, to be loved. That your needs didn't matter. That speaking up wasn't safe. Or that keeping everyone else happy was your responsibility.

You may not remember consciously making those decisions. Yet some can become deeply held beliefs that continue influencing your relationships, self-worth, emotional reactions, and choices.

I call these decisions childhood vows.

They may have helped you navigate difficult experiences when you were young. But you don't have to keep living by every rule you created back then.

Discover Your Childhood Vows™ helps you explore what's underneath.

This personalized program guides you from recognizing your survival patterns to identifying the childhood vows that may have shaped them—and beginning a deliberate process of releasing those old beliefs.

Is this journey for you?

- Experience recurring emotional reactions or relationship difficulties.
- Struggle with people-pleasing, perfectionism, self-doubt, or setting boundaries.
- Feel that you're living according to expectations that no longer fit.
- Suspect that childhood experiences still influence your choices.
- Want to respond more intentionally rather than repeating old patterns.

A personal journey, not a one-size-fits-all course.

You'll work through a private online program at your own pace, with guided reflections, assessments, personalized resources, and three one-on-one calls with Kathi. Together, you'll explore your unique experiences and the childhood vows that may still be affecting your life.

YOUR FOUNDING INVESTMENT

$997 paid in full
or three payments of $349

Learn more and take your next step: join.kathisohn.com/dycv

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Your Guided Journey
From Awareness to Choice

You'll move through three connected phases, supported by your private program portal, personal reflections, and individual conversations with Kathi.

1 PHASE 1 | Recognize Your Patterns *Steps 1–4*

- Begin with an orientation and a guided reflection on one real-life moment.
- **Private Call #1 (45 minutes):** explore your experience and begin recognizing survival patterns.
- Complete the Decode Your Survival Patterns™ Assessment and receive your personalized Survival Pattern Profile.
- Use guided exercises and resources to notice how your patterns show up in daily life.

2 PHASE 2 | Discover Your Childhood Vows *Steps 5–6*

- Explore your childhood environment, significant memories, and unspoken rules.
- Share your reflections with Kathi before your next conversation.
- **Private Call #2 (60 minutes):** work together to identify and clarify your childhood vows.
- Receive your personalized Childhood Vows Discovery Record, documenting the vows you've identified, their possible origins, and how they may be showing up today.

3 PHASE 3 | Release Old Vows and Make New Choices *Steps 7–9*

- Begin practicing the Physical, Spiritual, and Mental Cup release approaches.
- Use daily exercises to release old beliefs and reinforce new choices.
- **Private Call #3 (45 minutes):** discuss your experience, integrate your insights, and consider how you want to move forward.
- Continue your 90-day daily release practice beyond the final call.

Your Personalized Resources

- ✓ Your Survival Pattern Profile and Insight Guide.
- ✓ Your Childhood Vows Discovery Record.
- ✓ Guided reflections and release exercises.
- ✓ Kathi's book, *You Made It Up, Now Stop Believing It.*
- ✓ A Lifetime Guide to Childhood Vow Discovery & Release.

How Much Time?

- ✓ A recommended pace is 6–8 weeks for the guided program.
- ✓ The daily release process continues for 90 days, including time after your final private call.

What You'll Work Toward

- ✓ Greater awareness of your patterns.
- ✓ Identified childhood vows.
- ✓ Practical release tools.
- ✓ A clearer understanding of where certain beliefs began.
- ✓ More freedom to make conscious choices.

A deeper understanding.
A lighter burden.
A more intentional you.

Ready to Explore Your Next Chapter?

Founding Investment: $997 or three payments of $349

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