

UNICORNS & ATOMS

WHO THE
HECK IS
CAT
PAYEN-GUIMARD?



TEEN?



LONDON AT 17



PARIS AT 23



BORDEAUX AT 52

THE HAPPY FAMILY

*MOTHER OF 4
LIVING THE LIFE*





THE CHILDREN

2011



MAUDE

ZELIE

FELIX

HECTOR

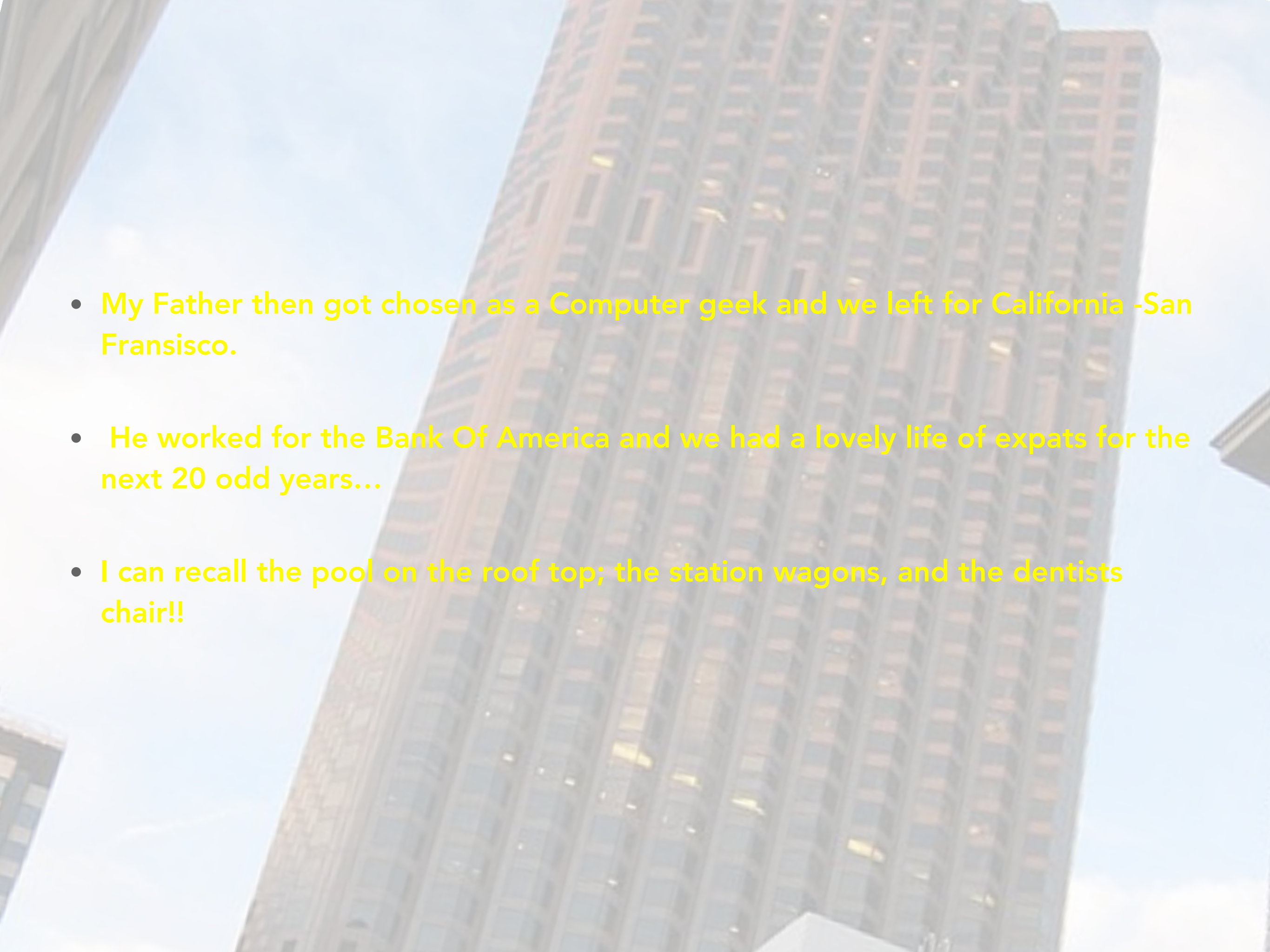
An aerial, high-angle photograph of Paris, France, showing a dense urban landscape. The Eiffel Tower is prominent on the left side, and the golden dome of St. Étienne du Mont is visible on the right. The city's architecture is characterized by uniform, multi-story buildings with red-tiled roofs. The overall tone is dark and atmospheric, with a hazy sky.

BUT LET'S START AT THE BEGINNING ;)

I was born in France, in 1964 and we lived in Paris.

And yes often fell from my upper bunk bed and yes I could see the Eiffel Tower from the flat!

At that wee age my paternal Grandma had a Michelin 3 star hotel about 100km away so there we went - every weekend - true Parisiens and I loved driving home in the deep dark sky staring at the stars.

- 
- My Father then got chosen as a Computer geek and we left for California -San Fransisco.
 - He worked for the Bank Of America and we had a lovely life of expats for the next 20 odd years...
 - I can recall the pool on the roof top; the station wagons, and the dentists chair!!



He put computers
in the bank!
(1970-90s)





So I had an expat life in England:

- Public Schools;
- Horses,
- Dogs (Mum used to be a certified breeder of German Shorthaired Pointers - champions);
- Swimming pools;
- Ball gowns & Garden parties;
- University life in London - Parents went off to Washington DC (Dad was now doing Satellites!)
- Punk Rock bands playing at university digs (later they were world famous but then... Madness, Clash....)
- Off to the States ...

I then got a degree (chemistry with biology BSc) and left for the Bahamas - working for Club Med, where I met T my husband for 27 years...

This is what brought me back to France....

It was then I noticed

I scared french people ...

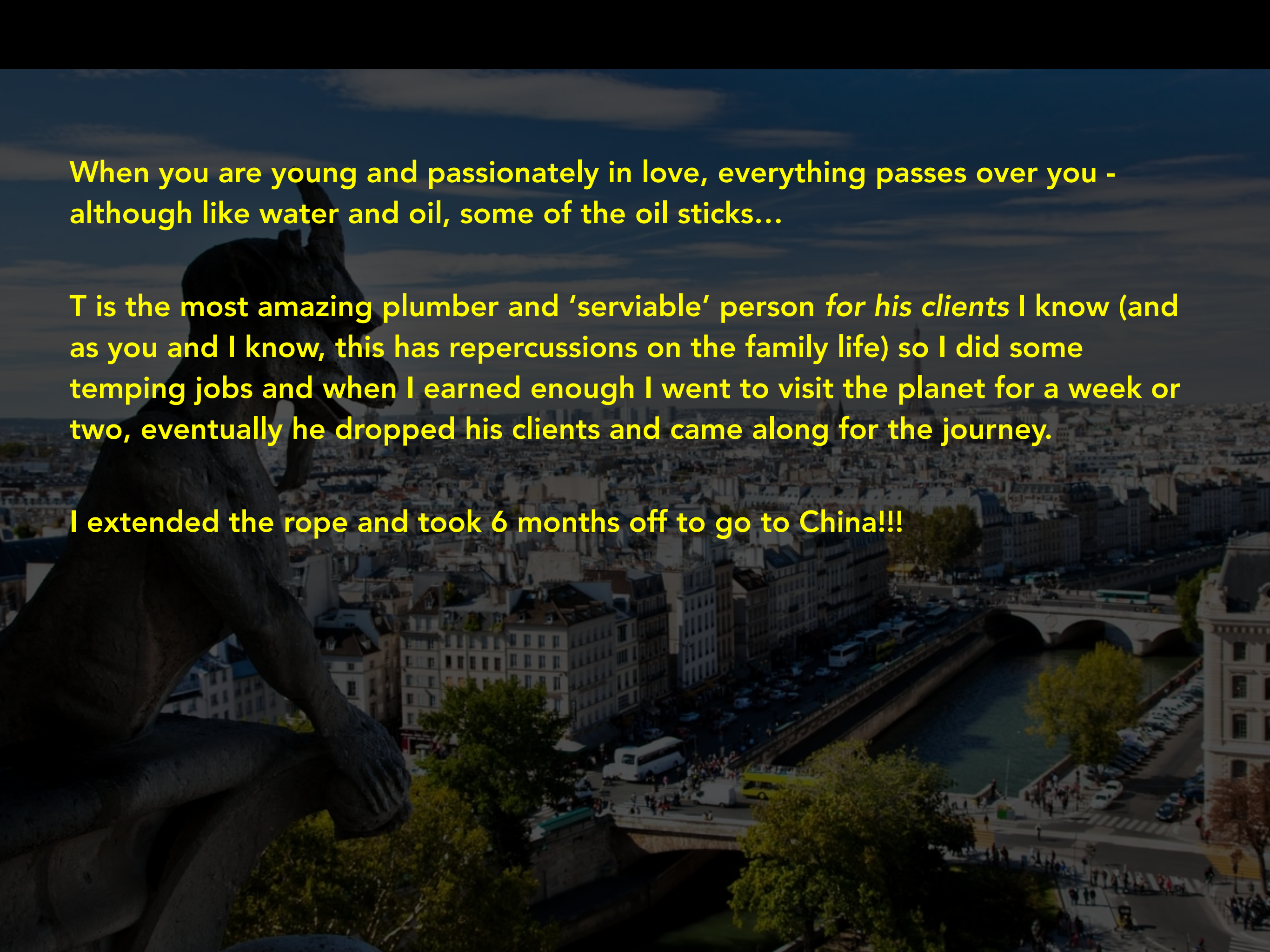
Suffice to say that this got me working on me, my self and I, just to recap - no internet then :)

So they called me egotistical, driven by my self centredness....

Obviously 30 years on, my love for this nation has not grown at all...

And the love of MYSELF has grown immensely!! So I am grateful to the French for having been the catalyst for this immense growth ;)





When you are young and passionately in love, everything passes over you - although like water and oil, some of the oil sticks...

T is the most amazing plumber and 'serviable' person *for his clients* I know (and as you and I know, this has repercussions on the family life) so I did some temping jobs and when I earned enough I went to visit the planet for a week or two, eventually he dropped his clients and came along for the journey.

I extended the rope and took 6 months off to go to China!!!

Cutting it a little short here after China;

He set up his own company

I decided to start the family (whilst doing my PhD...)

To raise my kids with my core values - I stayed home

Embraced accountancy (& about 1MM lines of numbers per year)

Had 3 kids under 3....

Was finally getting to use all my potentiality (another chapter ;)

Ah here comes the little one just as the others are 8,7,5....

- **We moved to Escource**
- **Local population 6000 inhabs (inc.1% by us!)**
- **From 20,000 inhabitants/KM2 to 6 inh/km2**



The drive to home





- Not being able to fit in
- Playing Mummy with zero euros
- I got resourceful
- Did MLM and used up all the savings!

Depression was looming for both T & I



- **Back in the day I joined CarbonCopyPro to earn a fortune - I had no idea what awaited on my path**



Down rabbit holes I went,
learning this, learning that....



This is what gave me a line in the sand moment though!

1.00



DIGITAL LIFESTYLE BLUEPRINT

- 1. ORIENTATION & BLUEPRINT WORKSHOP**  WHERE DID I COME FROM? WHERE AM I GOING? HOW CAN I GET THERE? WHAT'S GOING TO HELP ME? WHAT IF I CAN'T MAKE IT? HOW CAN I BE THE BEST I CAN BE?
- 2. DIGITAL LIFESTYLE BLUEPRINT**  WHERE DID I COME FROM? WHERE AM I GOING? HOW CAN I GET THERE? WHAT'S GOING TO HELP ME? WHAT IF I CAN'T MAKE IT? HOW CAN I BE THE BEST I CAN BE?
- 3. DIGITAL LIFESTYLE ACTION PLAN**  WHERE DID I COME FROM? WHERE AM I GOING? HOW CAN I GET THERE? WHAT'S GOING TO HELP ME? WHAT IF I CAN'T MAKE IT? HOW CAN I BE THE BEST I CAN BE?
- 4. TOP-TIER MARKETING BUSINESS PLAN**  WHERE DID I COME FROM? WHERE AM I GOING? HOW CAN I GET THERE? WHAT'S GOING TO HELP ME? WHAT IF I CAN'T MAKE IT? HOW CAN I BE THE BEST I CAN BE?



- I can't stress enough the implications being mentored rather than coached, for me :) and of course, there are the occasional brilliant coaches...



- Since then I have gathered many skill sets - notably I love to write, as you can see for me few words, many images....
- And often I miss out the most vital step yet so evident I think it is not important to say it, or I'll think 'surely I'll look like an idiot if I say this simple, evident step?!' But no, trust me it is THE step that needs to be said
- So when you're writing - write intelligibly but for an 11 year old ;)

- **When I started online the in thing was to write ebooks...**
- **So I learned (I found my very 1st ebook whilst tidying my..work..furniture the other day...**
- **Now everything is in place, and let me tell you this was such a break through for me even at this stage in the game (march 2017!!)**

- With all these ebooks I decided to put them on Kindle and just loved the prestige at the village fêtes when I could casually say 'Yes, I am a published author on Amazon, Amazon Kindle' with a huge grin on my face - for to them I was not the what I know not!
- And some days I can make up to 40€ for a 99cts commission..
- So recently I made a video about getting your ebook on Kindle - do comment - all critiques are good :))))
- [Link to YouTube video](#)

My why :)

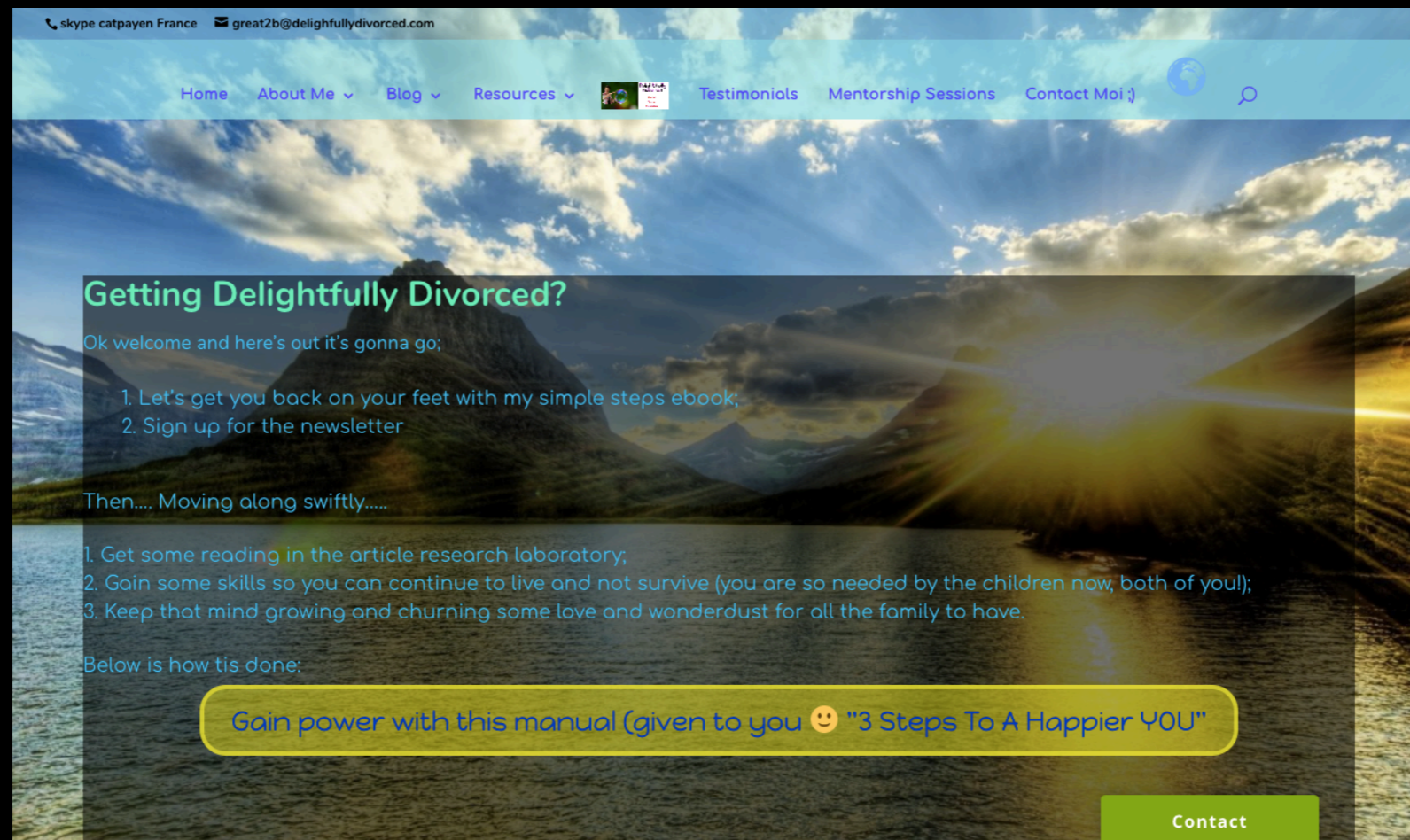
To bring joy and honour

to you so that

You shine

& know you are worthy of peace.

- And because I have been doing this personal development work for over 20 years on myself,
- that I have gotten amazing results
- that it lead me to create **Delightfully Divorce**



- & Now



ULTIMATE CONSCIOUSNESS



• **START HERE**

- 
- QUIETEN THE PAIN



• MASTERY



BLISSITUDE & UNFUCKWITHABLE



- **SO ANY QUESTIONS?**