

# **Beyond Vystopia Masterclass**

WORKBOOK



**Strategies for being a happy,  
confident and influential vegan.  
with Clare Mann**

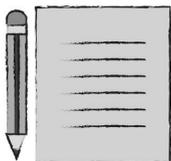
# Journey with me to discover my strategies of vystopia recovery

Hi there fellow vegan,

I'm so excited about having you in this powerful masterclass.

During our days together you will:

- Discover the typical **vystopia trauma cycle** and how to break it.
- Learn **proven tools and techniques** to alleviate your vystopia.
- Understand **why people you care about do bad things** and how to change it.
- Discover that how you think and feel really does influence your outside world.
- Learn how to **play the long game** and become patient, knowing change is happening.
- Learn simple but **powerful techniques** to **improve your relationships with non-vegans**. whilst being authentic and true to your values.
- Learn tips and techniques to apply every day to **have the conversations that matter**.
- Discover **how to be a happy, easy-going, hopeful vegan who is influential and satisfied** that you're part of creating a kinder world.



If you want to get the most value, **please attend all sessions live** where you will be able to interact via live-chat.

Every session builds on each other so ensure to **put the sessions in your calendar** so you don't miss any of them.

Make sure you **invest this time** in yourself and your advocacy by showing up live (where possible) every day! It will be worth the investment.

If you can't attend live, aim to watch the **REPLAY** you will be sent soon after each class.

**Note:** Replays will only be available for a few days after the last event.

**What you put into this is what you will get out of it so make sure you make time to watch each lesson.**

# Get ready for three exciting days of transformation!

I'm Clare Mann, vegan psychologist and vystopia transformation coach who coined the phrase 'Vystopia' and defined the concept. I'm also a fellow vystopian and animal rights campaigner who has applied my decades of personal development and psychology training to empower vegans all over the world to become happy, calm and influential vegan change-makers.

When you journey with me on this Beyond Vystopia Masterclass, you know you are partnering with a telling witness to the imperative of veganism, someone who herself has journeyed through the anguish of vystopia and the "Burden of Knowing."

I now want to share my own strategies of vystopia recovery with fellow vegans around the world so together, we can usher in a kinder, vegan world.



## **STEP 1: Blueprint for Managing Vystopia on a Daily Basis**

Imagine being on this masterclass for 3 days and leaving with a sense of hope that there IS an escape from the anguish of vystopia that empowers you to be part of the solution.

1A) Write down how that would make you feel?

1B) What do you struggle with most as a vegan suffering from vystopia?

On Day 1 you will hear about my own journey to becoming vegan.

1C) How did you become vegan. Write down the steps you took that can be turned into a powerful story to inspire others to become vegan?

1D) Where are you on the Vystopia Trauma Cycle?

Where are you right now on a scale of 1-10 with your vystopia?

1: In agony and completely hopeless.

10: Enormously hopeful and eager to have conversations about veganism.



1E) What actions will you commit to, to ensure you develop a strong foundation from which to live in this not-yet vegan world?



## STEP 2: Understanding Why Good People Do Bad Things

2A) What reasons do you give for why people don't change quickly enough?

2B) What myths do you hold that stand in the way of you being a hopeful, happy vegan?

2C) What are the top 5 excuses you've heard people say about not being vegan?

2D) What questions could you use to challenge their responses, instead of, "Why aren't you vegan?"



### **STEP 3: Strategies to Become a Vegan Change Maker**

3A) Why does it tend to be more difficult living with and advocating to non-vegan family members?

3B) What myths can you uncover from the language used by non-vegan family and friends as to why they won't become vegan?

3C) What have you learnt about the Power of Positive Thinking that inspires you to commit to aligning your mindset and self-talk to mirror the vegan world you so desire?

# Book a FREE Call with Clare

**Want to truly become a happy, calm and confident vegan with support and accountability through group coaching to get there?**

**Book a free call with Clare Mann to discuss options**

**Visit: <https://veganpsychologist.com/schedule/>**

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**NOTES:**