



The Spark That Starts It All:

Unlocking Catalyst Moments

KW Wellness Community Monday Reset Call – September 8, 2025

Kristen Cronin

MAPS Senior Mastery Agent & Leadership Coach

Why This Matters

Small moments create big change.

- *Most people wait for the “perfect time” to start.*
- *Transformation begins in the tiny choices we make each day.*
- *A single decision can shift the trajectory of everything that follows.*



Permission for Change



Stop waiting. Start now.

- *You don't need anyone else's permission.*
- *Growth starts the moment you say yes to yourself.*
- *Question: Where are you waiting for permission you could give yourself today?*

The Narrative We Tell Ourselves

Your story shapes your results.

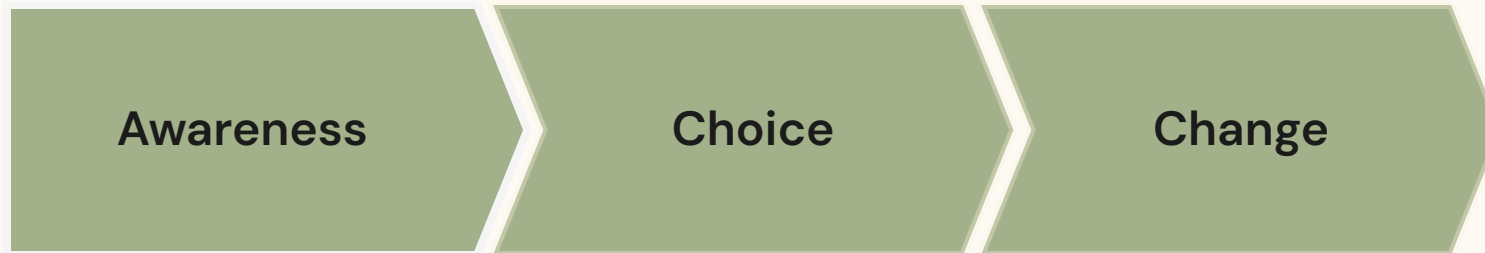


- *The inner dialogue running in your head either fuels progress or reinforces stuckness.*
- *What's the current story you're living by?*
- *It all starts with awareness*

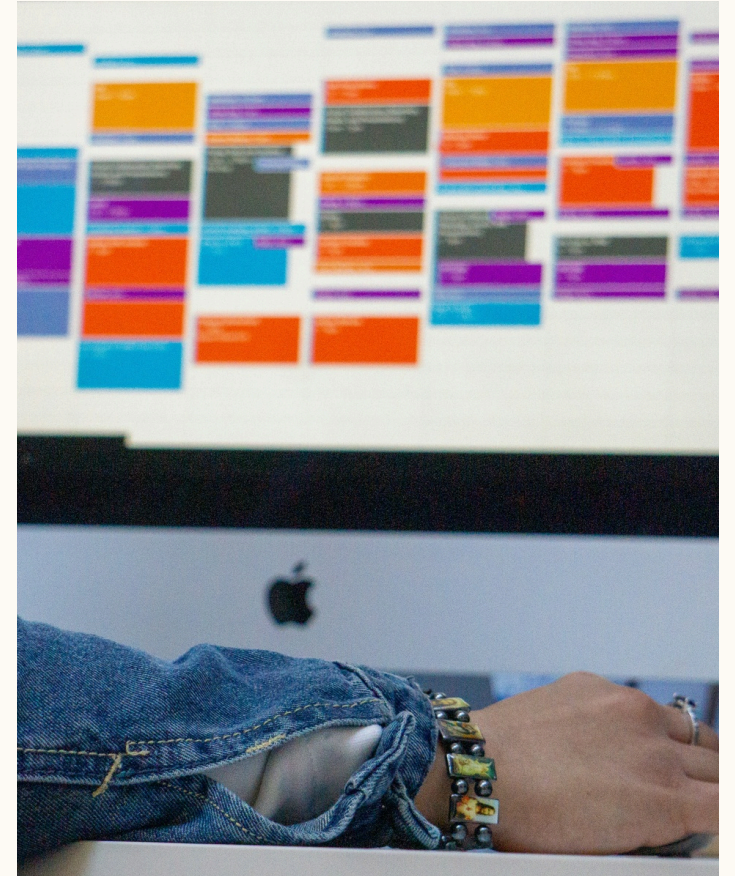
Patterns & Time

Your calendar tells the truth.

- *How you spend your days = who you become.*
- *Current patterns are aligned with your story.*



- *Reflection: What would your last week reveal about your true priorities?*



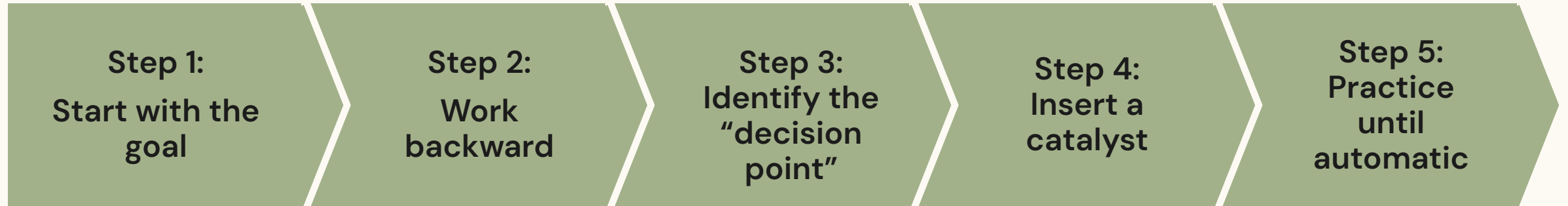
Catalyst Moments Defined

What is a catalyst moment?

- *A small, intentional shift that changes the trajectory.*
- *Awareness allows you to “see the code in the Matrix.”*
- *The power is in disrupting autopilot and weaving in a new choice.*



How to Reverse Engineer a Catalyst Moment



- *What do you want to happen? (ex: workout, better sleep, more focus)*
- *What are the small actions that lead up to it?*
- *Where does the choice usually get made (or lost)?*
- *Add a visible trigger or disruptor to shift the choice*
- *(Ex: shoes in the hallway, water glass by the bed, phone in another room).*

Catalyst Leadership: Helping Others See Opportunity



Reinvent and reflect the world around you.

- *Growth starts by meeting yourself and others where they are.*
- *True leadership is helping people notice the opportunities in front of them.*
- *One small spark — a word, a reminder, a question — can shift someone's path.*
- *Wellness, work, parenting, relationships — all begin with awareness.*

Thrive66

66 Days That Could Change Everything

Why Join?



Clarity

*Reset your habits,
mindset, and focus.*



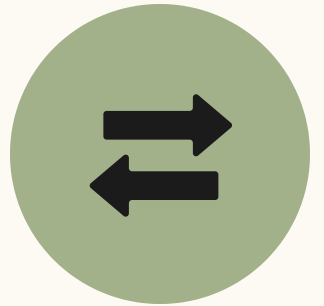
Energy

*Build daily routines that
fuel vitality.*



Accountability

*Structure + support that
keeps you consistent.*



Transformation

*Turn small sparks into
lasting change.*

What You'll Get:



- Daily guidance and simple action steps.



- Community support to keep you inspired.



- A proven framework to hardwire success into your life.

Launches **October 8** – Reserve Your Spot Now

- *This isn't just about habits. It's about becoming the person you've been waiting on.*

Your Spark Starts Now.



- ❓ Question: What spark will you create today?
- Next step: **Thrive66** — build and multiply catalyst moments into lasting change.

*Ready to Change Your Life in **66 Days?***

*Scan to Reserve Your Spot Now
Transformation Starts October 8!*

Scan to Say I'm In!



Let's stay connected!



Thank You!

kcronin@kw.com @

248-410-4259 ☎

www.kristencronin.com 🌐