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Links

1. [Schedule + Roster](#): Add your name and the courses you've taken to the roster.
2. We'll invite you into the [Classroom in CLUB THRIVE TV](#)
3. Photography and Video Waiver

Welcome to Cate's Mexico Breakthrough Experience!

Mexico Guide

We're so glad you're coming!
Get clear on your intentions... and come.

This guide will answer your questions.

[Our Schedule, Roster, Room + Ride Share](#)

CONDOS:

This is a great time to be in Punta Mita. This means condos will get booked. Use the [Schedule + Roster](#) columns if you want to book a place and a shuttle with other members. This is self-organized. Use the condo sharing doc if you'd like to share a condo.. Reach out to connect and book.

To keep event costs to a minimum, members may want to find roomies.
Click on the links below to match up with roommates for the event:

1. Add your name and requests to the [Google Doc](#). See who else is looking for a place to share (look at the Roster tab).

There are many great places to stay at a range of prices in Punta Mita.

Nearby places to stay. Check options on Airbnb or VRBO.com.

- [Hotel Cinco \(next to hotel\)](#)
- [Condominiums El Anclote](#) (Cate lives here)
- [El Faro de Corral Del Risco Condo Rentals | Condos and More | AirbnbMita Condos](#)
- [Hacienda de Mita](#) (Four Seasons: fancy, pricey)
- [El Coral Hotel](#) (Budget)

You can also [Search on Google - Punta Mita](#) Vacation Rentals to book your condo.

Or, if you'd prefer to get a group together and have a concierge recommend a place, contact Ana Escobar ana@northshorerealty.com, (213) 291-3284 (USA). Ana is a dear friend and property manager. She'll help you and your buddies find a place to stay.

TRANSPORTATION:

Buses and taxis are available from the airport. Exit the airport. If you want to save money -take a 2 minute walk, over the bridge to cross the highway, and get your taxi or bus from

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there.

What should I bring?

- Water bottle
- Old shoes or water shoes for beach walking.
- Your journal + a blank notebook (something to write on that is not electronic)
- Colored pens/markers/pencils
- Your bikini or banana sling, flip flops, and a wrap
- Rash Guard or t-shirt for the water. If you surf, you may want a 3/2 top or farmer john.
- Non-toxic Sunscreen - I like [Badger All Natural Sunscreen](#)
- Water bottle
- Summer clothes
- Sunglasses, sun hat/trucker hat
- Yoga clothes if you want to join the morning yoga classes
- warm layer - fleece jacket
- Business or contact cards + any other PR materials
- Rain jacket (hopefully won't need it)
- Yoga mat or yoga towel for the beach classes (We don't provide any)
- US Dollars + Pesos for local purchases
- [Liberating Structures app](#) on your phone for free



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Location

Fly into PVR Airport (Puerto Vallarta).

Go to Punta Mita - the town, not the resort.



Our event is held on the second floor [El Coral Restaurant](#) in Punta Mita. The restaurant is on the water and has a beautiful view overlooking the Bay of Banderas. The restaurant also has a three-star hotel. We recommend staying at a nearby condo complex that has a pool - such as Condominiums de [El Ancloste or Faro de Mita Condos](#). For those who'd like more luxury - check out the [Hacienda de Mita Four Seasons](#) condos. For those on a budget - El Coral hotel or [Hotel Meson de Mita](#).

To find [El Coral Restaurant](#), from the OXXO convenience store, head straight down the hill to the beach (3 blocks). When you get to the bottom of the hill - it's on your right. Walk into the restaurant and go upstairs. [Click map here](#).

Address for El Coral Restaurant: Avenida EL ANCLOTE, NUEVO CORRAL DE RISCO, BAHIA DE BANDERAS, NAYARIT, MEXICO. El Coral phone: US 011+52+329 291 6332

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Experience VIP Day: Deepen your Action Plan

Get ready to transform your insights into action at our exclusive VIP Day! This immersive experience, designed for Breakthrough72 members, offers a unique opportunity to deepen your personal growth and solidify your strategic path forward.

What's Included:

- **Exclusive Coastal Retreat:** Immerse yourself in the serene beauty of **Playa Negra - Litibu**, held at the picturesque **Litibu Sunsets** venue.
- **Hassle-Free Transportation:** Enjoy convenient round-trip transportation from **Punta Mita**. Just meet us at **9 AM in front of El Anclote Condos, Punta Mita**.
- **Full Day of Transformation:** From **9 AM to 4 PM**, dedicate yourself to profound personal and strategic development.
- **Nourishing Lunch:** Stay energized with a delicious **lunch included** during your VIP experience.



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- **Essentials for Your Journey:** Remember to bring your **swimwear** (for a refreshing dip!), a **journal** (to capture your insights), and a **water bottle** (to stay hydrated).

What You'll Achieve:

- **Process Shadow Issues:** Go beyond your initial breakthroughs and delve into processing shadow issues that may be holding you back.
- **Deepen Your Strategy:** Refine and expand your strategic approach for lasting success.
- **Solidify Your Action Plan:** Leave with a clear, concrete action plan, ready to implement your newfound clarity and strategies.

Ready to take your Breakthrough72 experience to the next level? Join us for VIP Day and solidify your path to continued growth!

- ☐ We'll hold VIP Day at [PLAYA NEGRA - Litibu, Litibu Sunsets](#).
Transportation from Punta Mita will be provided.
- ☐ 9 am - 4 pm
Meet at 9 am in front of [El Anclote Condos, Punta Mita](#)
Bring Swimwear, journal, water bottle, etc.
- ☐ Lunch included

FAQ's

Q: What will we be doing in the workshop sessions?

Look at our [schedule](#).

Q: What if I buy a ticket and don't show? Can I get refunded?

A: Cancellations are not refunded. However, you can apply your fees to a future event if you cannot make it for whatever reason.

Q: What will I get out of the experience?

A: You can expect to experience a deep connection. You can expect to have a personal breakthrough or two. You will experience collective leadership. Yes, there will be time to surf, walk the beach, play.

Q: Where can I rent a paddleboard or surfboard?

Near the beaches you will see numerous options. Paddleboards rent by the hour



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(about \$15/hour) or the day. It's worth the experience to try it and get a better view of the bay than you can from the land.

Q: Should I bring pesos with me?

If you're not experienced in foreign travel, it is recommended that you exchange some money (about \$100-\$200 U.S. currency) into pesos BEFORE you leave home. You'll have one less thing to worry about on the airplane.

Nicer restaurants and taxis accept credit cards. However, you'll want pesos for the beach to buy a coconut, a sarong, or rent a paddleboard. There are ATM machines on the main streets and at the OXXO (corner convenience store).

Q: Can you drink the water in Mexico?

As a rule you should not drink tap water in Mexico. Generally, the water is purified at the source, but the distribution system may allow the water to be contaminated en route to the tap. ... Most hotels provide bottled water or large jugs of purified water for you to refill your bottle.

Q: What will we eat?

There are many local restaurants and small grocery stores (tiendas). Condos have kitchens. At El Coral we'll have fish, chicken and vegetarian options.

Q: Where can I get good coffee?

Cafecito is the local favorite, though can be crowded, so give yourself time. There is also a coffee and gelato shop right in front of El Coral where we will meet.

Our Brunch Buffets:

Green juice or coconut water
Fresh local fruit
Hard boiled eggs
Sprouts, cucumbers, jicama
Tea or coffee
Salad bar with local produce
Fresh Local seafood
Chicken
Rice
Beans
Tostadas
Avocados or Guacamole



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Sprouts, cucumbers, jicama
Sparkling or flat water

Q: Is the beach rocky or sandy?

The beach at Punta Mita is quite rocky. Bring old sneakers or water shoes for beach walking. At [low tide](#), you can walk miles down the beach along beautiful sandy beaches between rocky points. It can be a high adventure, sort of sporty, and very rewarding at sunrise and sunset.

Q: What happens on a fun day?

Cate's events are highly transformational. Over time, we've found that having a day to connect, integrate, to relax makes all the difference. After a deep connection in the workshop, just being together in a wonderful place, relaxed, will help you process and move forward with more ease and more speed. What will we do? Come and find out.

We will self-organize based on activities: shopping trip to Sayulita (30-minute cab ride), boat ride, snorkeling on the Marieta Islands, relaxing by the pool, paddleboarding.

Cabs are on the Malecon, or boardwalk, 2 blocks down from El Coral.

Punta Mita + Travel

Punta Mita is 40 minutes north of Puerto Vallarta airport.
Airport code: **PVR**

Punta Mita is located on the Pacific Coast of Mexico in the state of Nayarit at the northern tip of Banderas Bay, 28 miles from Puerto Vallarta Airport. Punta Mita is just a few hours by air from Los Angeles, San Francisco, Dallas, Chicago, Denver, and other major cities in the United States.

The event starts in the morning and ends in the evening - so plan your travel accordingly.

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Directions to Punta Mita from Puerto Vallarta Airport

Via Cab:

Sharing a cab from the airport would be the best option. The drive is 40 minutes. It's about \$80-100 USD for a car or van... Catching a cab on the other side of the walking bridge that crosses the main road outside the airport **is about half the price** (\$45-65 USD). Cross the highway on the walking bridge outside the airport and go up and over. The shrimp burritos at the restaurant at the bottom of the walking bridge come highly recommended! Tip your cabbie.

Via Bus:

Walk a block across the overpass. Once over the overpass, you'll land at a bus stop. (This bus stop has some hearty marlin or shrimp burritos if you're hungry and eat seafood). A public bus to Punta de Mita is \$2 and takes about an hour. **You need pesos** to ride the bus (about 25 pesos). Buses are labeled. Look for the bus labeled Punta de Mita or Punta Mita. Double check with your bus driver. It's the very last stop which ends in a roundabout. The last stop is an OXXO (a convenience store). Double check with your bus driver that you indeed have arrived in Punta Mita. Faro de Mita is a 2 block walk from the OXXO towards the beach. Just head down the hill towards the beach and you'll see it on your right. [Read more on the Bus for \\$2 or 26 pesos.](#)

Via Car:

From the Puerto Vallarta airport, the drive should take approximately 30 minutes.

- Exit the airport and follow the signs for "Tepic" which will take you beneath an overpass, bearing to the left, and heading north.
- Continue on this main road north, past several small villages.
- After driving approximately 12 miles, watch for a sign for "Punta Mita" and La Cruz de Huanacastle - the turnoff is on the right-hand side, and will take you on an overpass above the main road, heading west.
- Keep driving on this road another 13 miles.
- At the OXXO in Punta Mita, take a left. Follow the round about to go left. After 2 blocks look for Condos El Anclote on the left.
- Tell the security guard Condo #3301, and they will tell you where to park.

You will turn right into the Punta Mita Resort development, and the gate agent will give you further directions to your destination within Punta Mita.

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About Punta Mita

- [Where You're Going](#)
- [10 Reasons to Visit Punta Mita](#)
- [The Temptation of Punta Mita](#)
- [Stories and News from Punta Mita](#)
- [Punta Mita Adventures](#)

Around Town:

- Groceries: Pacheco's Market, Plaza Olin
- Coffee: Cappuccinos, Lattes: Cafecito is on the Malecon; Boca Deli, Turquoise Bakery
- Green Juice, Smoothies Avocado Toast: Cafecito Boca Deli, or at a stand in front of Oxxo
- Restaurants:
 - \$\$\$: Tuna Blanca, [Mina](#), [La Pescadora](#)
 - \$\$: [Tora Izakaya](#), [Alma](#), [La Rustica](#), [Tacos & papas](#)
 - \$: Tacos on street, [Onda Kai Sushi](#), [La Cabana](#), [Cafecito](#)

Personality Tests (Optional)

For the event to work you need to do a few things before you come. You may have already done all of these, but in case you haven't:

- [Wealth Dynamics](#) (\$100) - IF you can't afford it - just google it here, and decide who you are.
- [DISC](#) (Free)
- [Gallup Strengths Finder](#) (\$20)
- [Values workshop](#)
- Your Ayurvedic [Constitution Quiz](#)
- [Print this Improv + Warm-Ups doc](#) + bring it

If you take the tests:

[Add your results here.](#)

Click on the Personality Tests tab at the bottom.

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Week Before Event Prep

Just a few reminders. YOU want to arrive in peak condition. You don't want to be tired, constipated, or sick. Plan ahead. Prioritize Your Growth. Get organized. You'll be so happy you did!

Which of these will best serve your needs?

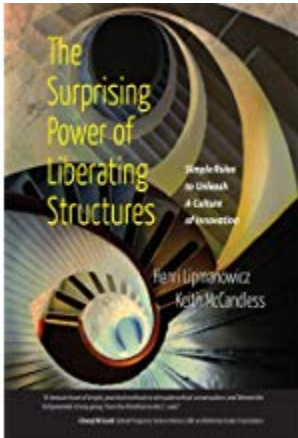
- ☐ Know what you want to get from the experience.
- ☐ Come rested, organized, hydrated and unplugged.
- ☐ Prioritize Your Growth.
- ☐ Get organized.
- ☐ Drink your green juice + eat your beets.
- ☐ Listen to one or both TEd Talks below.

References

We'll use Liberating Structures at the retreat.

Get the [Liberating Structures app](#) on your phone for free, or [buy the book](#).

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- [Improv + Warm Ups](#)
- [Values workshop](#)
- [Awaken Fire PDF](#)
- [Write Your Chapter Video](#)