



# HOW TO GET UNSTUCK

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# How to Get Unstuck

## WORKBOOK

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It's time to step into your personal power and believe what's possible for your life so that you can live exactly the life you want.

### *The Problem...*

- The human brain is wired for protection and to avoid pain;
- Women are socially conditioned to feel not good enough and unworthy; and
- We falsely believe that things outside of us create our emotions.

### *The Solution...*

- Become aware of your thinking and what it's producing in your body and life;
- Learn to tolerate uncomfortable emotions that are part of life; and
- Think high-quality thoughts to fuel you to create different outcomes in your life.

# Become Aware

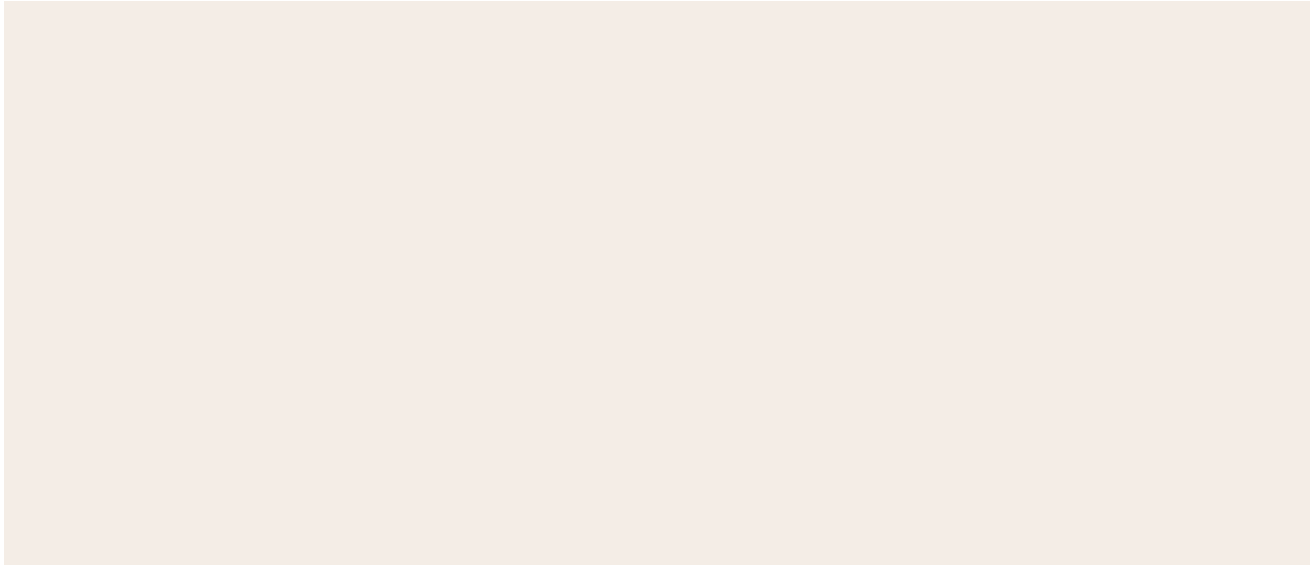
1. Think about an area of your life where you feel stuck (yourself, relationship, work, etc.) What outcome do you wish you had in this area of your life? *I.e.: what does the perfect version of this outcome look and feel like?*

2. Free write all your thoughts about this outcome. Do you believe it's possible for you? Why not?

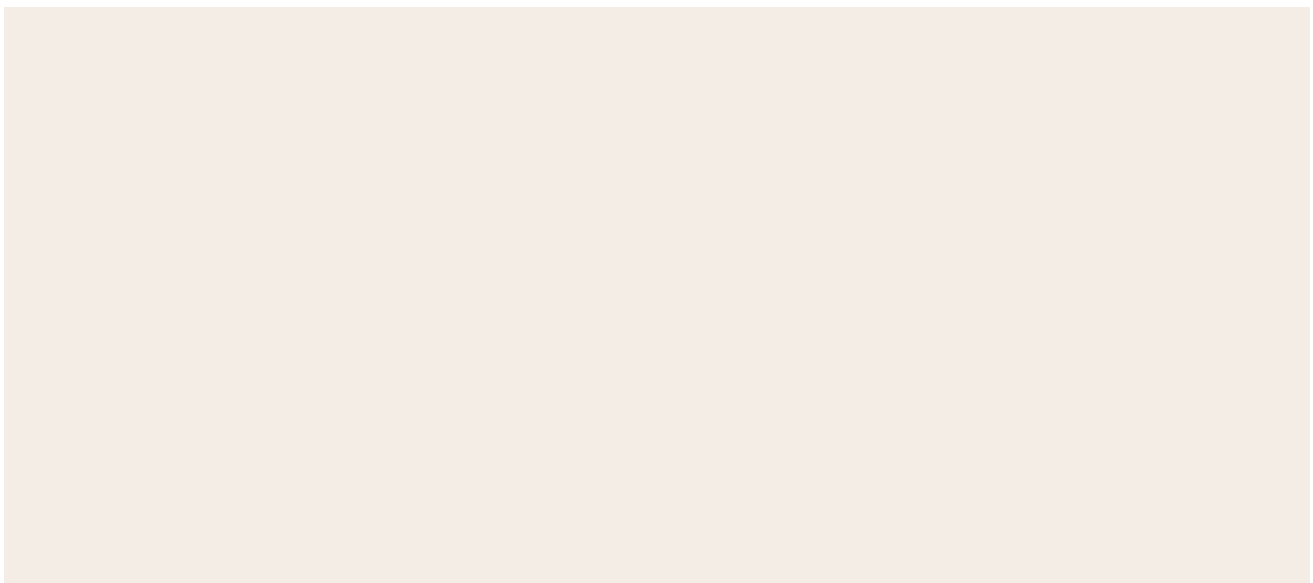
3. Reflect. Are your thoughts likely to keep you stuck or move you forward?

# Be Willing to Feel

4. Think about your desired outcome and the thoughts that you have about it from above. What's the strongest emotion that comes up for you when you read your thoughts about it?

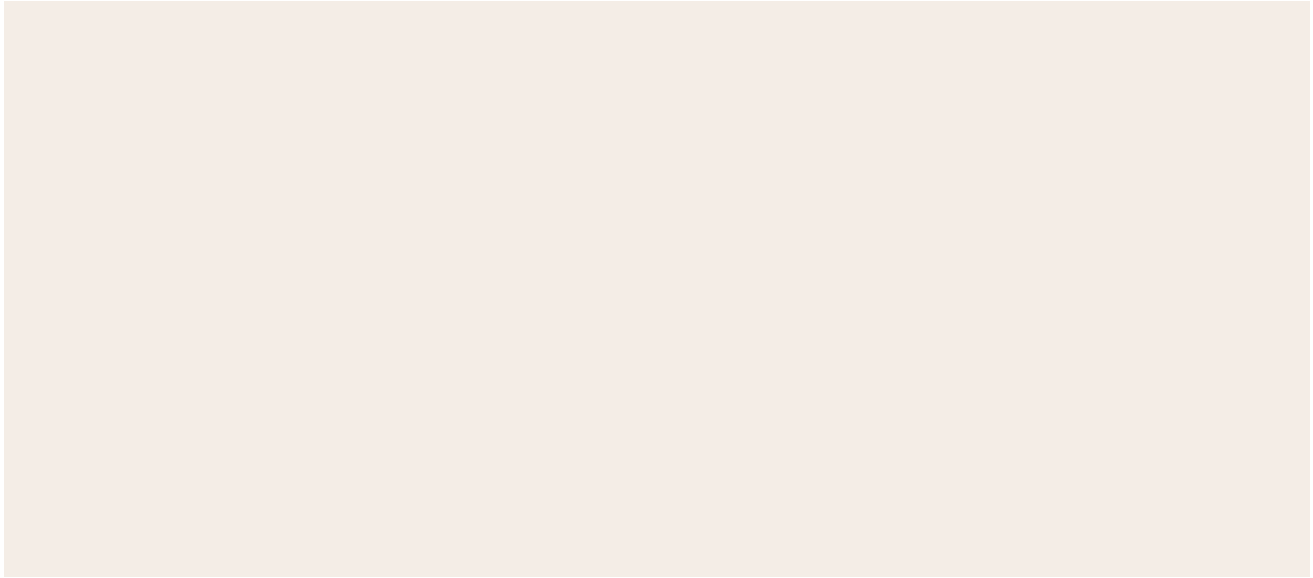


5. What emotion do you get to avoid feeling by staying stuck and not taking action to move forward?

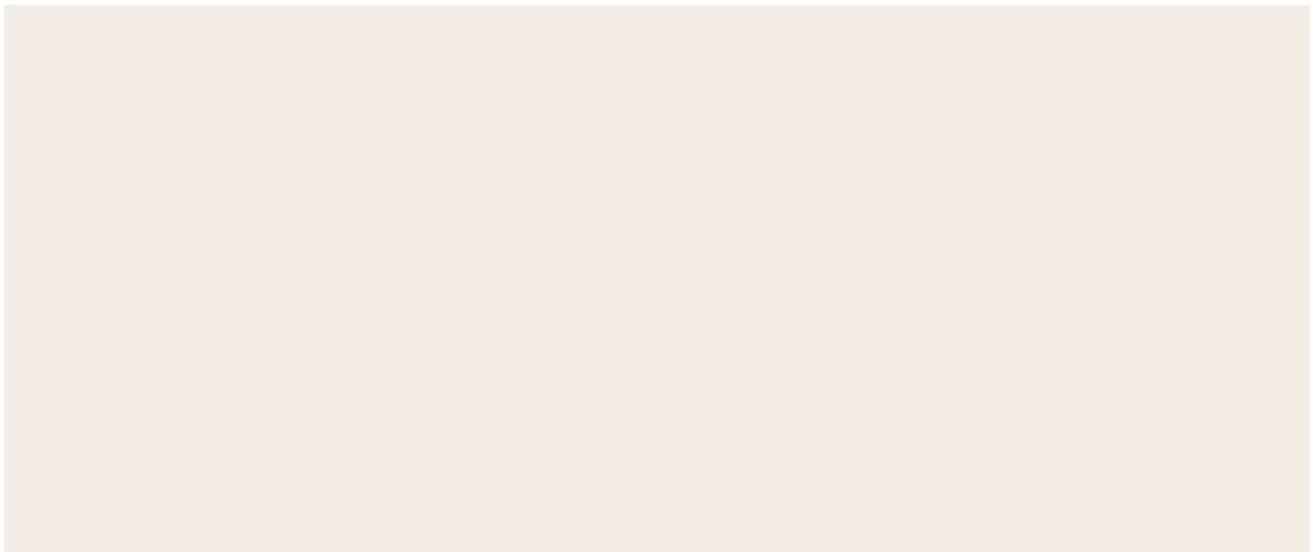


# Think on Purpose

6. Think about your desired result from above. If you weren't afraid to feel any emotion, what actions would you take to get you closer to your desired result?



7. What could you think and believe to get you closer to that outcome? Can you find examples from your past or present life to strengthen this belief?



It's time for you to start feeling as good on the inside  
as your life looks on the outside.

**Click the button below to set up your FREE  
consultation call with me today:**

**SCHEDULE NOW**

It could change your life.

Here's what my clients have said:

*"In my free session with Monica, she pointed something out that I was clearly blinded too, and yet looking back, it seemed so obvious! In that moment, I knew she would be able to help me turn my life around and boy did she ever!" - Megan B*

*"... Within minutes of my free session with Monica, I was astounded by her insight... The relief was immediate."  
- Jane N*