



GET UNSTUCK CHALLENGE

**Connect to your Inner Purpose and
Powerfully Live It Out**

This Workbook will be your notes and blueprint for getting unstuck. Follow along with us LIVE each day to complete this Workbook!

Day 1

Simplify Life & Eliminate Self-Sabotage

Get Unstuck in the Mental Body

Let's Take the First Step!

Circle the top 3 areas of your life that you need to simplify?

Your Possessions

Morning /Evening Routine

Your Health Protocol

Your Commitments

Your Screen Time

Your Meals/Food Prep/Habits

Your Goals

Your Relationships

Multi-Tasking

Your Finances/Budget

Your Children's Activities

Your Words

- Out of the 3, put a * next to the #1 area of your life that you need to simplify?
- How would this make your life better?

Circle any self-sabotaging behaviors?

Overindulgence

Perfectionism

Comparison

Procrastination

Busyness

Imposter Syndrome

Substance Abuse

Avoidance

Fear

Relationship Drama

Self-Criticism

Lack of Focus

- What am I trying to protect myself from?
- Who could I become if I were to stop this behavior?

Homework: Post Response in Facebook Group

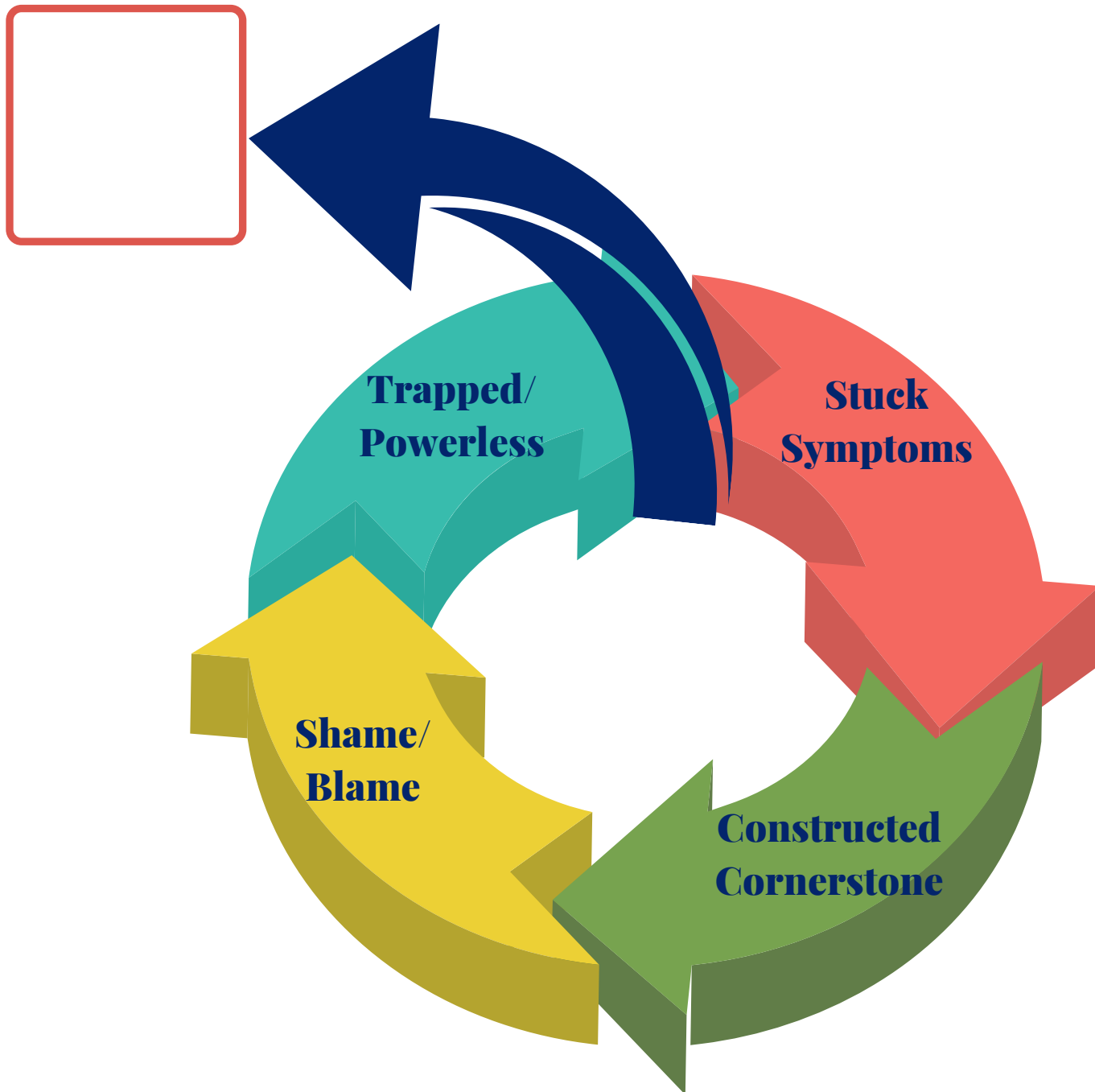
Do something significant TODAY to simplify something within the #1 area of your life that needs simplification. Do something positive and significant outside your comfort zone. How did that feel?

Day 2

Troubleshooting: Identify your Cornerstone

Get Unstuck in the Emotional Body

Let's break the cycle!



Homework: Post Response in Facebook Group

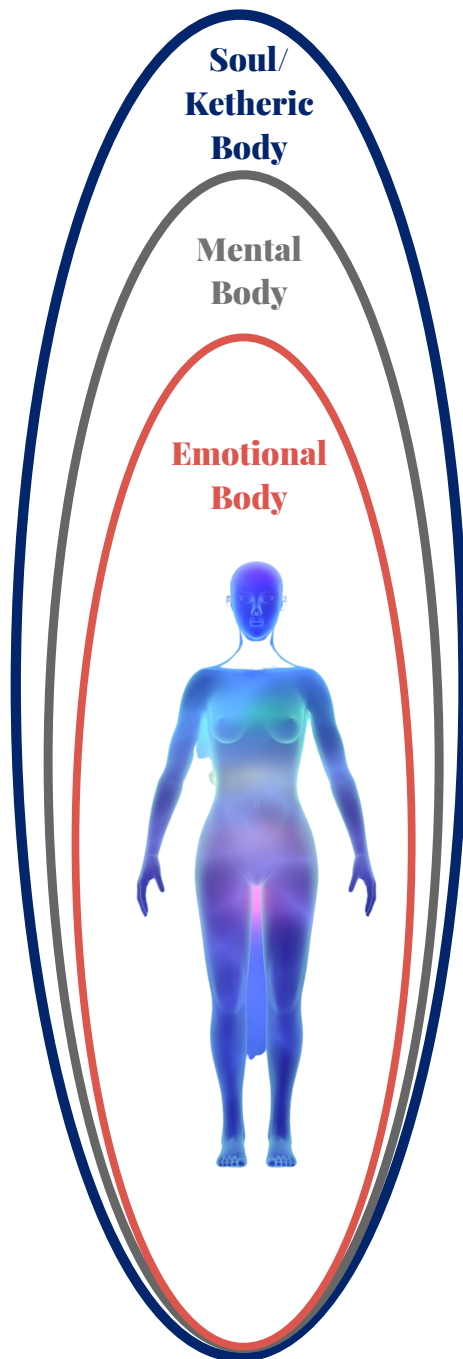
Dance, Dance, Dance. Play high vibrational music and dance tonight. This will raise your vibration, shift your energy, emotions, and give you creative thoughts for healing . Share the song you danced to.

Day 3

Upgrade & Find Out Who You Really Are

Get Unstuck in the Spiritual Body

You are more than Enough!



Upgrade Protocol

1. Become _____ & _____ your energy bodies.
2. _____ them by _____ them time to express themselves.
3. _____ what they _____ is true.
4. _____ to your soul body through breath.
5. _____ your perspective & come in to _____ with your soul.
6. _____, "What _____ can I take right now?"

Upgrade QuickTrip

I bring my mind, heart, and body into alignment with my soul.

Homework: Post Response in Facebook Group

Choose a specific situation that has you feeling overwhelm and trapped. Take time alone to follow the Upgrade Protocol. Share how you felt afterwards. What action did your soul guide you to take?

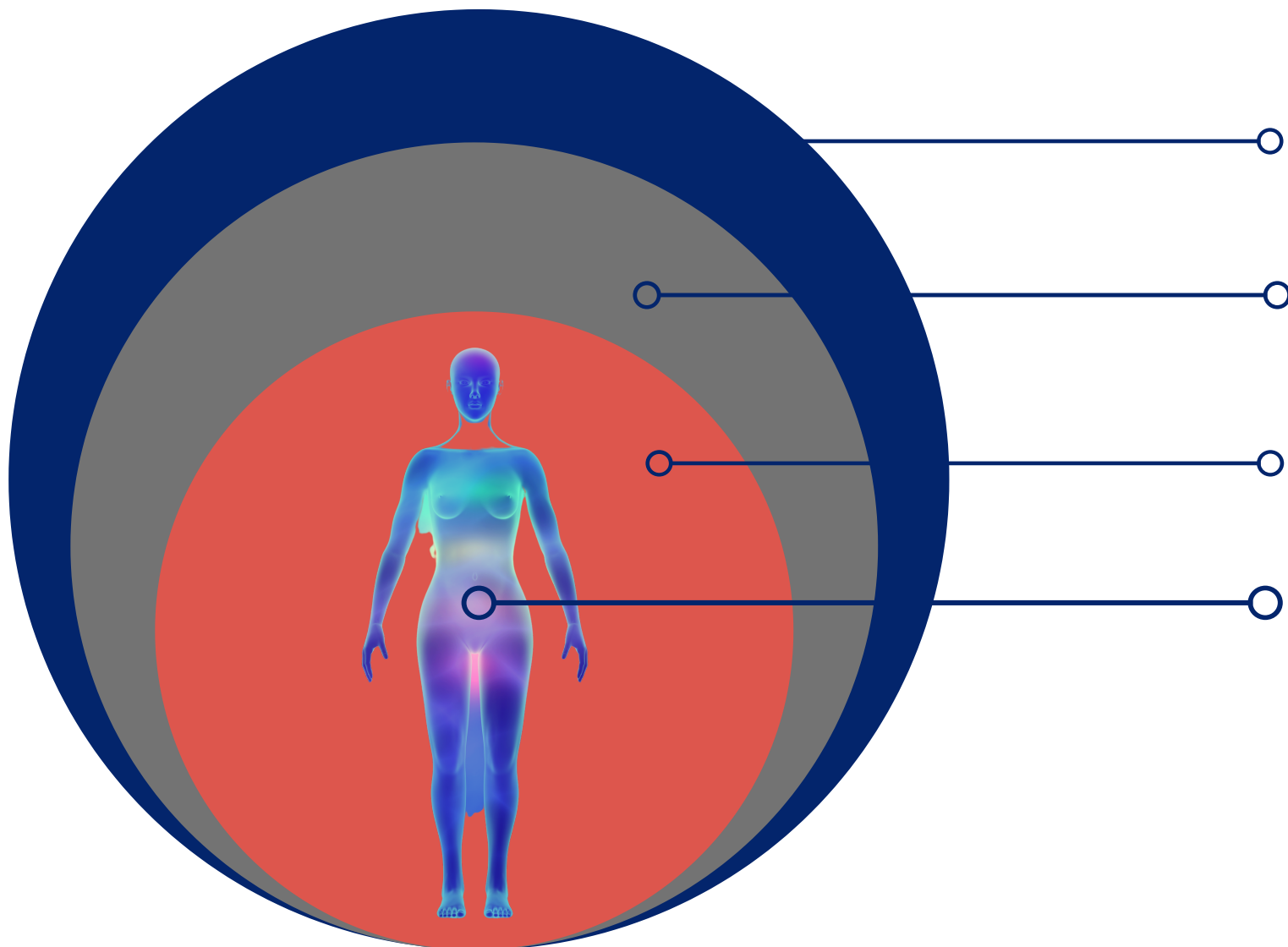
Day 4

Connect With Your Higher Self &

Explore the Greater Possibilities

Stay Unstuck in the Spiritual Body

Journey Back to the Essence of You



Journey Steps:

1. Have _____.

2. _____ what you _____.

3. Use Your _____ in service to _____.

Homework: Post Response in Facebook Group

Spend some time alone using one of your spiritual practices and answer the following question. "What is one thing I know and how can that benefit the world?" Keep in mind that there are no limitations.

Day 5

Kick Ass and Take Action

Get Unstuck NOW!

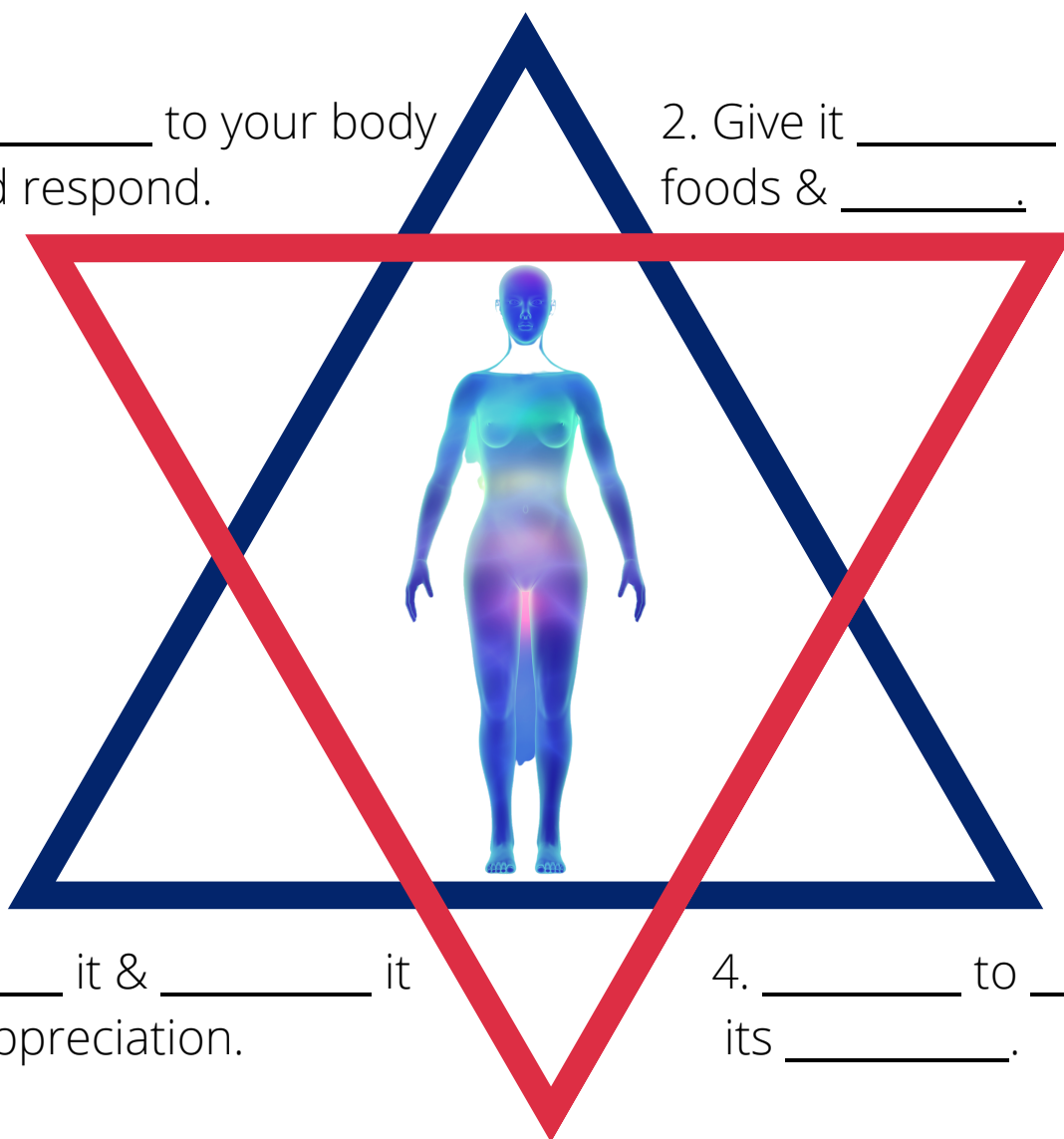
Today is the Day, Now is the Time! But don't forget.....

Take care of your body. It's the only place you have to live.

John Rohn

1. _____ to your body
and respond.

2. Give it _____ giving
foods & _____.



3. _____ it & _____ it
with appreciation.

4. _____ to _____
its _____.

Homework: Post Response in Facebook Group

Take time to look at your body today. I mean really look at your body, all of it. Speak out loud to your body and tell it how much you appreciate it. How did that feel? For what are you most grateful?

*Days 6, 7, 8, &
Yes, 9*

Invaluable Bonus Days

Insight for Greater Fulfillment in Life

Day 6: Developing Your Intuition

Interview and live discussion sharing the practical and proven techniques to enhance your intuitive abilities. When you learn to tap into your intuition it will lead you to your purpose and inner power.

Day 7: Change Your Story & Alter Reality

You have more power than you can possibly imagine and it all begins with your perspective. Learn to see your life with a whole new set of eyes and watch the magic happen.

Day 8: A Get "Unstuck" Story

Learn how emotional healing work can energetically shift your life in a faster and more efficient way. If you are ready to experience a quantum shift, emotional healing & energy work will take you there, quicker.

Day 9: Extra Bonus Day: Know Thyself

There is no greater super power than to know yourself and to be her fully. When you seek to learn 'who you are', it will lead you to knowing 'why you are.' Get ready to show up in the world unapologetically YOU!

Homework:

Visit @healwithfelica Instagram or Facebook page and share your greatest take away from the challenge after each bonus training.

If you want help or have questions at any point during the workshop, reach out to me.

Felicia Garrett

Notes:

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