

Getting Unstuck:

Stop Settling and Start Being the REAL YOU!

Being stuck isn't any fun.

Fortunately, there is a step-by-step process to getting unstuck. It is simple, but it isn't always easy. The more effort you put into the steps of the DESIGN process, the better your results will be.

Please feel free to email me with any questions you have.

I appreciate the time you set aside to learn this evening. In this busy day and age, it isn't always easy.

Remember, you are valuable, and you can build the life you want.

You can do this!

John

Presented by:



HEALTHY CHOICE
— FAMILY CHIROPRACTIC —

What is Stuck for me?

Where Am I Stuck?

How does “stuck” present itself in my life?

Why do I feel stuck?

Beliefs and Values

What do I believe?

Area of concern	Dream
<i>What area of your life are you focusing on?</i>	<i>No restrictions. Describe this area of your life if it were perfect. What are you doing, how does it feel, who else is involved, why are you doing it</i>

Area of focus <i>What area of your life are you focusing on?</i>	Evaluate <i>Within this area, list what currently exists in your life. How does it feel, what do you like, what don't you like</i>

Specific traits

*List the specific items
that are different be-
tween now and later*

State the Difference

What is different between your present situation and your future dream?

Specific traits

List the specific items that are different between now and later

Ideate

What are all the different ways you could get from now to then? No restrictions, no idea is too weird. Use a separate page for each difference.

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Game Plan

Using the ideas you came up with in the previous step, choose the one you think will serve you best. It should be consistent with your goals and beliefs.

List all of the required steps that you will undertake.

Specific Game Plan

Now

List the steps required to get from $A > B$ When will you do them? Step #1 will be your exact start date. The remaining steps will be approximate.
