# Ciet Unstruck

A new way forward in minutes.



<b>#1: Unpack Your Thinking:</b> What has you feeling "stuck"? you? What specifically is causing you to feel <i>stuck</i> ?	What happened?	Why is it important to
#2: Tune In: Don't believe everything you think.  Examine, sort through and challenge your own thinking.		



#3: Imagine "Unstuck".	What does it look and feel like.	. Describe in as much detail as possible.
#4: Align Your Actions: could take that align wit		mind, brainstorm at least 5 actions you
<b>#5: Move Forward, Inte</b> Tell someone else for a		ou will take and plan when you will take it.





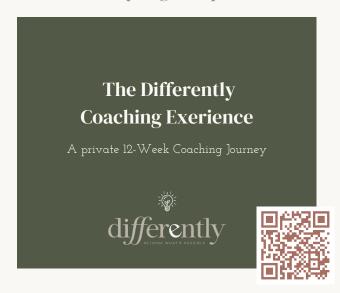
# **Tools** + **Resources**

Wherever you are on your journey, there are resources to help you. Here are a few ways that I can support you.

### **Check out the Podcast!**



## Ready to go deeper?



# **Coming Soon!**



If you found this journaling exercise helpful, you're going to love interactive journaling!

Available late summer 2024

Learn more...

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