

# GET *Unstuck* FOR GOOD

And Create a Life You Love Using the  
Wheel of Freedom!



**WORKBOOK**  
by Rhonda Britten

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**Welcome!**

*Hey You!*

Welcome to my Masterclass: **Get Unstuck for Good.**

You've just made an important decision.

You've said yes to investing in you by giving your time and attention to creating the life you love.

Congratulations! I'm so excited for you!

Take a second right now and imagine what you could do and who you would be if were never stuck again and free to live the life that is calling you.

In other words, if you lived as the real you...authentically, passionately, confidently.

What image did you see? How did it feel?

Keep that image tucked into your heart and allow it to keep you on track as you join me for **Get Unstuck for Good.**

**Your opportunities during this Master Class:**

1. Show up. On time.
2. Download the **Get Unstuck for Good** Workbook.
3. Take notes. (We love notes! This is one of the ways you integrate the work.)
4. Ask questions. I love, love, love questions.

And as we say in Fearless Living, ***"Let the Work Work You!."***

Now, let's get started....

PS. [Click here to join us in our Fearless Living Community](#): Facebook Group. By the way, be sure to use the hashtag **#getunstuckforgood** in all your shares – insights, photos of homework, questions, ramblings - in your social media posts! Spread the word. Let's get the world (and everyone you love – including you) fearless!

*Rhonda*

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**To prep for our time together, take a minute to answer the following questions:**

What do you think is the #1 thing that keeps you stuck?

What area of your life do you feel stuck?

How does it feel to be stuck in that area?

If you weren't stuck, how would your life be different?

What do you suspect has to change to get you unstuck?

How important is it to you to get unstuck?

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Now, let's identify some of your \_\_\_\_\_. Circle yours!

## Do you ever:

Deny      Hide      Judge      Wait      Blame      Isolate      Settle      Defend  
Struggle      Control      Pretend      Compare      Manipulate      Complain      Procrastinate      Worry

## Do you ever feel:

Bitter      Entitled      Guilty      Irritated      Confused      Resentful      Perfectionistic  
Annoyed      Ignored      Self-pity      Dissatisfied      Powerless      Indifferent      Disappointed

Go ahead and put a star next to your top five \_\_\_\_\_.

How do these hold you back?

Your brain doesn't know the difference between \_\_\_\_\_ and \_\_\_\_\_.

Because we only produce so much \_\_\_\_\_, your brain is wired to make decisions today from the \_\_\_\_\_. Overall, fears job is to keep you \_\_\_\_\_.

Most people's biggest fear is \_\_\_\_\_ yet, that is \_\_\_\_\_. To truly uncover what's holding you back, the fear must be \_\_\_\_\_.

Here's the truth: You are NOT your \_\_\_\_\_ of \_\_\_\_\_. The antidote is to discover and proactively move to your \_\_\_\_\_ of \_\_\_\_\_ so you can create the life you love.

Remember: There is nothing wrong with \_\_\_\_\_. It's just \_\_\_\_\_.

Now, it's time for you to decide if you're ready to stop being tricked by \_\_\_\_\_ for good.

**Great Work**