

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