

10 Simple Steps To Get Unstuck



Marianne

Strait

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Welcome!

It's time to celebrate! OK, ok, I can hear you say "WHAT?", but it's true, it's time to celebrate your movement from "stuck" to "fabulous"! You are now on your way!

If you haven't already, please read my infographic "7 Incredibly Easy and FUN ways to feel better when you are stuck". If you need another copy of it please go to www.codebluecoaching.com.

Now, chances are if you are horribly stuck, the exercises in the infographic won't make you feel "fabulous", immediately, but they will help you to feel better. As Lester Levinson (creator of "Release Technique"/"Sedona Method") says, that if you go "high" emotionally you are in a far more resourceful state- and therefore you will be more open and ready to change. So choose one (or more) of the tips to get yourself feeling a bit better, then come back and start working with this book.

You will find that this book is a great introduction to:

- ✓ Understanding where you are
- ✓ Making peace with where you are – *this is critical!!!!*
- ✓ Taking your power back
- ✓ Creating a vision that aligns with who you are
- ✓ Getting "Unstuck"
- ✓ Feeling ALIVE again!

Please do all of the exercises in this book in the order in which they appear. Don't skip any – even if you feel you've already "done" that. You may find that the answers, today, are a bit different than the ones you have previously given. It's just a fact of life. With every thought, event, action, we change. Sometimes it's subtle sometimes not so much. Also, it's important to be in the right mindset as you do this work, and these steps help you with this.

I would LOVE to hear from you. Let me know what your favorite steps were, what helped you the most, how your life has shifted. You can reach me via email at mariannelifecoach@gmail.com.

My final bit of advice – have fun with this! Don't judge. Don't find fault with yourself. Remember you are always doing the best you can with what you have, and each day you are getting better tools!

Enjoy!

Marianne

Step 1 – Acknowledge

The first real step to change begins with understanding where you are. It’s important to get clear on what your current situation is. Not what you THINK it is. Not what you FEAR it is. This is not the time to exaggerate based on worry about where you’ll be in 3, 6 or 12 months (or 5 years for that matter) if you continue on this road.

It’s time to see your current reality for what - in this moment and time -it actually is.

It may be that you don’t have enough cash to meet your bills. Or that your relationship is falling apart (or there is no relationship at all). It may be that your career, while amazing to outsiders, feels like it has plateaued and you have no idea how to take that next step. It may even be that you fear taking that first step!

The important thing is to just look at it objectively.

It is what it is. You cannot, at this moment, wave a magic wand and make it anything other than what it is. So examine it in depth, without judgment.

Make a list of where you feel stuck and how this impacts your life currently. Be as specific as possible.

My Current Reality	How it Impacts My Daily Life
I owe \$10,000 and have absolutely no idea where the money will come from to pay it. As a result, I am about to lose my home. I feel that my family no longer respects me. I feel a failure.	I am very afraid of losing my home and, as a result of this fear, I have become frozen in place. I have no idea how to get out of this and I’m doing nothing, and then I beat myself up for doing nothing. It’s only getting worse.
My company has downsized and I am now out of a job. I’m over 50, and not sure what I want to do with my life, all I know is that I need an income of \$50,000 a year in order to continue living as I have been, and I desire an income of \$75,000 or more so that I can have an “easier” life – saving more for retirement.	Something deep inside of me knows that I want something different, yet I feel very confused as to what that is, and even more so worried that when I find it, it will be something that I can’t imagine ever being paid to do – much less paid well for doing! As a result I do nothing.
I’m working toward a law degree and suddenly realize that I do not want to be a lawyer! I’ve invested so much time, money and energy that it is hard to quit now.	I continue moving toward my degree and regret and resentment are building inside of me. I feel destined to a life of unhappiness. I long to know what my purpose is and what is the best career path for me to follow.
My marriage is stagnant. I have no idea how to make it work, or if I want to even try. I am not sure if I am more afraid to walk away – or to stay.	I am inconsistent with my spouse. Sometimes I am loving. Some days I seem to pick fights over nothing. I am living a life of confusion.

Step 2 – Make Peace

While this MAY LOOK the same as step 1, it is totally different!

In fact, while it is simple, making peace with where you are is hardly “easy”.

Yet it’s the KEY to change.

It is, in fact, the step that I (and many of the people I’ve worked with) have had the most trouble with. Many of us have spent YEARS (or even decades) simply unable to make peace with where we are. Unwilling to look at what is as anything other than a miserable existence from which there seemed to be little chance of escape.

Yeah right, “make peace with where you are”It’s hard to wrap your head around, isn’t it?

After all, why would you even want to make peace with this stuck place you are stuck in? What good is that?

Doesn’t making peace with it, just mean it’s “OK” to stay there?

The answer, surprisingly, is “NO”. In fact until you can make peace with where you are, you can’t possibly move forward.

Let me explain

Imagine you are climbing a ladder and that first step represents where you are at this moment. As you stand there looking at that first step, if you feel it’s awful and scary and you can’t trust it, you’ll never allow yourself to take that step.

You see, how you feel about that first step represents how you view the ladder itself. If you see it as broken, as rotted/rusted out, and about to break at any moment – what do you think your subconscious mind is telling you about the rest of the ladder?

Chances are your mind is screaming that if the first step is so bad, what happens if you get 7 steps up and it’s worse? Not only will the ladder break, you’ll fall harder and faster than you would have if you stayed on the ground.

So you slip back into inaction, (self-sabotage). You don’t take any steps, and you let the fear convince you that what lies ahead may be even more frightening than what is right here now.

That is what self-sabotage is.... simply a “Protective” response, to keep you safe. It has the very best intentions behind it!

So, after you’ve taken a good look at where you are, make peace with it. See it as what it is, just the step you are on, while on your way to something better.

Step 3 – Discover

Now that you have made peace with where you are, it's easier to objectively see WHAT is holding you back. By objectively I mean without the painful emotions of guilt, blame, regret. These emotions only keep you stuck and feeling totally un-empowered.

There are many things that can be holding you back, some of these are:

- Limiting beliefs
- Habits
- Procrastinating
- People pleasing
- Low expectations
- Being reactive vs. proactive
- Taking a “back seat” to others
- Self-worth issues

Think about an area where you feel “held back” or “un-empowered”. (Let's say it's asking for a raise) Visualize yourself asking for the raise and take detailed notes as to what thoughts, emotions, resistance and frustrations pop in to your mind. Is it trying to tell you that this “won't work”, or you're “not good enough”? Listen for the specific details. Whatever pops up write down. Even if it seems irrelevant. After all, if it came to mind, chances are it needs to be addressed.

An overseas client of mine was having trouble finding success in their business. They were very confused as to why this was happening, however close they came to success something awful would happen!

Imagine my clients surprise when they remembered something, an issue from early childhood. They recalled that their father had a reputation of “never being successful enough”. You see in this culture reputation means everything, and your reputation is based on the reputation of your family of origin.

Even though the father had passed long ago, my client was in a completely different business and they had not, in fact, heard that “story” in quite a long time, it was there, just under the surface, wreaking havoc.

In the next step I will introduce you to several techniques that can help you to release these limitations. For now simply focus on discovering them!

Also, as important as it is to know what is holding you back, it's also important to know your strengths.

The best way to do that is to remember a time when you were “in the flow” and time passed quickly because you were enjoying what you did. Make a list of what you were doing, feeling, thinking. What talents were flowing from you? (This list can be referred to when you create your vision in Step 6)

Step 4 – Replace

Take a look at your beliefs. Do you believe you have the ability, knowledge or skill necessary to succeed? Or do you have that little voice inside of your head, making comments like “you don’t know how” or “You’re too (old/young, poor/rich, educated/uneducated) to do that”.

Most of the people I have worked with have a disempowering belief around “deserving” good in their lives. They feel “not good enough” or like they don’t “deserve” to have it any better than someone else. Be sure to check for that one hiding in there somewhere.

This issue of deserving actually tripped me up when, at a vulnerable point in my life, I met a man who had so much experience, education and connections (in the field I was working in) and he was going bankrupt. I wondered why I – with no degree, working from home without “connections” and always working for the “little companies” was making a lot more money than he was! You can guess what happened next, my income plummeted!

Why did I do this?

Because somewhere, deep inside, I had this feeling I did not deserve more than someone with better credentials than I had. Crazy, I know! But the realization that this man was in so much trouble while I was making quite a lot more than he was, hit me hard in the “not deserving” muscle and I created a situation where I reduced my income to match my thoughts! Now it’s not that I consciously saw this, or wanted to do this. It just happened. In fact it took me a LONG time (and working with several modalities and ultimately with my coach) to discover this trigger and remove it. I can tell you it didn’t want to leave without a fight!

Consider what holds you back. Is there a specific memory you have? Something in your life you can point to where, in that moment, you made a decision like: “I’m just stupid”, “I can’t learn”, “I can’t do math” or some such belief.

The interesting thing is that, in one quick moment you can make a decision like this, and for the rest of your life you will be (subconsciously) searching for proof that this decision is true. As you add more and more events and memories (justifications) to your pile, your life begins to match your decision. My deserving issue went deeper than this one incident, in fact I embraced it (not deserving) easily because I was building on a prior decision.

You need to get in there and remove these beliefs, often by finding and reframing the initial memories that led to the decision you made. (Decision like “I don’t deserve” or “I am stupid”)

It’s not enough to simply remove the old belief. When you do that you create a hole, a vacuum and, as they say, nature abhors a vacuum. You must fill the hole with what*////////////////////t you want, before it refills with something limiting!

My advice is to never quit as soon as you find relief. Keep moving through until you have created focus and clarity and filled the space with what you want – instead of what you let fall in!

Tools that I have found work very well with my clients include:

- | | | |
|------------------------|-----------------------------|---------------------------------|
| ★ Faster EFT | ★ Matrix Re-Imprinting | ★ Release Technique |
| ★ ACE | ★ NLP | ★ The Work |
| ★ Sedona Method | ★ Time Line Therapy | ★ Visualization |
| ★ Vibration Activation | ★ Affirmations (done right) | ★ Circle of Trust Visualization |

Most of these techniques you can find information on the internet. Several you can work along with on line, while others you will need to study in depth.

FasterEFT for example offers hundreds of videos to “tap along with” but the real power comes from knowing the underlying structure of Faster EFT which incorporates studies of how the mind creates problems, issues etc. This is only possible with a FasterEFT practitioner (like me).

Faster EFT is very different from traditional EFT. While many people have great results with EFT, I did not. (Most of my clients who are familiar with both styles have also found Faster EFT to be far more effective and easy)

Matrix Re-Imprinting works best with specific memories. I use FASTER EFT in the Matrix, instead of traditional EFT. (This was sanctioned by the trainer who certified me as a Matrix Re-Imprinting Practitioner) I believe that using Faster EFT in the Matrix offers a more profound and, well, faster, shift.

Whatever method(s) you choose, be sure to do them as they are taught. Don’t think you know a better way. Also keep working with something for a while before you jump to another method. Make sure it’s not working before you toss it away, because often complementary techniques are working at a subconscious level before you realize it. Eventually you will find what works best for you. If you can work with a coach who knows these modalities you can cut a lot of the searching time away, because you don’t have to learn it before you can use it to see if it’s right or not. With a coach you can simply experience it in action, trusting it’s done correctly and you can measure the results accurately. It also helps if you find a coach who can move between modalities.

As with most of my clients, a client of mine preferred to flip between modalities depending on what we were addressing in each session. For example, when we worked on the trauma of abuse in her childhood, and adult life, we would “go into the Matrix”. When we worked on day to day pressures she loved the quick results of Faster EFT. As we looked to make peace with people who have hurt her, we chose the circle of trust exercises, and when we worked on her future we used a lot of Timeline Visualizations

My recent “End Emotional Eating” class relied heavily on Faster EFT, Vibration Activation, Law of Attraction, Affirmations, Visualization and NLP.

Having the right tools, and knowing when to use each will make your transformation happen much faster!

Make this fun! Celebrate every belief you eliminate, every memory you reframe, every decision you change! They add up fast, and you’ll notice you pick up speed when you are working with the right tools!

Step 5 – Create

Whether you realize it or not, you run your life based a series of rules you have created as a result of what you value in your life. It is very important to take a look at your values and to rank them – as they are now - in order of importance for you. This will be incredibly helpful to you in making the right decision – faster.

Some of your values may be ranked high because that’s where they needed to be when you were a child.

Some may need to be shifted around in order for you to create what you desire. (Step 7)

For example, say that you want to be the best parent possible and to you that means attending most of your children’s activities (games, recitals etc) and you also have a goal of being a highly successful sales rep.

You are offered a job, on the road 3 nights a week.

Would you be more likely to take it if family ranked higher on your values list? or if success did? Do you need to shift your values to find peace with your decision?

Understanding what is MOST important to you helps you to take charge in your life and find congruency between what you want and what you do.

Don’t stress over this task, when I work with a client it can take a few weeks of reviewing the values hierarchy for a few moments in between sessions to become clear on what your list and rankings are.

Below is a list of values to get you started:

Accomplishment	Adventure	Ambition	Altruism	Belonging
Cheerfulness	Cleanliness	Comfort	Compassion	Control
Courage	Creativity	Decisiveness	Determination	Dignity
Discipline	Discretion	Drive	Duty	Eagerness Education
Energy	Experience	Family	Focus	Freedom
Friendly	Fun	Generosity	Gratitude	Growth
Happiness	Harmony	Health	Helpfulness	Honesty
Humor	Integrity	Inventive	Joy	Justice
Kindness	Leadership	Liberty	Loyalty	Making a difference
Mindfulness	Modesty	Motivation	Open Minded	Optimism
Passion	Peace	Perfectionism	Persistence	Power
Privacy	Prosperity	Reason	Recognition	Relaxation
Religiousness	Resilience	resolve	Resourcefulness	respect
Reverence	Satisfaction	Security	Self-Control	Selflessness
Service	Sexuality	Significance	Simplicity	Sincerity
Success	Supremacy	Sympathy	Teamwork	Thrift
Tidiness	Trust	Uniqueness	Valor	Variety
Victory	Virtue	vision	Vitality	Warmth
Wealth	Willingness	Winning	Wisdom	Wonder

Step 6 – Visualize

Having a vision of how you want your life to be is the key to finding inner drive and motivation to make it so. As they say, if you don't know where you're going you'll end up anywhere.

Take your time with this step - hours, days or even longer.

Be specific and clear for all areas of your life. Relationship, Career, Spiritual, Emotional, Intellectual etc. Then make it visceral. Feel it as if you were living that dream life. Experience it with all of your senses.

Chances are that you've done this before, for example when you planned a vacation. You checked out all the destinations, the places to stay, the attractions, the weather and in your mind's eye you played little "movies" of your vacation. You imagined what it looked like, how it felt, smelled, the tastes, sounds and emotions. Perhaps you visualized seeing the expressions on your child's face as they first saw a theme park, or you imagined how you will feel inside looking at that big wave, while you were on your board eager to catch it. Or you felt the chill in the air and the thrill of excitement as you envisioned yourself on the summit of that "expert" ski slope that you planned to visit. Thinking about it you started to feel the adrenaline, or joy, or excitement pumping through your veins. This is what I mean by feel your future as if it were real and happening NOW.

There are many caveats to imagining your future and here are a few:

- Keep it specific – but not TOO specific (Huh???)
 - Consider the qualities of the person you want in your life, not a specific person.
 - Consider the type of job you want, not the exact company.
- Be Positive – look at what you want. For example I want to be financially free – vs I want to be debt free
- Be Inspired by the vision – but not "married" to it. Let it be flexible, shifting, don't be afraid to make changes as you go!
- Let the emotions out – create a vision that, when you think of having it, makes you feel great inside!
- Always end with – "This or something better", to allow for pleasant surprises along the way

This really works! Just ask any of a dozen or more "Oscar" winners who, in their acceptance speeches talked about their childhood experiences of giving "this speech" over and over again into a hairbrush (pretend microphone), mirror etc. Picturing themselves on stage, accepting this award, feeling it, knowing it would one day happen for them. They didn't see themselves winning an award for a bio-epic they shot about a person whose story made them lose 30 lbs in production, or someone who dove into madness. They just envisioned the award for the acting...specific but not too specific!

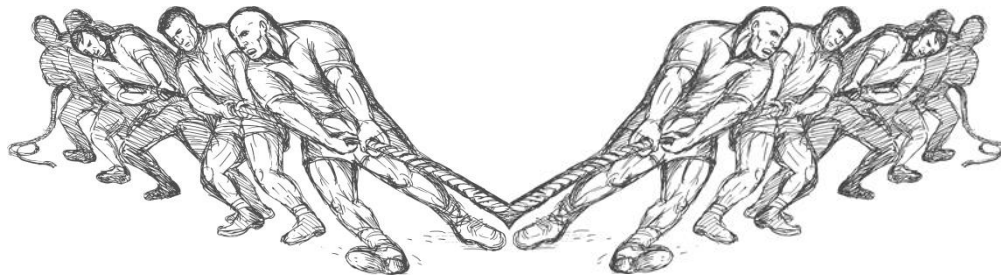
Step 7 –Match

As mentioned in Step 5, your values play a huge role in making decisions.

This step addresses the question – Will this vision bring me happiness based on my values as they are today? Or Am I compromising something important here?

Take a good look at this future and note the “specifics” of it... how does this impact the whole of your life. Compare the specifics of the “dream life” with your values hierarchy and look for places where they are “in sync” and places where they are “in conflict”.

MASTERING this step is a fundamental KEY to END SELF-SABOTAGE. If your values and vision conflict there will always be a part of you working toward one end, while another part is working toward the other. Each time you move in a direction the other part will do what it can to pull you its way.



Values vs Vision = Self Sabotage!

My own life is a series of arranging values again and again. I had always wanted to be a mom. Family was my absolute first desire and my first value. Then 5 years of infertility reared its ugly head. So I resigned myself to accept a childless life, and moved “success” (at that time a strong 2nd) up to that top spot. I was committed to being a big success in whatever I did, and I was well on my way!

Then like magic, when we stopped “trying” I got pregnant. Talk about a whirlwind!

So, I’ll share my values at that time (when I heard I was pregnant) with you:

- Family – being there for my kids physically, emotionally
- Success – being the best mom I can be (job flew out the window in my dream world)
- Security – making sure they have what they need and are safe
- Contribution – giving somewhere to me it made sense for schools, preschools etc

Reality hit immediately. My dream of being an at home mom was impossible. I worked full time until my second son was born. Fighting, every day, with my desire to be “at home”. When my second son was born I “tried” quitting. My husband was in an industry that was volatile and had months of lay off time every year (construction in Central NY). The health

insurance was so poor it was almost nonexistent and, to be honest, my company did not want to let me go!

So I sat down with my options, and made peace with it all. I chose family first, and to my surprise, the company I worked for CREATED a telecommuting job for me! (This was 1990, long before telecommuting was popular) I got to work from my home, be a key part in the creation of a whole new division, and provide the health insurance and other things my family needed. I was working, part time from home, with a very nice income. Not my “ideal” initial vision but I was in harmony with it and, as a result, was the very best mom and very best employee! There was no self-sabotage, I felt in harmony.

When opportunities arose that would take me in to a “travel” position or away from family, I often chose to pursue “family” rather than “success” without feeling guilt or left behind at work. Sometimes I chose the trip because it was very important. Again, this was all in alignment with my values and with a clear understanding of what I was choosing.

So take a look at the future you have created for yourself. Does it fit in with your values? Where and how do you need to compromise between the two? Examine each instance and determine which needs to shift, the value or that part of the vision?

A client of mine underwent something similar in a relationship. This client was faced with a decision to leave or stay.... and as we worked on values it became clear that my client’s top value actually ranked very low on the values list of their partner. This knowledge added a sense of clarity the client had never had, and as a result my client was able to choose from three options: rearrange their own values, talk with their partner about this value and have them rearrange, or leave the relationship. As a result my client was able to make a decision from a place of peace and understanding.

The power is in KNOWING what your values are, their order of importance and how the components of your vision fit in. Find any places where there is a mismatch and make adjustments to them until they are in perfect harmony!

Yes, sometimes there will be hard decisions. Yet, somehow, when you come from a complete understanding of all the dynamics they are easier, faster and less emotionally painful to make.

Step 8 – Refocus

Once you've gotten everything in harmony, you can harness the power of visualization. This means living "as if" you have already achieved the life of your dreams. I know, questions arise, how I can live as if I were a millionaire if I don't have enough money to buy a decent car (much less that awesome car I really want). It's a struggle many people have, and the only advice I can really give is to, as the commercial says, "just do it". The more you look at it, the more you try to explain or justify it, the more impossible it becomes.

No one is recommending you SPEND money you don't have. No one is suggesting you have an expensive dinner at a fancy restaurant, but what about:

- Walking around a 5 star hotel lobby, feeling as if you belong there
- Having one single drink in the lounge and enjoying the atmosphere
- Test driving that amazing car and dreaming it's yours as you drive it
- Touring new homes during open houses and picturing yourself living there
- Standing tall, walking with a purposeful stride as if you were totally confident
- "Window" shop in the luxury stores. Try on a few things. For a moment feel as if it's yours

As you leave these things "behind" carry with you that feeling that they are yours.

Another way to do this is to determine who you would be if you had the life of your dreams.

- ☆ How would you stand, walk, talk, act if you were living the life you dream of?
- ☆ How would you interact with others?
- ☆ Spend your leisure time?
- ☆ What would your clothing be like?
- ☆ Your car?
- ☆ Your home?

Create this "character" that is living the life you want to live, and then become the actor who portrays them. Before you know it, you'll feel it's real, and then it will have no choice but to become real!

Consider those actors I spoke about in Step 6, they visualized their way to an Oscar win. Jim Carey visualized his way to becoming a multimillionaire (his story, in his words, can be found here. Note: the famous check story begins at 2:29 <https://www.youtube.com/watch?v=nev5iwoj0ps>).

Visualization and "acting as if" are incredibly powerful tools. My clients absolutely love it when we do an exercise where you visualize your future life and, while in the vision you tap in to your future self for guidance!

I have seen this work in very quick and powerful ways with my clients. In fact many say that our sessions that focus on future and timeline work are their favorites!

Step 9 – Act

Congratulations! The biggest chunk of work is behind you! Of course those steps are not done, as you will find you need to refine things, or something new comes in to your awareness that you'd like to incorporate in to your future. Visualizing is something you should do often! Very often!

But visualization is not the only thing you need to do. (This is where the Secret went wrong!)

At this time you need to determine what the first step is to reaching your goal. Especially with a very big goal, it's important to look at it from smaller and very manageable steps. Steps that are not so difficult as to make you feel depressed, afraid or defeated before you even begin.

EVERYTHING when broken down into steps becomes doable.

When I signed up with a local martial arts school I had a dream of going to black belt. I sat down with the Sensei and I asked what getting a black belt entailed. What were the specific requirements? I heard something about timed runs, 16 week testing cycles with 3 hour classes followed by timed runs. I heard that when you finally make it through a cycle (almost no one makes it first try) there was an exam that lasts 2 days. What was I in for? Were people just scaring me? Was it real? (I learned later that, yes, it was all real!)

His reply was (paraphrased) "Focus on the first belt, then focus on the next, and next. If ask any black belt in here they will tell you that if they knew what was required when they signed up it would look far too hard and they would not have signed up. Instead they focused on one belt at a time and the journey to black belt happened naturally. Perhaps it's not easy, but it is nowhere near as hard as it looks when you sit here as a white belt."

As I was putting that black belt around my waist for the first time I thought of that conversation and just how right he was. I never would have signed up, and I would have missed out on one of the very best journeys of my life!

Don't get lost in the specifics and difficulties in the journey. Every step you take in the early stages will be preparing you to be strong and ready for the next step, and next, until one day you find your own personal victory. You'll be amazed at how strong you really are.

Focus on the very next step.

Going back to my martial art days the big steps are the 10 belts that led to black. The specific requirement for each belt was a little step. While I saw the big steps (belt colors) I only focused on what I needed to do to get to the next one.

Remember this as you determine the action plans.... keep it simple, keep it short term focused – but always have the end in sight!

A great way to do this is to break the goal down into a few manageable steps. From there take a look at the first big step, and from that determine the very first small step you need to take to reach the first larger step.

Imagine that you were driving from NY to Orlando, (let's just talk about the road trip itself, and assume you took time off of work, made reservations, packed the car) you would create the big steps – and let's work on the premise that you plan on spending the first night in Richmond VA, the next night in Atlanta GA, and then on the third day arrive in Orlando. So to recap – the drive from NY to Richmond. Richmond to Atlanta. Atlanta to Orlando are your 3 “big” steps. For simplicity sake let's call it GOAL 1 (Vs step)

Take a look at Goal 1 – NY to Richmond - and create the steps you need to get to Richmond. What is the first road you need to get on? What is the first exit from that road? What road do you get on from there? Where are you stopping for lunch? Focus on creating the first few little that will get you to Goal 1.

Perhaps it is not as easy for you to determine your steps, if you find you have some issues, there is a really cool way of doing this in a future visualization exercise. Here you would access and ask for guidance from your future self. It's something my clients absolutely love, however if you haven't done it before, you need to experience (vs my describing it here) and I offer it in my 1-1 coaching and as an audio file in my 30 days to get unstuck program.

Keep your eye on the distant goal, but your focus on the next step.

Step 10 - Celebrate

One of the things I stress is the importance of celebrating the achievements you make, whether they are large or small! At least, for me, nothing inspires me to move on than that feeling that I'm progressing, that I'm on my way.

A celebration can take any form that works for you. For me it's a quiet time alone, perhaps a walk in the park or a nice long hot bath or shower. I especially love ice cream as a celebration – but that can lead to emotional eating patterns later so be careful if you are choosing food or drink to celebrate. Some people will buy themselves a gift to celebrate. Some set a "gift" up ahead of time as a promised reward. Again, do what is the very best choice for you.

Celebrate everything that moves you forward, even if there are some "issues" that come up.

Going back to our trip from Step 10, perhaps you went from NY to Richmond but along the way you took a side road that made the trip an hour longer than it would have been. You have a choice here; do you beat yourself up for taking the wrong road? Do you get angry? Or do you celebrate that you are in Richmond, first leg of the journey is done! You're well on your way!

The choice is yours.

Of course the path is not always straight and sometimes as you start to move forward you will find that you need to make some adjustments along the way, and that is OK!

See these obstacles as simply a fine tuning of the path. Don't let them get you down. Just make sure the changes you are making are in alignment with your values (adjusting either the vision or the values hierarchy when needed)

Putting it all together

Getting unstuck, I mean truly and completely unstuck, is a process. Like all processes it works best when you take it one step at a time.

In addition, it always helps to have someone beside you. Someone who encourages you, who helps you plan, who holds you accountable, who helps you through the obstacles as they come up, and who reminds you to celebrate! Keeping your enthusiasm and drive is critical when you are reaching for a big goal.

Whether you choose family, or friend or get the aid of a life coach, do involve one other person in your work. ONE. Don't tell everyone about your dream, your vision, or your plans because if you do all your conversations will be clouded with thoughts about this. They will be wondering how you are doing, you'll be feeling you need to update them, or prove it's working. This simply muddies up the energy. (This is just one of the reasons why people choose a life coach, someone outside their circle who can encourage and help guide. Life coaches want you to succeed, they don't get jealous if you do well and they can help you to see the things you are simply "too close" to see)

Take this one step at a time. Celebrate each step along the way. Then like a client of mine who came to me feeling as though they had "thick oil" in their veins, instead of blood, you will feel your life force return and flow. You'll move from apathy to success, just as my client did. This particular client went from confused and unsure what to do – to creating a product that is now being sold in major catalogs!

Moving forward is your choice. It may seem difficult but I can share with you this fact – once you choose to do it you will wonder how you ever allowed yourself to live in "Stuckville" for so long. Of course, because of this work, you won't judge yourself or be angry for it, you'll simply wonder about it. No matter how it may appear at this moment, know that you have a bright future ahead of you. It's there, waiting for you to embrace it.

Have fun!

Also, keep in mind, if you want a helping hand I offer 1-1 coaching and a brand new 30 days to unstuck home study program.

Send me your thoughts, your successes! I'd love to hear from you

Best wishes, I know you don't need luck – you're making it!



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About Marianne

“Life opens up opportunities to you, and either you take them, or you stay afraid of taking them” -Jim Carrey

Marianne Strait is passionately committed to guiding professionals who feel “stuck” to blast through their obstacles and blocks, restart their life and reignite their passion. She empowers her clients to take action and find success so that they wake up every morning THRILLED to be alive!

Her clients have said she finds and removes blocks “like a surgeon”.

Marianne has been where you are - stuck in a rut that seemed too huge to climb out of. Miraculously saved at the 11th hour from losing her home not once, but twice, Marianne can relate to your fears.



Fiercely independent, after years of intense work (unsuccessfully trying to do it on her own), and at the end of her rope, she finally took the plunge and decided to work with a professional.

During her own 1-1 session she experienced the immediate and total clearing of a 22 year old block. It was life altering. At that same moment she was hit with a visualization of a happier, more peaceful, more joy filled world that she could help to create, one person at a time. She was hooked! Starting from a bleak place financially, it was through sheer determination and will that she certified in her favorite modalities and now lives her dream life.

Through the years, Marianne has created a huge toolkit of solutions she offers her clients. She creates, for each client, a unique and robust program which combines FasterEFT , Matrix Re-Imprinting, NLP, Visualization, Sedona Method/Release Technique, Law of Attraction etc. with more traditional paths such as coaching and affirmations.

Living her dream, she helps others to blast through obstacles, propel themselves out of ruts, and move forward. Nothing thrills her more than a client sharing how wonderful life has become and how alive they now feel.

In fact, it was because of the frequency of her clients telling her that she helped them shift from feeling dead inside to feeling alive again that this former cardiac monitoring supplies sales rep created “Code Blue Coaching”. (Code Blue is a term used in medicine when someone’s heart has stopped and needs to be restarted)

Isn’t it time to stop searching for answers? Stop chasing the next “shining object”? Isn’t it time to stop trying, again and again, to do it on your own?

If you’re ready to give up the struggle then it’s best to work with someone who can help you through the tough times and into a life you may, at this moment, feel is no longer even possible.

Marianne offers 1-1 coaching, group coaching programs and for those do it yourself-ers will soon release a “Get Unstuck in 30 Days” home study program. You can reach Marianne at mariannelifecoach@gmail.com or schedule a free introductory “Get Unstuck” session via her website www.codebluecoaching.com.

Mention this book for 10% off a 3 month or 20% off 6 month coaching program.

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