

Stuck to Unstoppable: Your Breakthrough Checklist

A gentle guide to help you move forward with courage and confidence.

1. Picture Your Dreams

- Take a moment to visualize the life you want.
- Write down three goals that inspire joy and excitement.

2. Explore What's Holding You Back

- With kindness toward yourself, list any challenges or fears you're facing.
- Reflect on how you've overcome struggles in the past—what strengths helped you then?

3. Reconnect with Your Purpose

- Ask yourself: *Why do these goals matter to me?*
- Write a heartfelt statement: *I deserve to pursue this dream because...*

4. Take Gentle Steps

- Break your dreams into small, achievable milestones.
- Start with one simple action you can take today to honor your progress.

5. Foster a Positive Mindset

- Begin each day with an uplifting thought or affirmation.
- When self-doubt creeps in, remind yourself: *I am capable and worthy.*

6. Find Your Support Circle

- Share your goals with someone who uplifts you—a friend, family member, or coach.
- Celebrate your wins together and lean on them during challenges.

7. Celebrate Every Win

- Acknowledge even the smallest achievements.
- Take time to feel proud of your journey and give yourself credit for trying.

8. Be Open to Change

- Reflect on your progress regularly with compassion and without judgment.
- Adjust your path if needed—you're learning and growing every step of the way.

9. Commit to Growth

- Explore new ideas and perspectives through books, podcasts, or coaching.
- Remember, every step you take is building toward unstoppable success.

10. Be Patient with Yourself

- Trust in your ability to keep moving forward, even when progress feels slow.
- Celebrate showing up for yourself every day—because you are worth it!