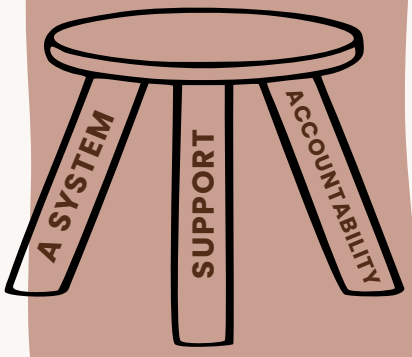
GET UNSTUCK

A FOUNDATIONAL & SUSTAINABLE APPROACH TO CHANGE

1. Clarify your main driving force (what is MOST important to you).
2. Determine the core values of the version of yourself you want to be, and begin to identify as that person.
3. "Unpack your trunk" - declutter & strengthen your beliefs. Affirm that you deserve and are capable of what you want.
4. Be aware of & prepared for self-sabotage.
5. Manage your energy & stress. Create a regular practice of relaxation.
6. Review your current daily habits, identify what's supporting and detracting from the version of yourself you want to be.
7. Make a small, sustainable shift. Then rinse and repeat!

STURDY CHANGE STANDS ON 3 LEGS



MAKE SURE YOU HAVE ALL 3!

Shift WITH SYDNEY