

Unstuck Yourself Cheat Sheet

Use this 3-part formula step-by-step to stop feeling the way you do!

1. TRIGGER/CAUSE	Just like a mechanic diagnoses the source of a problem.
2. YOUR RESPONSE	Gain clarity on ways to respond differently.
3. LET GO	How to manage your emotions better to feel better!

1. TRIGGER/CAUSE

- What is the primary thought, focus, person, and situation at the source of feeling stuck?
- Identify the emotions you feel as a result, i.e., stress, frustration, worry, and overwhelm.
- Next, we are going to consider a way to respond differently.

2. YOUR RESPONSE

- What meaning are you choosing to place on the trigger, and what are 1-3 different meanings you could consider replacing it with that yield a less undesirable feeling?
- What level of importance are you giving things, and what would making this 50-75% less important look and feel like?
- Shift your perspective on the trigger by seeing it through the eyes of a friend who would feel less emotional in the same instance. Look through your issue as them!

3. LET GO!

- Like making a doctor's appointment, choose a specific day and time when you feel enough is enough, and you'll stop hyper-focusing on this trigger.
- Allow yourself the freedom to continue feeling like crap until time is up, according to the step above.
- When time is up, take a few deep breaths and choose to shift your focus, energy, and attention to different things that elicit emotions that better serve you.

OVERVIEW	OBSTACLES	OVERCOME	OBSERVE
What lessons have you learned from this exercise? List them here to turn them into actionable opportunities the next time you feel stuck.	What obstacles did you face while performing this 3 step formula?	How many ways do you imagine you could remove these obstacles?	How can you better observe your thoughts, feelings, and actions?

ACTION ITEMS

- Take one step right now to put this formula into action.
- Print this or place it somewhere obvious to make this a habit in the future.
- Imagine one way your life would be if you lived by this formula daily!
- Get help putting this into action in our amazing community using the link below!

Want More Guidance?

Click the link below!

Thevibemindset.com

