



# Get Unstuck Starter Kit



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# CONGRATULATIONS!

You've made the decision to get yourself back into the flow of your life. You're already in the process of getting unstuck!

In this kit you'll find four powerful tools to help you get unstuck.

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# THE TOOLS

1. A tap-along video to get unstuck
2. Thirty-three power questions to help you start to get in the flow
3. A free one hour mini-course to shift your perspective on what it even means to be stuck
4. The #1 secret to getting unstuck and a tapping exercise to help you access this secret!



# Tool #1

## Get unstuck tap-along video





Tapping, also called 'Emotional Freedom Technique' or 'EFT', is a powerful tool that can help you move all that stuck energy.

While it is most effective to learn to tap on yourself and use your own words and specific situation, tapping scripts can be useful in getting started.

**Here is a tap-along video** to get those energies moving!

You don't even need to know anything about tapping to get started.

You can simply follow along with the video, tapping on the points that you see and repeating the words aloud along with me.

Even if the words do not apply directly to your particular situation, tap along with the video and you'll still likely get results.

Alternately, feel free to change the wording so that it applies to you.

*[Click here to access the video!](#)*





# Tool #2 Power questions





*Set aside a bit of time and give some thought to these 33 questions.*

*I recommend writing down your responses and letting it be a tool for self-inquiry.*

*You will likely find some helpful aha! moments as you are writing out your answers.*

*Some may even be exactly what you need to get your energies moving again!*

1. What isn't working well at the moment?
2. What is the biggest obstacle you are facing?
3. What stands between you and happiness?
4. What's the excuse you have always used for not achieving your goals?
5. What are you afraid of?
6. What haven't you admitted out loud yet?
7. What are you not ready to change just yet?
8. What will you never give up on?

9. What are you getting out of being in your current situation (of being stuck)?
10. What do you need most right now?
11. What have you done so far to improve things?
12. If you saw someone else in your situation, what would you suggest they do?
13. If money wasn't a restriction for you, what would you do?
14. If time wasn't a restriction for you, what would you do?

15. What would you do if you weren't answerable to anyone?
16. If you were guaranteed to succeed, what would you do?
17. What is your daily source of energy and joy?
18. What are you passionate about?
19. What makes you feel secure?
20. What is working well for you at the moment?
21. What's important to you at the moment?



22. What can you add to your life today that will bring you more joy and flow?

23. Who are you most grateful for?

24. What's the best decision you've ever made?

25. Which activities make you lose track of time?

26. What is the most amazing thing that happened to you so far this year?

27. What's something you have that everyone wants?

28. What is one positive thing in your life right now that you are totally sure of?

29. What are you ready to change?

30. What are you most grateful for?

31. How would your life look and feel if you were unstuck and in your flow?

32. Imagine for a moment that your issue is resolved. How did you get there?

33. What is one small step that you are willing and able to do today to help you feel better?



# Tool #3

## A mini-course on new perspectives





What if a shift in perspective could change everything?

In this one hour mini-course Foundations of ULTRA EFT, you'll get to see your problems from a new point of view, which can actually change everything about feeling stuck.

The solution lies in a true paradigm shift that is simple yet profound, and holds the key to freedom from old self-defeating patterns and blockages.

It's about seeing it all differently.

**Here's the link!**

*[Click here to access the video!](#)*



# Tool #4

## The number 1 secret to getting unstuck & a tap-along video







**This may sound strange, but the most important thing you can do to get yourself unstuck is to accept your current situation, allow it to be and then simply be present with it.**

The feeling of being stuck is essentially a bunch of thoughts/feelings that appear to keep you in a muddled state.

Further confusion or inner judgement about being in this state cloud your perception even further.

Then add to that any feelings of overwhelm and any sense of resistance you may have about being with and

addressing your situation. It all adds up to a big ol' uncomfortable pile of STUCK.

The first part of this is just generally accepting that you feel stuck without resistance. It's like "okay! I'm stuck. Maybe it's okay to feel this way."

Acknowledging and allowing that feeling to just be there and sitting with it (or tapping on it) starts to allow a bit of movement.

The next piece of this is the tricky state of accepting your current reality at the same time as wanting it to be different.





While it may seem counter-intuitive to accept your current reality when you don't like it or want it, believe it or not, it's actually the fastest way to actually release the muck.

This is because part of what is holding your current reality of being stuck in place is the resistance you have built up around it. This includes all the stories you've told yourself about your situation as well as all the judgment and meanings you've given it.

Accepting your current state doesn't

mean giving in to it, resigning yourself to it, or even condoning it (in the case of an unhealthy situation).

It just means accepting that this is simply how it is right now. For better or worse, this is what is appearing in your life. Perhaps fighting it so hard isn't the way out.

Enjoy **this tap-along video** that will help you with moving into more acceptance in order to keep yourself in the flow towards what you really desire..

[Click here to access the video!](#)





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# CONGRATULATIONS!

You've made it through the first steps in getting unstuck!

Maybe this was enough to loosen things up so that you're ready to go! Or perhaps working through these exercises was a fabulous beginning to creating a big breakthrough in your life.

In any case, I hope you've enjoyed the kit and that you got something out of it that suited YOU.

So, what's next? Well, if you're all cleared up and ready to go, you could start by making a plan to accomplish whatever it is that you desire.

If you know that you have some further work to do, especially if your stuckness has been there for a long time or has deep roots, **join one of my programs** or set up a private session with me to move through anything else that is holding you back.



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*Forward this to a friend  
who needs to get unstuck!*



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