

# Help me quick, I'm stuck!



**A step-by-step guide to quickly get you back into action when you're procrastinating, dreading, and doing everything *except* that thing you really need to do!**

Refuture Your Life

Hi, Beautiful –

Whether you're a business owner like most of my clients, you work for a company, or your efforts are lovingly given without the exchange of money, there are things you have to get done. Your list may even be *really* long.

And there are times when you're **stuck**, when you keep doing other stuff, like getting on Facebook, cleaning up, eating, or even doing other tasks, just not the one you really *need* to be doing.

You may need to make a phone call, write copy, pay bills, or do some other task. Your head is telling you to just get it done, and yet somehow that isn't happening.

That's when you use this guide.

While this easy step-by-step guide probably won't resolve your deep childhood issues (though wouldn't that be nice?!), **it will help you get back into action and taking your next step, which is all you ever need to do.**

I'm sharing it with you now because I want to support you in having a fabulous new year. I know what it's like to be stuck, and it sucks.

So start here and see what opens up for you.

In the guide, the instructions include doing **the heart pose**. This is a picture of what that is: one hand on top of the other in the *center* of your chest.

Doing this helps you connect with your feelings and get grounded in your body, rather than endlessly surfing the waves of fear, self-criticism, and negative chatter that your mind can generate so well.

The other pose it mentions is **the Superhero pose**. Picture Wonder Woman or Superman – hands on hips, shoulders back, chest lifted, chin level or slightly up, and feet shoulder-width apart.

I'll be sharing this guide – along with recordings of all the statements in it – with my **Open to Receive Mentoring Circle** that starts January 15.

Over the course of 6 months, we'll be going deep to help everyone *clear out* what's been blocking them in the first place, so it's easier and easier for them to show up boldly and in their power, and to take action that's authentic and in alignment with their true essence.

The Open to Receive program offers lots of support, accountability and the space for huge shifts. Check it out at [www.refutureyourlife.com/open-to-receive](http://www.refutureyourlife.com/open-to-receive).

Best wishes for an AMAZING 2018!!

Sara





# Help me quick, I'm stuck!

## 1. What I'm working on

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## 2. My thoughts about this

- I don't know how to do this.  I don't know if I can do it.  I'm not sure where to start.  What if I don't do it right or well or even well enough.  I don't want to do this.  Even if I do this, it won't turn out like I want it to.  I really, really want to get this done.  I'll feel so much better once it's done.  I'm excited to get started.  I'm not sure what to do next or how to get started.  other: \_\_\_\_\_

**Do the Heart Pose (one hand on top of the other in the center of your chest) and take a few deep breaths as you let your thoughts float by.**

## 3. How I'm feeling about this

Use the "Round 1" column to rate the intensity of your feelings from 1 (mild) to 5 (intense). Skip any that don't apply to you. Add any that you'd like.

|             | Round 1   | Round 2   |  | Round 1    | Round 2   |
|-------------|-----------|-----------|--|------------|-----------|
|             | 1 2 3 4 5 | 1 2 3 4 5 |  | 1 2 3 4 5  | 1 2 3 4 5 |
| nervous     | 0 0 0 0 0 | 0 0 0 0 0 |  | insecure   | 0 0 0 0 0 |
| scared      | 0 0 0 0 0 | 0 0 0 0 0 |  | energized  | 0 0 0 0 0 |
| excited     | 0 0 0 0 0 | 0 0 0 0 0 |  | curious    | 0 0 0 0 0 |
| anxious     | 0 0 0 0 0 | 0 0 0 0 0 |  | relaxed    | 0 0 0 0 0 |
| eager       | 0 0 0 0 0 | 0 0 0 0 0 |  | confident  | 0 0 0 0 0 |
| overwhelmed | 0 0 0 0 0 | 0 0 0 0 0 |  | optimistic | 0 0 0 0 0 |
| grumpy      | 0 0 0 0 0 | 0 0 0 0 0 |  | hopeful    | 0 0 0 0 0 |
| skeptical   | 0 0 0 0 0 | 0 0 0 0 0 |  | frustrated | 0 0 0 0 0 |
| hopeful     | 0 0 0 0 0 | 0 0 0 0 0 |  | daring     | 0 0 0 0 0 |
| discouraged | 0 0 0 0 0 | 0 0 0 0 0 |  | peaceful   | 0 0 0 0 0 |
| confused    | 0 0 0 0 0 | 0 0 0 0 0 |  | creative   | 0 0 0 0 0 |
| alone       | 0 0 0 0 0 | 0 0 0 0 0 |  | interested | 0 0 0 0 0 |
|             | 0 0 0 0 0 | 0 0 0 0 0 |  |            | 0 0 0 0 0 |
|             | 0 0 0 0 0 | 0 0 0 0 0 |  |            | 0 0 0 0 0 |

**Do the Heart Pose and take a few deep breaths as you feel your feelings.**

**4. My current physical sensations**

- tension  stress  hollowness  spaciousness  tingling  numbness
- openness  heat  cold  relaxation  other: \_\_\_\_\_

**in my:**

- stomach  shoulders  neck  heart  legs  feet  hands  arms
- head  throat  face  jaw  eyes/forehead  guts  back  hips/pelvis
- other: \_\_\_\_\_ (Ask yourself, "Anywhere else?" until you feel done.)

**Do the Heart Pose and gently breathe into areas of tightness or discomfort.**

**5. Do the Heart Pose and imagine yourself doing the task ahead. Actually FEEL yourself doing it.**

**Do the Superhero pose while feeling yourself doing the task ahead.**

Feel yourself being inspired, having pieces fall into place, words and actions coming easily to you. Imagine help coming to you from all around, including from sources and people you don't even know about yet.

**Refuturing Process: Do either the Heart or Superhero pose and read the following aloud.**

What if it's possible I can do this. What if it's possible I'm ready. What if it's possible that this can be easier and more fun than I would have dreamed possible. What if it's possible I'm willing to open to help. What if it's possible I have the courage to allow myself to be helped. What if it's possible I have the courage to let myself fully be seen. What if it's possible that doing this is building my confidence, skills, strength and energy in ways that will surprise and delight me. What if it's possible this can be an adventure, and that the experience and my expansion are what's most important. What if it's possible this is possible for me, just as I am, right here and right now.

**How I'm feeling now**

Using the feelings list above, rate your current feelings in the Round 2 columns.

**Do the Heart Pose and let yourself really feel your feelings.**

If any come up that feel "negative", let them. Feelings are energy and the more access you have to them, the more access you have to your energy. Resisting them decrease your intuition, lowers your energy, and reduces your power. Whatever your feelings are, just smile at them, or simply relax your body **as** you feel them. Let them wash through.

**I choose to \_\_\_\_\_.**

Create a statement such as "I choose to trust that I'm enough and that I can do this" or "I choose to relax, breathe and take one next step". Write this on a card and put it where you'll see it often as a reminder.

**Taking action**

**I choose to \_\_\_\_\_ by \_\_\_\_\_ (time or date). When I'm done, I'll celebrate and reward myself by \_\_\_\_\_.**