



GET UNSTUCK

WHY YOU PROCRASTINATE,
OVERTHINK, UNDER EARN AND
HOW TO END THE STRUGGLE.

Enlist the Support of Your Future Self

As you continue your process of personal growth, I invite you to create an inner wise person and name her so that she can support you when your inner critic comes out to play.

I want you to think of her as an older and wiser version of yourself. She is the woman you aspire to be. She is the wise one who listens to her body and trusts its wisdom. She is the one that has such a honed intuition that when she hears it – she has special powers of tapping inside and hearing it – she acts on what it says.

- 1. Name the role she will play in your life today. Is she a mentor, cheerleader, wise elder, grandmother, mother or nurturer?**
- 2. Give her a nickname.**
- 3. What qualities does she have that you would love to be seen as when you are 70 years old?**

Is she strong? Does she think before she speaks? Does she look directly at fear and walk towards it instead of shrink?

Is she a truth teller?

Does she use her power to stay present? Write a short paragraph describing whom you want to grow into by age 70.

