



**Breaking Through
to Success**

GETTING UNSTUCK

WORKBOOK

Welcome to the Breaking Through to Success

Getting Unstuck

Live Free... Be Happy...Walk in Your Power!

Breaking Through to Success, is an amazingly simple yet profound workshop that quickly helps you move forward with purpose.

This workshop is power packed with content rich strategies that is designed to help you to experience results quickly.

You may find yourself laughing and crying all the while being inspired to walk in your God-given power. Whatever emotions you may feel, know that this space is a safe place, allow the emotion to flow. There is a reason behind that emotion and when it is explored it may provide you some powerful insight.

One thing we do know to for sure, if you fully engage in this workshop and lean into the exercises provided, you will walk away with a greater understanding of your own power. And you will have a clearer understanding of how to “***Flip the Switch***” to ***ignite that power!***

The focus of this Workshop:

- Provide quick relief for individuals feeling stuck.
Identify the enemy that has been holding you back; the thing that has you feeling stuck and feeling unable to move forward in your life.
- Arm you with simple tips that will help you break through the barriers blocking you..
Unleash a renewed power within you. Peel back the layers of frustration and uncover your power to change your life.
- Reveal quick and easy techniques to defuse the negativity and to take back your power.
- Expose the real reason for why you are struggling to get past that roadblock that keeps you feeling stuck.

Equip you with the weapons that will transform you from victim to victor!

What are Strongholds?

- Any thought pattern, habit, or belief system that is holding you back from achieving your desired destiny.
- Strongholds are those defeating thoughts that tell you that you *can't do something*.
- A stronghold is a *negative mindset* that has taken a hold of you, and you can't seem to get out of it.
- Strongholds operate on the *subconscious level*.
- Strongholds zap our power
- Strongholds are the enemy

Exercise – Strongholds

Based on this definition of strongholds, what are some things that you may have allowed to become strongholds in your life? *(They could be belief patterns that are keeping you from taking action on your dreams. They can be negative self-talk that comes up when you try something new. They can be negative people that we allow to zap our energy, etc. Take a moment to think what are some of those things stopping you? Then write them on the space provided below. Note: don't try to overthink them right now, just write.)*



Are you sabotaging your own dreams?

Experts say that we think about 40,000 thoughts a day

- 80% are negative
- 98% are the same negative thoughts as the day before
- When you have a habit of negative thinking, It has become a *Stronghold*
- Is it possible that your own internal dialogue may be sabotaging your dreams?
- What are some of the negative things you say to yourself that may by hindering your progress?

Exercise – What are some of the negative things you say to yourself that may be hindering your progress?

Merriam Webster Dictionary defines a HABIT as an acquired mode of behavior that has become nearly or completely involuntary.

Is it possible that the Enemy... is the Inner Me?

- The constant negative chatter in your own head is your worst enemy.

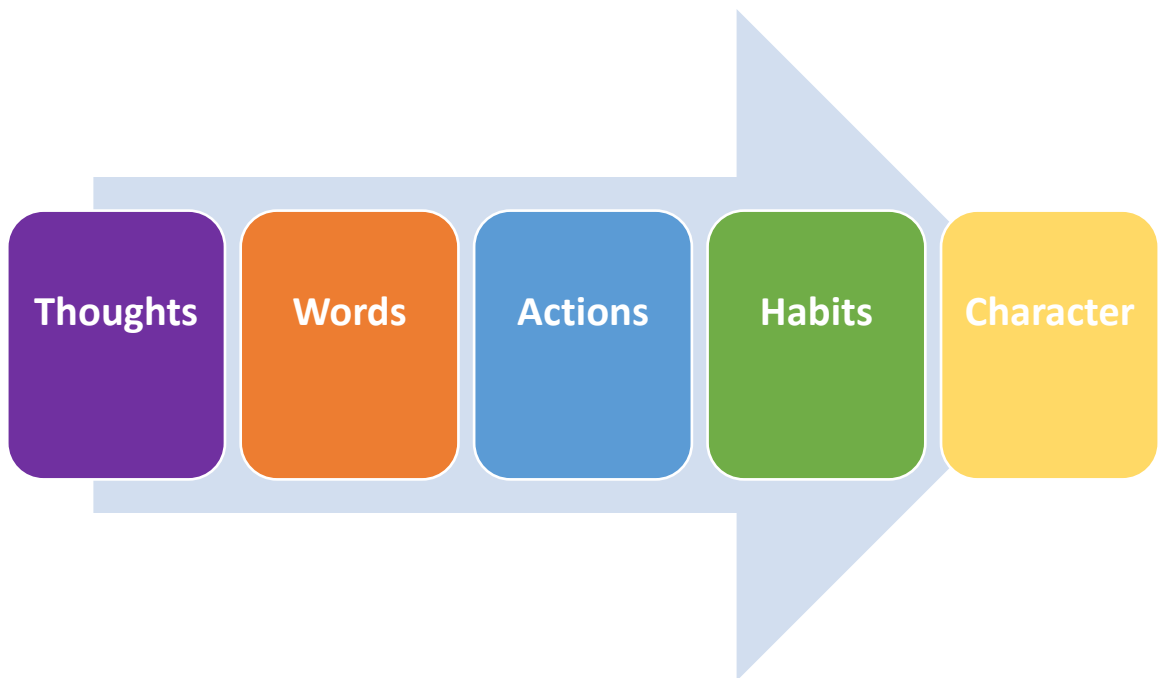
An African Proverb states, "If there is no enemy within, the enemy outside can do you no harm."

- To win this battle, you must first, understand the true source of the problem. It starts in your thinking. The Bible states in Proverbs 23:7 "As a man (or woman) thinketh in his heart so is he." It starts with your thinking.
- Anything you focus your thoughts on will eventually begin to grow. The more you focus on it the more it consumes your thoughts.

Try this exercise. Make yourself not think of a pink elephant.

- You can't. The more you try not to think of a pink elephant, the more you think of pink elephants.
- Your mind can't comprehend the command, "don't think about..."
- The interesting part is that before this exercise, a pink elephant was not even on your mind. But when I caused you to focus on him, it's hard to get the little guy out of your head. Your mind has become consumed with pink elephants.

What you focus on increases.



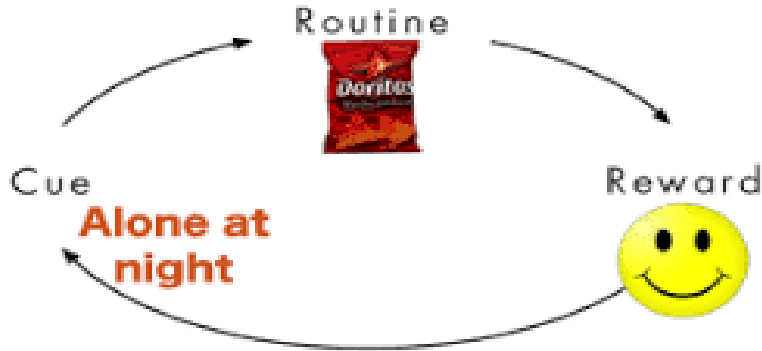
Thoughts become words... Words become actions... Actions become Habits...
Habits determine your Character ... Your Character will determine your life

Habits dwell at the subconscious level. You do them without thinking. When you perform an action over and over, it becomes ingrained into your subconscious mind. Once there, it has become a habit. You no longer need to think about it. It's on autopilot.

Exercise— Not all Habits are bad. Name some habits that would be considered good habits

Exercise— What are some bad Habits that you may need to work on?

HABITS HAVE A PATTERN



- The problem is when the habit has become destructive and is negatively impacting your life.
- Understanding the cues that trigger your negative habit patterns is key to you being able to break the negative pattern.

What are some potential Cues or Triggers for some habits you would like to break?

Capture the mind and you can steal the Power!



I find the story of elephants in captivity to be truly heartbreaking. But the truly sad part is that I believe that too many of us, as humans, share in the dilemma of these elephants. We allow something to hold us captive, yet we are well able to defeat it.

Think about your own life, are there some things you are letting control you? Things that might have happened when you were young and unable to defend yourself. Now, even though you are an adult, and not a helpless child anymore, you still allow these negative memories to haunt you?

Have you been programmed?

This is a fun little exercise. Do you remember some of these commercial slogans? Can you remember the companies that spent millions of dollars trying to program your mind into remembering the slogans and to buy their product.? (note: many of these commercials haven't run on TV in many years, some even decades, yet you still remember them.)

- Fly the friendly skies
- Where's the beef?
- Don't leave home without it.
- Because, sometimes you feel like a nut, sometimes you don't.
- It takes a licking, but keeps on ticking.
- Let your fingers do the walking through the
- Plop, plop, fizz, fizz, oh what a relief it is.
- Melts in your mouth not in your hands
- The best part of waking up is _____ in your cup

Exercise—Have you been programmed?

Take a moment and think about what might be some other ways you may have been programmed? What are some things that maybe you learned as a child that might not be serving you well today?

“Believing in negative thoughts is the single greatest obstruction to success.”

- Charles F. Glassman -

5 Steps to Living Free...Being Happy...Walking in Your Power!

Step 1

Step 2

Step 3

Step 4

Step 5

Celebrate your small successes, for in time they will lead to major accomplishments.

Sherrie Massie

Battlefield of the Mind

Exercise - Winning strategy technique

- Think of a situation that when you attempt to act on a goal, you find yourself not acting. Something comes up inside of you that stops you from taking action. Write a brief description of the situation below, then follow the instructions of the facilitator:

Exercise – Observation

What did you learn by participating in this exercise? *(Note: it’s very important that you write your observations here, because these observations will help you to remember the process we went through. By using your own words to describe your process, you are helping to Flip the Switch, putting you in control of your own growth.)*

This strategy can be applied to any situation where a negative thought pattern is holding you captive. You simply need to follow the steps in this winning strategy exercise in order to take back your control.

Summary

- You've got one life. . . Live it...Fight for it...You're worth it!
- You've got what it takes...Bring all that you are out to this world...Make your MARK!
- You are uniquely you...Be the best you that you can be...Let your style shine through!
- All that you need is inside of you...**Flip the Switch** and turn on your explosive power!
- Let your voice be heard!
- **FREE Your Mind...Take Back YOUR LIFE!**

Get your own fight song, because you are VICTORIOUS