

# FEEL STUCK? GET EMPOWERED!

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**1**

## PAST BAGGAGE

- Beliefs about the past can keep you stuck.
- What past baggage are you holding on to?

**2**

## OTHER PEOPLE'S OPINIONS

- Their opinions don't have more power than yours.
- If their opinions didn't matter, what would you do?

**3**

## YOUR BELIEFS ABOUT YOU

- Write down what you're believing about yourself.
- What are you believing that isn't 100% true?

**4**

## QUESTIONS AND DECISIONS

- What questions need to be addressed?
- What decisions need to be made?

**5**

## THE "RIGHT" WAY

- 99% of things don't have a "right" or "wrong" way.
- What could you start now?

**6**

## THE COMFORT ZONE

- Identify the hidden benefits of staying stuck.
- What uncomfortable stuff do you get to avoid?
- You're prioritizing what's easy.
- What do you think about that?

Get empowered with Coach Mimi. It's time!  
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