

Introduction

**“YOU ARE IMPERFECT, YOU ARE WIRED FOR STRUGGLE,
BUT YOU ARE WORTHY OF LOVE AND BELONGING”**

- DR. BRENE BROWN -

Maybe you're feeling stuck in your job or career
and just see no way out...

Maybe you feel stuck in your relationship and think
that there must be a happier path...

Maybe you are just feeling unmotivated...

Maybe you're feeling trapped in life itself...

Or maybe you are desperately trying to reset your
internal GPS to get your life on track...

**“I have been stuck and I know the hurt and pain.
So I wrote this guide to help you find career clarity,
get creative with your flow and release all the
emotional blocks that are keeping you ‘Stuck’, to
get you ‘Unstuck’ and start living the life you
authentically feel aligned to”**

Chapter 1

Finding Clarity

Being stuck manifests all different emotions – from feeling unmotivated and unproductive to emotionally blocked – it can slow down your creative flow and cause you to feel confused about your inner direction.

We all have times in our lives when we feel that our internal GPS is unplugged or we have typed in what feels like the wrong address to our life.

It's like when you wake up in the morning you get going with your usual routine, then you hop in the car, on the bus or train and go about your work day.

You know exactly where you're going because you know the address and directions to follow to get there. Wouldn't it be great if it was that easy when it came to having an address for our life's direction!

Sometimes we put too many expectations on ourselves and pursue a path that we think will please us or perhaps others. While all that is happening, we can lose sight of what we authentically, really want for ourselves.

We get caught up in our finances and the security of it, or our family obligations and then before we know it we are stuck in a job or in a situation and we don't know how to get out.
