

BREAKTHROUGH EXERCISE:

Getting Unstuck

1. **IDENTIFY AN EVENT** that had a profound negative impact on you and changed your life forever.
2. **IDENTIFY THE REACTION** that you had to that event, e.g. anger, disbelief, shock, anxiety, depression etc
3. **IDENTIFY THE PROCESS** that you went through to find acceptance of the event, i.e. what helped you to let go?
4. **IDENTIFY THE POSSIBILITIES** that were then revealed to you once you surrendered to the experience of the event.
5. **IDENTIFY THE INSIGHTS** that you gained from the event. (i.e what did you learn from it? How did it change you?) and apply them to your current challenge. This is your breakthrough opportunity.