INTENTIONALLY CURIOUS

A GUIDE TO GETTING UNSTUCK





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Congratulations! You did it. I'm so excited for you.

Why am I excited? It's pretty simple. You took the time to invest in yourself by downloading this *Guide to Getting Unstuck* workbook which is amazing and, if I am being totally honest, courageous of you as well.

And the truth is, you should be excited for yourself too!

As a GENXer who took 15 months to regain my confidence, redefine myself and reimagine my life, this guide is designed to help you gain more clarity about your purpose in life and how you can start living a different life now -- in a lot less time than it took me in my journey.

Below, you will find how you can best use this workbook to guide your thinking, to rediscover what lights you up and to prepare you to live your best life now.

If you have questions along the way or need a proverbial kick in the booty to get you going, drop me an email, shoot me a text or join my Facebook Group.

I'm here to help.

Cheers,

Jay

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THE 7 STEPS SECRET SAUCE

Ok, so here's the truth. There is no secret sauce, no magic bullet, or any unspoken key to getting unstuck in your life.

The truth is it's hard fricking work -- but don't let that scare you!

The approach that works is to take it slow, do a little at a time and buy into one thought:

PROGRESS, NOT PERFECTION

Oh, and there's one more thing you have to keep in mind:

CONSISTENCY, CONSISTENCY, CONSISTENCY

At this point you are probably saying to yourself WTF? Is this guy serious?

Yep...and I believe in the process 100% -- and **I believe in you**.

So if you're ready head to the next page to get started.

YOU'VE GOT THIS!

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7 STEPS

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01 What lights you up and brings you joy?

There's a pretty good chance you've heard folks say, "What's your WHY?" or "What's your passion?" or "Do you know your purpose?"

Well, that's just coach speak for **what gets your juices going**. Ya know, that thing in life where when you're doing it you lose track of time.

Here's mine as an example: I provide value to people by helping them solve complex and challenging problems and finding a better way to move forward. I do this by being an empathetic listener and asking really good questions. **Or in plain English, I love connecting with people and asking thought provoking questions**.

Now it's your turn. **List 5 times in the last 3 months where you got absolutely JAZZED about what you were doing.** Don't worry, if they all seem similar that's a good thing.

1._____

2._____

3._____

4._____

5._____

Having trouble? Ask your 2 or 3 closest friends why they are friends with you? You might have to ask them several Why questions to get to the actual reason. For example, they might say, "Because you're nice." -- your reply should be Why? And then keep going.

If you get stuck text me -- 781-285-5515.

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7 STEPS

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02 What's holding you back from doing the thing that gets you JAZZED more regularly?

In coach speak what's holding you back is known as **limiting beliefs**.

Limiting beliefs are those pesky, annoying little things we tell ourselves when we want to change something about ourselves -- **I can't**, **I won't**, **I shouldn't, I don't, I'm not**. Anyone else HATE contractions? LOL.

Here's a limiting belief I used to tell myself:

I don't have the experience to be a life coach. Then I worked on changing my thinking and I don't suddenly became:

I DO have the experience to be a life coach. I've lived a life that no one else has lived and I have unique experiences that make me, me. **BOOM**, Experience proven -- limiting belief gone.

Now it's your turn. **List 3 limiting beliefs you have about one change you want to make in your life. Then, write the opposite as a new, powerful belief.**

Limiting Belief	Powerful Belief
1._____	1._____
_____.	_____.
2. _____	2. _____
_____.	_____.
3. _____	3. _____
_____.	_____.

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7 STEPS

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03 Time for Imagine If...

One of the clichés out there is "If you believe it, you can achieve it."

I know, I know, lame, right? **I used the think the same thing.** And then I didn't (there's one of those pesky contractions again, LOL).

So what's so darn powerful about Imagine If?

Imagine if allows you to remove all the constraints of the limiting beliefs and contractions and just dream for a moment.

For example, here's my Imagine If...

- Imagine if I provided value to hundreds and thousands of people?
- Imagine if I helped people solve complex and challenging problems?
- Imagine if I guided people to regain their confidence and reimagine their lives?
- Imagine if I went out there everyday and created value for others?

Pretty fricking cool, right? **Your turn!**

Your Imagine If Statements

(hint: these are linked to what gets you jazzed)

1._____.

2. _____.

3. _____.

4. _____.

Now, Imagine If you DIDN'T do these things. What a powerful thought!

Struggling with your Imagine If statements? Email me -- coaching@jasonramsden.com

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04 Stop doubting yourself

I know, I know. Pretty easy to say and a lot harder to do so **here's where that progress, not perfection comes into play**.

In order for you to believe in progress, not perfection you have to find an accountability partner. This could be your spouse/partner, your best friend, or someone you know from work -- it could even be me ;-)

The key to knowing if someone will be a great accountability partner is they have to have one specific quality.

All accountability partners have an amazing B.S. detector AND they have the guts to call you on your B.S., your limiting beliefs, your self-doubt talk, and your love of contractions. LOL.

Possible Accountability Partners
(rank order them -- hey, they'll never know ;-)

1._____.

2. _____.

3. _____.

HOT TIP: When you approach your first choice accountability partner make sure they can meet with you once a week for at least 30 minutes over 3 months. The weekly check-in is key. If they can not commit, move to choice 2 and so on.

PRO TIP: If you are unable to find an accountability partner from your spouse/partner, friends or co-workers it might be time to work with a life coach.

ACCOUNTABILITY IS THE KEY TO PROGRESS

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7 STEPS

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05 Evaluate the obstacles

At this point in your journey there is a good chance those annoying contractions have popped back up in your head -- I told you they were pesky :-)

If you need to, **go back to Step 2 and review your powerful beliefs**.

Ok, good. You're believing in yourself again. Now let's evaluate the obstacles in your life.

When I was struggling with limiting beliefs, self-doubt and self-sabotage -- and using every contraction in the book -- here's what worked for me.

I evaluated the obstacles.

For example, if I said I wanted to work out first thing in the morning **I would do these steps to remove the obstacles** of a warm bed and not finding my workout clothes in the dark:

1 - The night before I would put my workout clothes and shoes in the bathroom.
2 - In the morning when the alarm went off I would get out of bed before I could count to 5.
3 - After brushing my teeth, I'd get dressed to work out.
4 - I'd complete my workout.

Evaluate Your Obstacles
(what is holding you back from making progress?)

1._____.

2. _____.

3. _____.

4. _____.

5. _____.

Obstacles are tough. I get it. I'm here to help so text me -- 781-285-5515.

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7 STEPS

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06 Time for sacrifices

Don't worry, nothing ritualistic here. Well, unless you want to regain, redefine, and reimagine your life and I know you want that by now.

Oh yeah, I almost forgot to mention -- this is the hardest part of your journey.

But hey, you've made it this far so don't give up now. You're almost there.

Time for sacrifices simply means it's **time to sacrifice all the thoughts** you've ever had about the old you. **They are no longer relevant** to the life you are going to have moving forward.

Here is something I always tell anyone who will listen;

Right here, right now you are defined by your past -- the good, the bad, and the ugly. The good news is that what you do today will define who you will be tomorrow.

Ready for a better you? A better life?

LIST YOUR LIMITING BELIEFS

(go back to step 2 and rewrite your limiting beliefs below)

1._____.

2. _____.

3. _____.

Now, let's SACRIFICE those crappy thoughts about yourself

Take this page, with your limiting beliefs, the things you USED to say about yourself and **let's rip those suckers up**. Tear them into a thousands pieces and toss them into the garbage.

WOOHOO. YOU DID IT!

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7 STEPS

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07 Embrace the new you

Are you proud of yourself? You should be!

I'm proud of you :-)

Now don't worry or get discouraged if you slip back into old limiting beliefs -- this happens and is part of your growth.

When you find yourself slipping, print this workbook out again and **do the work again**.

In fact, **use it as frequently as you need to keep making change in your life**, to keep being confident in yourself, to keep redefining yourself -- it's a never ending journey we're on -- and to keep reimaging your life. **And don't forget**:

PROGRESS, NOT PERFECTION

Thank you for using this workbook.

Intentionally Curious: A Guide to Getting Unstuck has been a joy to create for you and comes directly from my own journey in working with coaches, doing the work, and making progress in my own life. I hope you found it useful.

If you find this primer was helpful AND you need additional help and guidance in regaining, redefining, and reimaging your life I'm here to help.

I offer a 6 month 1:1 coaching package where you and I would take the work you've done here and go deeper to help you get unstuck.

You started investing in yourself merely by downloading this workbook.

Why not keep investing in your personal growth and development?

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