

From Stuck



To Successful

A JOURNALING GUIDE TO HELP YOU GET  
OUTTA YOUR OWN HEAD AND CREATE THE  
SUCCESS YOU WANT.



Be who God meant you  
to be & you'll set the  
world on fire

ST. CATHERINE OF SIENA

Hi, I'm Stephanie!



Journaling was the way I went from stuck to successful.

A few years ago, I learned a new life skill that changed my life: writing.

After a bunch of painful losses all crammed into a tight 6 week time frame, I was majorly in my own head. Running a business became overwhelming and I was stuck, big time

Maybe this is you too-you live with daily fears, frustrations, and comparison that you haven't taken a beat to think about because you're chasing some dream of "more" in your life and business. More money, more clients, more time off, more travel. You feel stuck and maybe a little in your own head.

I get it-that was me a few years ago! While I didn't know what to do, I began journaling. And what started as lists and prayers turned into deep dives into big questions. And I started noticing that, everytime I journaled, I got TONS of stuff done in my business afterward.

There's some brain science behind journaling that I'll talk about at the end of this workbook (yeah, it's not just a way to get in touch with your feelings!) but for now, trust me-these questions can give you SO much clarity and momentum that it may surprise you.

This workbook is for you if you're stuck. In your head. And not sure what to do about it. Grab a pen, clear your schedule for a few minutes, and put your phone in another room. Slowing down really can be what speeds you up.

# Create clarity

Using the space below, journal through what you want from your life and business. (hey...this doesn't have to be "realistic." No one needs to see this.) Get ALLLLL your dreams out on paper, as BIG or as teeny as they are

# Your emotions and your dreams

Read your big dreams out loud to yourself. Notice any emotions that pop up and jot them down in the space below-do you feel excited? scared? sad? excluded? worried? frustrated? joyful? Emotional? Write it down.

i.e.-I feel scared when I talk about making \$XXX in my business. I feel frustrated that I don't know how to make that \$XXX.

# Emotional inventory

EMOTIONS

WHAT MY EMOTIONS SAY  
ABOUT MY ABILITY TO  
ACCOMPLISH MY DREAMS

# Feeling stuck?

Where do you feel the most stuck in your life and business right now? Write down anything that comes to mind that's making you feel stuck. What would you need in order to feel a little less stuck?

May your choices reflect  
your hopes and not your  
fears

NELSON MANDELA

# Getting Un-stuck

What do you believe stands between you and your big dreams? List any roadblocks, distractions, or beliefs that come to mind.

# Action creates clarity

What's one simple thing you can do today to feel some momentum and success toward the things you really want? Why does that simple action feel successful to you?

# Letter to yourself

Chances are, you're feeling a little overwhelmed, vulnerable, and unsure of how to actually bring your dreams to life. Take a sec and write yourself a little pep talk as if you've already have your dreams. Tell yourself it'll be okay and that it's okay to get the help you need. Tell the scared part of you exactly how things are going to change.

# Become a successful creative

This journaling guide has one goal in mind-helping you take action as a creative entrepreneur. Running your own business can feel isolating sometimes and without a way to bounce ideas and roadblocks off of someone else, you can end up getting in your own head pretty dang fast, amiright?

One of the biggest problems I see in creative entrepreneurs is that their brains are hardwired for failure and limitation. You don't know it because it's programmed into your system! When we get overwhelmed our brains actually go into autopilot and all our limiting beliefs take the driver's seat. (does that explain why my hands swerve my steering wheel into the Chic Fil A parking lot when I'm stressed out? yeah...that's exactly what's happening!)

I mean, you gotta admit, your brain really is lookin' out for ya. But, until you train your brain on what you want, your brain is going to automate SAFETY as your destination.

And lemme tell ya, Success isn't safe.

Your brain is a powerful tool. In fact, it's your BIGGEST competitive advantage in your market place. This doesn't mean you've gotta be a smarty-pants with a high IQ...but it does mean that learning how to use your brain to create a success mindset is the BEST way to create your success.

Do you want to learn how to use your brain to create your success? Schedule your complimentary breakthrough call today for the Inspired Business Mastermind to join a growing tribe of women dedicated to created a success mindset.

[CLICK HERE TO SCHEDULE YOUR  
BREAKTHROUGH CALL NOW](#)

*I can't wait to chat!  
XO, Stephanie*

# Success leaves clues

TONY ROBBINS