

# 7 SECRETS TO GETTING UNBLOCKED

## 1. STOP TRYING TO THINK YOUR WAY THROUGH THE BLOCK.

You're no dummy. If thinking your way through was all this problem needed, it would have been solved already. No question. So you're going to need something else besides figuring out and thinking up solutions.



WHY?

## 2. CLEAR OUT YOUR ASSUMPTIONS.

What are you assuming? The biggest obstacle to getting unblocked is thinking you already know "why" you are blocked.

## 3 GET INTO YOUR BODY.

Most of us cut off the full power of our brilliance by walking around cut off from our bodies. Take some time to feel your feet, your seat, your breathing.



## 4. SOMETHING IN YOU DOESN'T WANT TO DO IT.

If you're not doing something that's well within your power to do, there must be "something in you" that doesn't want to do it. That's the one assumption we're going to make. You can physically sit down and organize your papers — you aren't doing it — therefore, part of you doesn't want to.



## 5. DON'T JUDGE IT; GET CURIOUS INSTEAD.

The first temptation is to judge: "It's just the lazy part of me that doesn't want to." But wait—don't judge! Being judgmental is going to shut down the lines of communication you need to have open. Instead of judging, get curious. The truth is, you don't know what or why this part of you is not doing the action. Let your genuine curiosity awaken.



## 6. LISTEN

Listen to the part of you that doesn't want to do the action. How? By allowing it to show up as a bodily felt sense. Take some time, sense into your body, and invite this part to show up. Maybe it will come as a tightness in your chest, or a constriction in your throat. Take time; be patient. Once you can feel it there, you can ask it: What are you worried about? What are you trying to help me with?



## 7. BE OPEN TO TRANSFORMATION.

When you can set aside your assumptions and approach your blocks with curiosity, you're giving yourself an opportunity to truly transform. The shame and self-blame that can come with blocks often leads to avoidance, and that doesn't help, does it? You'll be surprised by the transformation that occurs when you turn toward your blocks with compassionate curiosity.

