



Mindfulness
Transitions

Three Incredible Ways to Get Unstuck

The Powerful Three

“When she finally learned how to let go of the things that didn’t matter ... she discovered all the things that really did.”

The Powerful Three are designed to help you get Unstuck. The power of these three components are manifested when they are used in this order.

Step #1: Focus on what you want ...

- Human beings are interesting creatures — sometimes, we get stuck on pondering and stressing out about the negative aspects of our lives.
- ... instead of focusing on what you don’t want — focus on what you do want. When you focus on what you don’t want - the universe gives you more of that — thus making you continually stuck. It has you wishing that things are different. When you acknowledge what you don’t want, then accept it, **then** you focus on what you want — the universe gives you more of what you really want.
- Example of what you don’t want. Dating is hard. I’m never going to find the right person!
- Example of what you do want: Dating may be challenging; however, it’s getting easier and I trust that the right person will come to me.

Step #2: Isn’t it interesting that ...

- When you acknowledge that you are feeling a particular emotion like anxiousness, anger, or sad mood, simply become aware of that feeling/mood and say the following, “isn’t it interesting that I am feeling/thinking _____” (without judgment).
- Example: Isn’t it interesting that I’m nervous about this first date?

Step #3: Can I let it be ... in order to let it go?

- Take a deep breath and ask yourself, ‘am I willing to let it be in order to let it go?’ If your answer is YES, then let it be and turn your focus to how you want to be! When you focus on what you want — that is what will be manifested in your life.
- If your answer is no, that is your choice and that is just fine. However, you will likely remain stuck indefinitely.
- Process Recap: Acknowledge > Accept > Let it go!
- This is one of the best ways to work towards manifesting your goals and dreams.
- Example: I’m nervous — yes. It is normal to be nervous on a first date. I can let it go and be present, mindful and have fun on my date!

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How does one become a butterfly? They have to want to learn to fly so much that you are willing to give up being a caterpillar. — Jimina Paudyal



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Step #1: Focus on What You Want

Let's take the first step in getting unstuck — pick an area of life that is important to you, an area that you are stuck. Areas to choose from include: relationship, health, finance, fitness, etc.

In that area, what **DON'T** you want?

1

2

3

4

5

In that area, what **DO** you want?

1

2

3

4

5



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Step #2: Isn't It Interesting ...

What was the area of life that is important to you that you are stuck in, which was listed in Step #1?

Notice negative feelings and the particular emotion about the life area that is important to you. Feelings include anxiousness, anger, or sadness, among others.

Become aware of that feeling/mood and say the following,

"Isn't it interesting that I am feeling/thinking _____ (without judgment).

- 1 I am feeling/thinking _____ in my (list important area of life here).
- 2 I am feeling/thinking _____ in my (list important area of life here).
- 3 I am feeling/thinking _____ in my (list important area of life here).
- 4 I am feeling/thinking _____ in my (list important area of life here).

Step #3: Can I let it be, in order to let it go?

For each area above.

- Acknowledge each feeling by saying out loud ... **"Yes, I am feeling/thinking _____. Can I let it be ... in order to let it go?" ... for each of the areas above.**
- Answer can be yes or no. If the answer is yes, great ... this is your first step to become unstuck and move forward. If your answer is no, that is your choice and just fine. However, you'll likely remain stuck. You may want to go back and review Step #2 again until you become unstuck.
- Acknowledge > Accept > Let it go!

- 1 Yes, I am feeling/thinking (feeling from above), can I let it be in order to let it go?
- 2 Yes, I am feeling/thinking (feeling from above), can I let it be in order to let it go?
- 3 Yes, I am feeling/thinking (feeling from above), can I let it be in order to let it go?
- 4 Yes, I am feeling/thinking (feeling from above), can I let it be in order to let it go?



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Three Incredible Ways to Get Unstuck Using Affirmations to Create Breakthroughs in Your Life

Take out your sheet “Focus on What You Want ...” Look at what you want ... and you are going to write your own affirmations. Here are the rules to writing powerful affirmations:

- 1 Must be an “I” statement.
- 2 Must be positive.
- 3 Must be in the present moment.
- 4 Must be self reflective.
- 5 Must be specific.

Do not write about what you don’t want.

Affirmation Examples:

“I am married to a man who is emotionally generous, reliable, secure, compassionate and authentic.”

“My business brings in \$250,000 in the next year.”

“I love myself and I am calm, peaceful and centered.”

Affirmation #1

Affirmation #2

Affirmation #3
