

## ON BREAKING FREE FROM STUCKNESS

- ▶ We can't deceive our deepest truths and desires.
- ▶ Stuckness disturbs everything.
- ▶ If you ignore reality's whispers, it will *scream* in your face.
- ▶ The question that can change everything: **What am I defending?**
- ▶ *Feel* the pain then reframe challenges as an *invitation* from life to *step up* and live your truth.
- ▶ The future will always be uncertain—no matter what choice you make. Choose something that feels right.
- ▶ **Aligned intention + action = life changing momentum.**

