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.