

get

Unblocked

WORKBOOK

# BLOCKS 101

Blocks are simply limits we come up to that we cannot see a way around. We are somehow missing the cues, feeling stuck and can't get through.

What is happening when we are blocked is that we are focusing on and experiencing something that we don't want instead of on what we want.

Said another way, we are succumbing to limiting beliefs.

What blocks you is the fact that you're focusing on, feeling, experiencing and believing something that is not serving you such as:

- I am unsupported
- There is never enough
- Life is hard
- It's not working
- Everything I do fails
- I am not smart enough
- Who am I to....?
- I can't ...

You start believing these things deep down and THEY become what the Universe delivers.

Then, when you receive the exact thing you're worried about, it reinforces the cycle.

The FIRST (and most important) thing you need to do first is become aware of your language.

WHAT YOU THINK



WHAT YOU BELIEVE



WHAT YOU RECEIVE

(ON REPEAT)

IF YOU DON'T LIKE WHAT YOU RECEIVE BUT  
AREN'T CHANGING WHAT YOU BELIEVE,  
YOU'RE BLOCKED!

## LANGUAGE - WHERE BLOCKS BECOME REAL

You are telling yourself things all the time. Whatever you speak out into the Universe gets manifested 100 times quicker than simple thoughts alone.

When you speak, you declare.

When you speak, you create.

Typically we say something like "I'm so stuck" so many times that it gets manifested with such momentum that we become our own block.

What you speak can become your belief, and your beliefs shape your actions. You become limited when you declare how stuck you are repeatedly.

Limiting language is "I can't", "it's too hard", "I'm unsupported", "Who am I kidding, I could never \_\_\_\_\_"

Expansive language is "I can do this", "there must be a way", "I will get supported", "I will figure this out", "I am getting better each day".

This doesn't mean that you aren't allowed to discuss with a friend, get help or reach out to someone. It's important to get support - just watch your tone.

Choose empowering words such as ...

"Although I know I'll get through this somehow - I am really struggling right now and could use a friend"

"I am determined to end this cycle of sabotage so I am going to get help"

"I am going to vent this out to a friend, get it all out and move on"

The most valuable thing you can do to release limiting language is to notice it. "Become the witness" to your spoken word.

As you witness it come up and out of your mouth, you will start to be able to question it and ultimately choose again.

After this workshop, pay special attention to the words coming out of your mouth to release lingering limiting energy.

**WHEN YOU SPEAK,  
YOU DECLARE.**

**WHEN YOU SPEAK,  
YOU CREATE.**

# BLOCK IDENTIFYING

In what area of life do I feel frustration and like I'm stuck? What is the main complaint about this area of life? What do I believe about this situation? What am I saying about this to myself and others?

theres never enough money, I have no idea how to achieve my goals, I'm not where I should be by now, I can never get ahead in life. I am alone with no resources or help. There is never enough time, there are no good men/women/people out there, I can't lose weight no matter how hard I try,

So, the story here is.. / My Panic Manic Energy is...

It is too hard to have money, there is never enough

I have no idea how to \_\_\_\_\_

I am lost and behind in life

I am alone and unsupported

I no time

I am alone, what if I never find my soul mate?

I can't lose weight no matter how hard I try

# BLOCK CLEARING

## FLIP THE SCRIPT

Literally reverse your disempowering beliefs and then anchor in the new story. First, write out the opposite story to establish new ways of thinking.

Examples...

*Money is easy, there is always enough*

*I've got this*

*I feel great in life*

*I am a money magnet*

*I am supported by the universe and by people around me*

*I have the time that I need to do the things that I want to do*

*I am so happy to have found my soul mate*

*I lose weight effortlessly*

## TWEAK IT TO GET BEHIND IT

Change the language to something that you can get behind

*Money can be easy*

*I am figuring it out, I am resourceful.*

*I am feeling better all the time*

*I am learning how to attract money*

*I am learning that I am supported by the universe*

*I am allowing in more support all the time*

*I have faith that I will have the time I need for it all*

*I am excited to meet my soul mate*

*I am getting healthier and know there is a way to lose weight in self love.*



# AMP IT UP!

Now make this statement yours! Make it enthusiastic, energetic and full of emotion. Throw in swear words, passion words and words that amp you up..

Money can be easy breezy - I am becoming a magnet for it

The Universe is my ATM!

I spend and receive money in love and I allow it to flow easily!

I am fucking figuring it out!

I am HELLA resourceful — I've got this!

I am a freaking goddess, just as I am right now.

I am supported by shiny team of light who has my back!

There must be a creative solution for this shit

My sexy soul mate is on the way

I bend time and have all that I need

I release weight as I release hate

# BADASS MANIFESTOR ENERGY

Now, make any last tweaks that are needed.

Say it outloud.

And again.

Now louder!

Embody the energy of this statement. Be the person who says it, believes it and practices it!

My BADASS MANIFESTOR  
ENERGY is....

*I am becoming a freaking magnet for money!*

*I am HELLA resourceful — I've got this!*

*I am abundant AF!*

*I am a powerful goddess, just as I am right now.*

*I am supported by a team of light who has my back!*

# BADASS MANIFESTOR ENERGY

## MAKING IT TRUE

Now, from your badass manifestor energy – anchor into the truth of it.

Dig into why is this ACTUALLY true??

Examples...

It's true that money can be easy because feel it in my soul. Even though I haven't experienced it yet, I trust the mentors teaching me and my intuitive knowing that money is a frequency and can be attracted as we tune to it..

Its true that I am fucking figuring it out because I really am! I am learning and getting better all the time. It's true, I can feel it.

Its true that I am supported by a shiny team of light because somehow things always do work out. I can feel them. They always provide. I can feel I am not alone.

It's true that I cant wait to meet my soul mate and that they must be coming! I believe we are all worthy of love and that my mate is out there. As I heal myself I have become more available for love so I know I am ready to receive it now.

# BADASS MANIFESTOR ENERGY

## REFLECTION

As you embody this new statement, this new energy - who does this make you become? What does this energy require of you? More faith? Optimism? Belief? Truth? Bravery?

Embodying Badass Manifestor Energy has me become....

*Fun, free and light*

*More brave and optimistic than ever*

*Powerful in who I am*

*Aligned with the truth*

*A powerful manifestor*

*Someone who is letting go of the past and looking forward*

AND THIS MY FRIEND, IS WHO YOU TRULY ARE!

IDENTIFY THE BLOCK

FLIP THE SCRIPT

MAKE IT YOURS

AMP IT UP

BADASS MANIFESTOR  
ENERGY

MAKING IT TRUE

REFLECTION - WHO DO I  
BECOME WHEN I EMBODY  
THIS?

# BADASS MANIFESTOR ENERGY

## It's True...

I am a badass manifestor

I am HELLA resourceful — I've fucking got this!

I am a goddess, just as I am right now.

I am a magnet, bitches,

I am supported by the light

I am a magnet to what I desire

Nothing blocks me

I am willing to rise up and over everything I need to  
overcome

I am stepping into who I truly am

Releasing what I am not

# Look at you go!

Yaaayy!! Good job my love. Good job showing up, seeing your blocks and choosing to move through them.

Now go embody that  
Badass Manifestor Energy!

CHECK OUT HOW WE CAN  
CONNECT FURTHER

How I can help

