

4 Steps to Getting Unstuck



1. Feel it. Really FEEL it

- Try the Timer Method

2. Identify what you DO want

- Feel the emotion in your body and listen to what it's telling you

3. Line up with what you DO want

- Let go of resistance by distracting yourself

4. Spend time in appreciation to build resiliency

- Meditation, Intentions

Evening Intention

.....

In appreciation I close my eyes

In appreciation I will arise

While my mind and body get their rest

I align with my Source, who knows me best

I let go of resistance that gets in my way

And revel in the gifts I've been blessed with this day

Morning Intention

.....

With appreciation I open my eyes

With appreciation I now arise

While my mind and body got their rest

I aligned with my Source, who knows me best

The Universe yields to me in every way

It's now MY choice how to begin this day

Starting the day with a good vibration is helped by setting the tone the night before, that's why the Evening intention is listed first!

The 4 Steps method and Intentions are the original creations of Wendy Warren Grapentine

BETTER TOGETHERSM

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