

# Get Out Of Status Quo & Get Past Go!

*3 Simple Strategies to Get UNstuck  
and Get Results Fast!*



*Remy Chausse*

Presented by ...



# “Get Out Of Status Quo, and Get Past Go – 3 Simple Strategies to Get UNstuck and Get Results Fast!”

## Introduction

Hi, there!

My name is Rémy (like do re mi), best-selling author of “Living Life As An Exclamation Point”, and the Creator of The Get UNstuck Revolution!

I do all my books and programs for extraordinary women with big-ass dreams who are *ridiculously unsatisfied* with status quo! (We have a few really smart men, too!) And we even have solo business owners ... but even if you aren't an entrepreneur, you're still the CEO of your own life!

You know, when we talk about being stuck, you may have heard me reference the word “invalidation”. In all my research, I've found that invalidation is the #1 reason that people get stuck. Stuck going through the motions, stuck on auto pilot, stuck doing things they think they're supposed to be doing ... when in reality they don't have a clue what they're supposed to be doing ...

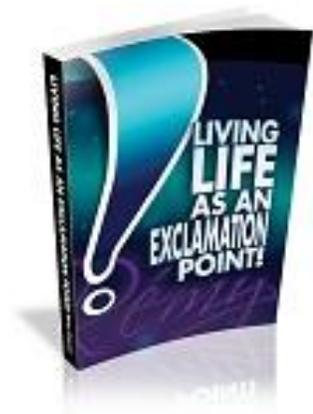
And in this process of being invalidated and becoming stuck, well, a lack of self-confidence can often move in. And then it seems like you have to move a mountain to get beyond the stuckness. *Right?*

So today, we're going to break it down. We're going zip line off that mountain. And I'm going to give you just a few easy ways to get UNstuck in an instant, *so you can just move on!*

Because if you want to create a *revolution* in your life ... if you're going to move a mountain .... you can't be stuck! I want to see you getting your exclamation points dancing again!

## Today, we're going to be covering these three topics ...

- How to find the positive in any negative situation, so you can turn it around and make it go the way you want it to go
- How to find your Inner Genius
- How to play to your strengths, and do what's best for you



## My promise

If you're an entrepreneur who's stuck in business ... or if you have a personal goal that's got you stuck ... then stay tuned! Before we part company today, I promise to show you how to dig in even deeper on some of these topics. If you're really stuck, I'll be showing you how to get UNstuck in less than 30 days! Because if you want to go beyond that and create a revolution in you life, there are some skills you won't want to miss!

## My Story

We're going to learn some great tips, but of course, you may want to know a little about me, and why in the world I created The Get UNstuck Revolution ... The Get UNstuck Expert Café ... and all the other get UNstuck programs.

To this day, people still ask me about my own story of being stuck, and how I got out of it to create a life I love. Well, it all started when I realized I was being abused by my minister and my church. And, oh by the way ... the minister was my *husband*.

I became deeply, hopelessly, and painfully stuck.

When someone betrays you ... when they invalidate who you are and what you believe in to your core ... when they literally tell you through their words or their actions that ...

*You. Don't. Matter.*

... this is what I call a spiritual injury. It's an event that's so devastating, it literally shatters your soul.

And when spiritual injury happens, you come away with a very shaky sense of who you are as the leader of your own life, because your confidence just goes out the window.

The truth is, I gave up leading my own life very early on in the relationship, and this affected my integrity ... my values ... even my sense of commitment.

It snuck up on me slowly and quietly ... and so I was sitting in a fog, unable to see clearly. I was in the trickiest rut, the most knotted-up knot ... unable to make sense of



Spiritual Injury:  
An event that  
Shatters. Your. Soul.

how in the world I'd ever get out of it. And all my exclamation points were laying dead on the floor, like hundreds of casualties.

Has that ever happened to you?

Have you ever suffered a spiritual injury that just knocked you (and your spirit) out cold ... where you asked yourself, "How am I ever going to get UNstuck without coming unglued???" (Or maybe you did come unglued, and now you're trying to put the pieces back together.)

This is how we end up stuck. Stuck in a rut, knotted-up in a knot ... going through the motions and not having a clue how we can *just move on*.

That's what we're going to talk about here. We're going to look at exactly how we get stuck, and more importantly, how to get out of status quo and get past go, so you can be the you you're meant to be, creating a life you love ... a life filled with exclamation points!

This is why I created The Get UNstuck Revolution, and it's why I created The Get UNstuck Expert Café, and all the other Get UNstuck programs!

Because when I was going through that period of being stuck, *when my soul was shattered*, I just didn't think I was going to make it. But I did ... and you can, too!

### **If you're an entrepreneur ...**

If you're an entrepreneur like me, getting UNstuck can free up not only your personal life, but your business life, as well. Because when I finally got out of my situation, I closed my largest sale ever. And that one sale represented a quarter of a million dollars in personal income, in one sale. And the reason is that the negative energy I was carrying was blocking my own prosperity (we'll talk more about this in a minute). In dissolving that negative energy, my revenue just went through the roof! I'll show you the anatomy of exactly how that worked in just a minute.



Negative energy blocks  
your prosperity

And so I'm bringing you the resources I wish I'd had when I was stuck. The resources on how to turn around negative situations, how to find your inner genius, and how to play to your strengths, so you can *just move on* with confidence and create the business or the life you want! I want you to be able to create a vision, *and bring that vision to life!*

Through the gut-wrenching, painful, wouldn't-wish-it-on-my-worst-enemy experience, I began to research ... and study ... and write about this idea of how we get stuck. Over the years, I've been able to help hundreds and thousands (who knows, maybe millions!) of people get UNstuck.

Maybe you want to create a *revolution* in your life, whether it's playing really BIG, or just creating a personal a-ha that's life changing. I love seeing when people's exclamation points stand up and come to life again!!!

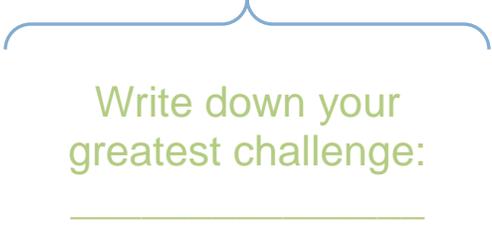
## So let's get started!

Let's dig in to our three topics on how to get out of status quo and get past go! One of the first things I want to do is acknowledge you if you fit into the category of, "I'm stuck, *and no matter what I do*, I can't seem to get out of it."

When you're feeling stuck and can't seem to find your breakthrough, it becomes very distracting. So if this describes you, if you've tried everything and you're still stuck, I want you to write down your biggest challenge. This could be a personal or a business challenge.

Maybe you have a business and you *know* you should be making more money, but you aren't exactly sure how to make it happen (or what's in the way). Or maybe you're in a toxic relationship, wondering whether to stay or whether to go. Maybe you've attended workshops and seminars, you've read the books, taken the courses, listened to the telesummits, hired life coaches ... and *nothing seems to work* ... except you're finding yourself with less money and more frustration.

So write down your greatest challenge – and do it in a very short and very succinct style – like one bullet point. You'll be able to use your specific challenge as an example, as we go through each of the three exercises.



Write down your  
greatest challenge:

As we move into our first topic, I know that some of you may have those question marks circling overhead, and stuck in this place of, "Do I do this, or that?" ... "Do I go this direction, or that direction?" Maybe you're questioning your life purpose, or maybe you have a moral dilemma. All of this can lead to a feeling of mediocrity, a feeling that you're barely inching by with status quo. And that's a form of stuckness.

I'm going to share with you some amazing ways to breakthrough some of these obstacles. I'll give you some tips you can use immediately, today ... and then I'll show you what you can do after today, in case you *just can't take being stuck anymore!*

### Just a Note ...

By the way, have you checked out The Get UNstuck Expert Café? Every week, we feature a different get Unstuck expert, giving you a variety of perspectives on how to overcome everything from financial challenges to relationship challenges to entrepreneurial challenges. It's totally free and you can gain access right here:

<http://GetUNstuckExpertCafe.com>

# Finding The Positive

**H**ow do you find the positive in a negative situation, so you can turn it around and make it go the way you want it to go?

When it comes to getting UNstuck, there's nothing more powerful than changing your perspective. Sometimes all it takes to find a solution to a challenge is to see it in a different light. So, with that in mind, let's kick things off with a sure-fire trick to change-up your perspective and get UNstuck.

I want you to focus on a challenge you're facing that's making you feel *stuck*.

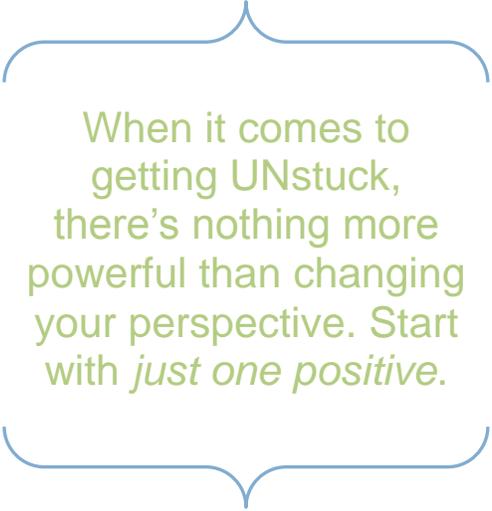
As you reflect on that challenge, I want you to find just one positive thing about the challenge. *Just one*.

Because if you can find one, I bet you can find five positive things. And if you can find five, then you can find ten. I'll bet if you can find ten positive things about that challenge, you can even find twenty. And I promise you, you'll find a resolution before you ever get to twenty!

Now, I know some challenges are more challenging than others. Like dealing with the loss of a loved one. Or being diagnosed with a serious illness. Or facing bankruptcy.

So the *timeframe* may change, but the *principle* is the same.

So when you're faced with a challenge, simply change your perspective ... start with one positive about that challenge, then go to ten, and then go to twenty positives. Before you ever get to twenty the resolution will begin to surface. Maybe it'll be a new perspective ... or maybe you'll finally ask the right *question* that leads you to the right *answer*. Just start with one.



When it comes to getting UNstuck, there's nothing more powerful than changing your perspective. Start with *just one positive*.

I recently got a question by email, and I want to share it with you here, just as a real life example. If you're new to this community, you should know that I always keep your identity anonymous. We can touch on some very sensitive topics between spiritual injury and finances and so on, and I will never reveal your name without your permission. So don't be afraid to submit your questions. And this question is a financial challenge, with an entrepreneurial twist. The email says:

I want to take charge of my life, stop having accidents due to my disabilities, and be more competent and self-sufficient. I want to write and create, and be successful at it, because my disability checks just aren't enough. I need an income I can generate from home that is not physically demanding and will give me the contentment of contributing to other people's lives.

If you hear yourself in this question, what I'd like to do is just point out what so many of us do, because it's very common ... *we get stuck in the story*.

You see, there isn't one challenge here, she's presented several different things ...

- Take charge of her life
- Stop having accidents
- Be more competent and self-sufficient
- Write and create
- Be successful
- Create more money
- Create an income from home
- Contribute to other people's lives

That's 8 challenges written into one story.

We tend to knot-up our story in knots, and then the knot gets bigger and bigger. Then we stick it all together with glue! It's very common!

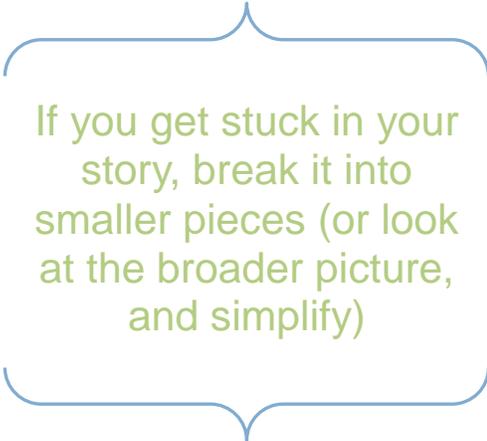
People come into our Success Mastermind, and they can't wait to write a 6-page story, or get up at the front of the room and go on for 45 minutes about their particular challenge! So let's not do that ... let's "knot" get stuck in the story!

One option would be to identify these as 8 different challenges, and work on them one at a time.

But for this example, let's do something different. Let's simply *broaden* our perspective and call this a "financial challenge for an entrepreneur".

In this financial challenge, what are 20 positive things about it? Well, let's brainstorm ...

- She has an opportunity to take charge of her life
- She's good at writing and creating
- She gets to work from home
- If she works from home, perhaps she can have a global clientele
- She can keep her own hours
- The opportunities are endless



If you get stuck in your story, break it into smaller pieces (or look at the broader picture, and simplify)

- The possibilities are endless
- She recognizes her own natural abilities (that's a good thing!)
- Maybe she has connection to friends, family, or resources
- She's smart enough to see that the challenge exists (she isn't in denial!)
- She could create a program for other people with disabilities who are experiencing the same types of challenges
- She could start a nonprofit or foundation

So there are just a few positives to get the list started. See how that works?

The idea is to look at the challenge very broadly. Notice I didn't keep this too specific. I started with a broader perspective. Because when you identify a challenge too specifically, human nature is to focus on the problem (and not the solution). We don't want to focus on the problem, we want to *create a new vision*. And that's why we focus on the positives, because it puts us in touch with that vision.

Focus on creating a vision.

The truth is, her answers are already in her question. She already knows she can write and create, and work from home, and impact other people's lives. But if she were to focus on the negative – on not having enough money – then she would get more negative things in her life.

This is because the universe isn't personal. When you put out a problem, like ... there's no money, there's no money, there's no money ... the universe simply responds to that thought pattern. *It isn't personal*.

The universe is simply doing its job, and when you understand how energy behaves in the universe, you can make some adjustments. The *universe's job* is to respond to your thoughts, and *your job* is to think positive thoughts about the opportunities and what you want to create in your life. By thinking about these positives, *you change the energy and the way it's behaving in the universe*.

When you focus on the positive, you literally change the way energy behaves in the universe.

Cool, right???

Well ... this is the anatomy of how to find the positive in any negative situation, so you can turn it around and make it go the way you want it to go!

As you reflect on your own challenges, whether you have something about your business, or even whether it's a personal challenge, take a moment see how this exercise

of finding the positive can help you. It was designed to move you from the problem to the *Positive Truth*.

**Just a Note ...**

For more help getting UNstuck, we post a new lesson twice a month right here:  
<http://RemyChausse.com/Blog>

## Finding Your Inner Genius

If you're feeling stuck, you might also feel some anger. *Surprised?* Don't be. It's perfectly natural.

But the thing is, when you're angry ... frustrated ... confused ... you leak your power. And that keeps you stuck. So I want to present you with an exercise that's going help you plug that leak.

When you're angry,  
you leak your power.

On a piece of paper, draw two stick figures, one of the left side of the page, and one on the right.

Then draw a big circle around the stick figure on the right. That circle represents everything that you are, and everything you can be. It represents the greatness that's within you, and also the *potential* for greatness. It's much bigger than you are. And you'd label this your Inner Genius. Or you might even call it your Inner Wisdom. If you're a business owner, this might be called your Inner CEO.

So the circle is bigger than you are, and represents all that you are. It represents all opportunities, and all possibilities.

Now let's go to the left side of the page ...

For the stick figure on the left, label that your Inner Stuckness. That stick figure is outside the circle, on the left side of the page and is detached from you. It's completely out of sorts, and doesn't have a clue how to solve this challenge you're in. It will often say, "I'm not sure, I'm overwhelmed, I'm on auto-pilot, I'm just going through the motions. It's as though nothing matters, nothing works for me, and nothing I try to do will work. I feel stuck."

That's your Inner Stuckness.

Next, draw a dashed line between that part of you that's stuck, and the part of you that has all this genius and wisdom.

In our Success Mastermind, we affectionately call this our Ego-Self on the left side, and our Soul-Self on the right side. You may even immediately see this as a clear division between fear, and love.

That dashed line represents a tension line. It can stretch, like a rubber band. Can you see how that part of you that doesn't have a clue how to solve this challenge can be a constant distraction with the thinking-thinking-thinking, and how it can stretch you away from the "you" that's centered and already knows all the answers deep inside?

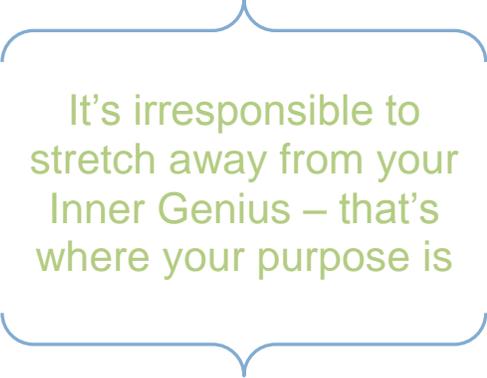
It's kind of like that relentless 6-year old that keeps whining "*Can we get some ice cream, can we get some ice cream, can we get some ice cream?*" It's like a broken

record, where the needle is stuck going round and round. That's your Inner Stuckness, going round and round. And our thoughts can behave the same way. They just go round and round.

That's a total distraction, right?

So ... you have the dashed line between these two parts of yourself, your Inner Stuckness and your Inner Genius (or your Inner CEO).

Let's label that dashed line "responsibility", because it would be irresponsible to stretch away from your Inner Genius ... that's where your purpose lives! Who you are, and who you're meant to be, live inside your Inner Genius! This is where you always want to be aligned (because aligning with your Inner Stuckness is going to keep you ... well, *you know* ... stuck).



It's irresponsible to stretch away from your Inner Genius – that's where your purpose is

In my workshops, this is just about the time where we break it down and look more closely at those qualities of your Inner Genius. So let's do that now ...

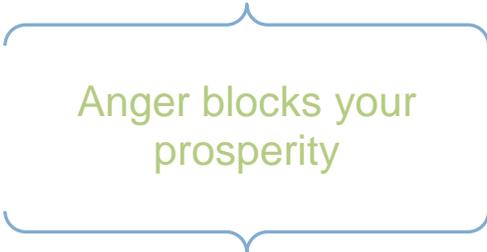
For the right side of the page, we could write down descriptive words for our Inner Genius like expansion, well-being, happiness, inner knowingness, and connection. If this is your Inner CEO you might write down words such as persistence, inspiration, executive wisdom, or clarity. These would be some of the qualities that go on the right side of the page. (And you may think of others!)

On the left side, where your Inner Stuckness lives, you could write down words like doubts, worries, confusion, frustration, indecision (that's a big one!), and even anger. These would be a few qualities that might go on the left side of the page (and feel free to add in your own).

### **Can we talk about anger?**

We talk about anger a lot in our Success Mastermind because it's such a common experience. It's a hot topic that affects so many of us!

Remember earlier when I was telling you my own personal story? I was experiencing a lot of negative energy, especially anger, and that was blocking my own prosperity. All these negative emotions (including anger) have enough power to stop our prosperity. So anytime someone comes up to me and says, "I have this financial challenge," this is the *first* thing we look at. And I always ask, "Who are you so angry with?"



Anger blocks your prosperity

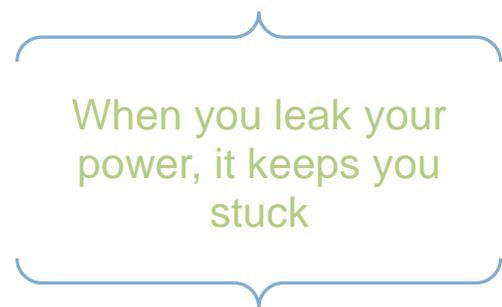
So many of us are naturally optimistic. We have a natural enthusiasm that lives inside us, and so we don't do anger loudly. We aren't aggressive. We aren't bullies. But we do sometimes harbor anger just below the surface. Sometimes it turns inward and becomes depression. And sometimes it just lives right below the surface, and we find ourselves looking at what's wrong ... or we start complaining ... or we start criticizing. And that's still a form of anger. It blocks our prosperity.

So if you've ever wondered, "Am I depressed? Am I blocked?" then you might just look at who you're angry with. Maybe it's you. <gasp> *Maybe you've broken your own integrity and you're involved in something you really don't want to be involved in.*

So look at that dashed line between your two selves. See how all these negative emotions (including anger) pull you away, or distance you, from your Inner Genius? Anger also distances you from what you want, even from your purpose in life! Hopefully this diagram with the stick figures will help drive home the point that these negative emotions even distance you from prosperity!

Anger serves only one purpose: it creates distance between you and the people you love, and the things you value. It pulls you away from who you are at your core, making it nearly impossible to create those things you want to create in life. And when you're pulled away like that, you leak your power.

You don't ever want to leak your power! That's what keeps you stuck!



When you leak your power, it keeps you stuck

When you leak your power with your negative thoughts – like doubts, worries, frustrations, confusion – *you end up stuck on the left side of the page!* You see, it's never the situation that has you stuck ... you're stuck on the left side of the page.

Here's another email that I received recently, and let's see how we can apply what we just learned about our Inner Genius and our Inner Stuckness. It says:

*I have been separated for a few months from my wife. I sacrificed my integrity to be in the marriage. I feel bad for causing pain and sadness, but I know this is an opportunity now to do something with my life. I'm in my 50s. I'm forced to rent a room so she can stay in the house. I want to earn enough to start a new life, make new friends, and explore new interests. But I don't even know where to begin.*

So let's take this example and see how we can apply the diagrams that we've just drawn. The first thing I want to point out is this relationship could be between spouses, between a parent and child, between co-workers or business partners, or just about any kind of relationship you can think of. So listen with the ears that are appropriate to your own situation.

The second thing I want to point out is that sacrificing your own integrity is usually the very first thing that happens when you're about to get stuck!

Sacrificing your own integrity can lead you down a road where you trip, and then stumble, and then fall, and then get rolled over by a steam roller! In our eCourse that I'll be telling you about in a few minutes, we dedicate a little time on this. Because values (including how we value ourselves) are often at the root of all our troubles. It's what gets us oh-so-stuck!

In the anatomy of getting stuck, sacrificing your own integrity was the first thing that happened

So when you're feeling stuck, this is a good place to look. Where have you been sacrificing your own integrity? And what can you do to immediately get re-aligned with your own integrity? When you don't know where to begin, like this person in the email, stop trying to solve the problem, and start getting your integrity back in! I can't emphasize this enough – look for places where your integrity is out in even the smallest ways, and look for ways you can increase your integrity.

So on your diagram, let's add the word integrity to the right side of the page. And we might also add the word opportunities. Because your Inner Genius will always be able to see the opportunities for improvement that are available to you!

### **Just a Note ...**

Are you enjoying the no-nonsense learning so far? Then you might love to know that we offer a free virtual training every month on topics like these:

#### **How to Make a Great Decision**

*"The Art of Moving Forward"*

#### **All Jacked Up on Oxytocin**

*"How to Get Over Him So You Can Just Move On"*

#### **Create The Year Of Your Dreams**

*"Finding Your Passion & Purpose in Life"*

#### **Do What's Right For YOU**

*"How to get YOU (and your vision) back when you feel like quitting"*

You can sign up for these free webinars at <http://GetUNstuckExpertCafe.com> and click on the image that says "This Month's FREE Instant Workshop!"

## Playing to your strengths so you can do what's best for you

If you're feeling stuck, you may see nothing at all that's positive about your present circumstances. And that may be very well true ... but ... like it or not, your present circumstances are serving a purpose.

You are where you are for a reason! Maybe the reason is to *restore your strengths*.

So how can you let the real you out? Well, let's reflect back on the challenge you have right now, and we'll draw two columns ...

In the left column, write down a statement that describes your present challenge. I'm just looking for one sentence, or one bullet point. This isn't about wallowing! Remember earlier, when I said how often people want to go off on their stories? Oh, my! I don't mean to be rude, but I really don't care about the story! The story is what has you stuck! I have people come through our Success Mastermind and want to go on and on about how wrong everything is!

So just write down one bullet point in the left hand column ... like, my relationship is on the rocks ... my business isn't expanding ... I want to leave my corporate job and become an entrepreneur and I don't know how.

Just a bullet point.

In the right column, write down a list of your natural energies, talents, abilities, and strengths. *All of them*. Don't hold back! Make a list of at least twenty. In our workshops, we actually break into small groups and make a list of 100. So I know you can get to twenty!

Maybe your strengths are that you're creative, optimistic, literate, or helpful. Maybe you're inspiring, enthusiastic, buoyant, or resilient. Maybe you're accomplished, talented ... maybe you're good at math, or maybe you're artistic. So write down 20 strengths.

Then, look at both columns. What one strength from the right column can help you get UNstuck from the left column? Because you already know what's right for you. *You already know*. This may give you a new perspective and the exact insight you need to find a way out of your challenge!

The blessing of being stuck may be to restore your strengths

You already know what's right for you. *You already know.*

## How do these 3 exercises work together?

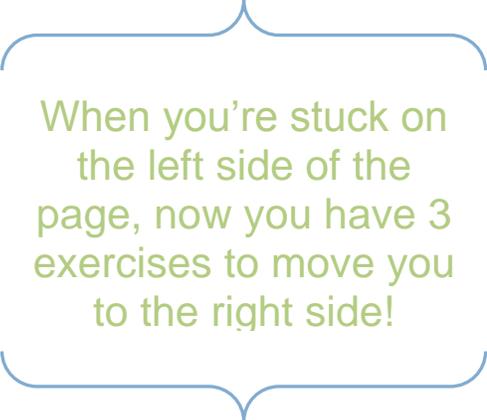
I promised to tie these 3 exercises together ... what you've hopefully noticed is that everything we've done here today is to *move you to the right side of the page*.

Because what you want to remember is that *it isn't the situation that has you stuck*. It's NEVER the situation, and we can use a capital N on the Never? It's never the problem that has you stuck. It's *your energy* that's stuck on the left side of the page!!!

So with the first exercise of finding the positive, that was designed to move you to the right side of the page (from the problem to the Positive Truth).

With the second exercise of looking at your Inner Genius, or your Inner CEO, that was also designed to move you to the right side of the page.

The third exercise of looking at your strengths was ... you guessed it ... designed to move you to the right side of the page.



When you're stuck on the left side of the page, now you have 3 exercises to move you to the right side!

Because when you're on the right side of the page, you're living in inspiration ... *you're living in vision* ... and you're aligned with your soul. When you're aligned with that Inner Genius of yours ... well, *you always know what's right for you*.

## What's Next?

My sincere thanks for going through these exercises, and I hope you've already had a breakthrough or two (or more!).

If you walk away right now, you'll have received some free AWESOME value, and I wish you all the best ... but you may be asking "What's next?"

### The Get UNstuck 30-Day eCourse



If you enjoyed what you learned today ... if you got benefit from the workshop exercises that I've brought you ... if you'd like to get UNstuck quickly and easily *so you can just move on* ... then I know you're going to love the eCourse!

So this is my heart-felt invitation for you to join me, here and now, and take inspired action to change your life. Because you know if this is right for you. *You already know.*

As I said in the beginning, my programs are for extraordinary women with big-ass dreams who are ridiculously unsatisfied with status quo. But whether you're a man, a woman, an entrepreneur, or just a regular person ... you *know* if you are completely fed up with mediocrity. You *know* whether you've tried everything. And while you know the possibilities are there for you, maybe you have no earthly idea where to start ...

Well ... *this* is where you start. *You start with you.* You start by addressing whatever has you stuck. And you learn not only to overcome it, but to find the clarity and passion and purpose you need to re-write the story of your life with all the excitement and energy and fulfillment that's *supposed* to be there. And then, you get to take back your exclamation points!

I hope you'll join me and start right now on this journey out of status quo so you can get past go. You can check out the program right here –

<http://GetUNstuckEcourse.com>