

UNSTUCK WOMAN

PROGRAM OUTLINE



WEEK 1

WHY YOU'RE STUCK

- The neuroscience of being "stuck" (habit loops, subconscious programming)
- How childhood conditioning & limiting beliefs shape our reality
- Self-assessment: Where am I stuck? What patterns am I repeating?



WEEK 2

RELEASING FEAR AND SELF DOUBT

- How fear keeps you in a loop (fight, flight, freeze)
- Identifying & challenging your limiting beliefs
- Exercise: Rewrite your inner story & create a new self-identity



WEEK 3

AWARENESS & EMOTIONAL MASTERY

- Recognizing emotional triggers & automatic reactions
- How to stop self-sabotage before it starts
- Practical tools: Journaling, meditation, thought reframe exercises



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WEEK 4

REWIRING YOUR MIND FOR CLARITY & CONFIDENCE

- The science of neuroplasticity: How to reprogram your brain
- Visualization & embodiment techniques to create a new identity
- Daily habit stacking for lasting transformation

WEEK 5

CREATING NEW PATTERNS & DAILY ROUTINES

- The science of neuroplasticity: How to reprogram your brain
- Visualization & embodiment techniques to create a new identity
- Daily habit stacking for lasting transformation

WEEK 6

BOUNDARIES, SELF-TRUST & TAKING BACK CONTROL

- How to set and hold boundaries without guilt
- Building self-trust through micro-commitments
- Exercise: "Your Future Self" decision-making framework

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WEEK 1

STEPPING INTO YOUR POWER & OWNING YOUR WORTH

- Releasing comparison, perfectionism & self-doubt
- How to speak, act & make decisions like the future you
- Creating an "unstoppable" self-image

WEEK 8

INTEGRATING, EMBODYING & SUSTAINING THE CHANGES

- How to make transformation last beyond the 8 weeks
- Personalized roadmap: What's next for you?
- Graduation & celebration

Week 9

BONUS WEEK

- Live session with a powerful guests to spark inspiration & spiritual activations

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