

How To Get Unstuck



How To Get Unstuck Audio Transcript

You want to get unstuck? Well, maybe it's time to stop analyzing it.

Here's how it works. You can work out your diagnosis and your family history and your past life traumas.

You can do this with your naturopath or your doctor. You can talk, talk, talk about it all day long, and I know because I have done it many times.

You can trace the cause of your wounds and why you're so "stuck", but at some point eventually who cares why you're stuck?

Instead of focusing on how you got to where you are, you've got to shift your tension to where you'd rather be.

I've had at least a hundred conversations, at least a hundred, about health & lifestyle changes and I've noticed that when someone starts over-explaining why they're stuck it can be an indicator that they are 100% not interested in getting unstuck.

Rehashing the past can provide a lot of comfort and confirmation, but too much analysis can create paralysis.

As the saying goes, who cares why the elephant is standing on your foot? Just get him off.

When I work one-on-one with clients, I begin starting our session with this: "I'm asking you for this one hour together to try to not talk about your past. We're here to create your future, so let's just declare that the past has little bearing on where you want to go."

Some people squirmed. They could barely resist slipping into their old stories.

And some people were like, "Oh, my God, what a great idea. I am so tired of talking about my story. Let's move forward."

Sometimes you can't see why you were stuck until after you get unstuck.

Hindsight, and hindsight solves a lot of mysteries, but in the meantime, you've got a new story to write, and it looks nothing like your past.

Hey there, I'm Jordann. Your pharmacist & health coach and the CEO of Healthful Prescriptions teaching you healthy + helpful ways to lower blood pressure & blood sugar naturally.



Thank you for being here. I hope you find this audio training helpful.

After you listen and read the transcript, answer the questions below:

Where is it that you want to go? What is holding you back? Are you ready to move forward?

Great job. I know it's tough, but it's important that you are able to answer these questions. What's next? Keep a lookout in your email inbox for your next steps.

I'm on a mission to help people prevent or get off 100,000 medications.

