



CHANGE YOUR
LIFE: GET
UNSTUCK

Course & Study Guide Outline
BY DEBORAH JOHNSON

CHANGE YOUR LIFE: GET UNSTUCK

Take the time to work through questions for each session with the videos and with this study guide. You can spend as much or as little as you want, but consistency is very important if you want to invoke real change in your life! I suggest that you allow THREE MONTHS to complete this series. That works out to one session every 2-3 days.

Commit to that now and then begin! Start Date _____ End Date _____

SESSION	Length	Date	Application
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STEP 1: DEFINE YOUR TRAP *Stuck in:*

1- Fear & Rejection	7:52		
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2-A Rut	5:20		
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3-Circumstances & Problems	4:16		
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4-Criticism	6:02		
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5-Pain & Discouragement	4:49		
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6-Review & Create Momentum	4:12		
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STEP 2: REASSESS YOUR ASSETS *Focus on:*

7-Abilities & Opportunities	7:24		
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8-Truth & Freedom	5:56		
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9- Friends	5:27		
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10-Endurance	4:58		
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11-Taking a Chance	5:29		
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12-Review & Create Momentum	2:53		
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STEP 3: REINVENT YOURSELF *Define your:*

13-Core Strength	7:35		
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14-Wind Speed Factor	4:43		
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15-Ideal Work Load	4:56		
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16-Footprint	5:51		
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17-Passion & Dream	7:42		
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18-Review & Create Momentum	2:24		
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STEP 4: ELIMINATE DISTRACTIONS *Identify the:*

19- Sucker Branches 5:27

20-Toxins 4:58

21-Habits 5:49

22- Time-Wasters 4.43

23-Review & Create 2:42
Momentum

STEP 5: PLAY LIKE YOU'RE IN THE MAJOR LEAGUES *Major League:*

24-Duggout 5:50

25-Climb 4:49

26-Game & Goals 5:58

27-Swingers & Hitters 6:39

28-Expectations & 5:19
Winners

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SESSION	Length	Date	Application
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29-Review & Create Momentum	3:00		
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STEP 6: DO THE BUSINESS

30-Compound Interest	7:55		
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31-Find Your Uniqueness	6:32		
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32-Watch the Cash	7:27		
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33-Work a Little Harder than Everyone Else	6:42		
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34-Review & Create Momentum	2:07		
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STEP 7: ASK WHAT YOU CAN GIVE *Giving:*

35-Of Yourself	7:00		
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36-Your Resources	5:49		
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37-A Dream	5:53		
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SESSION	Length	Date	Application
38-Meaning	6:27		
39-Hope	6:48		
40-Review & Create Momentum	1:53		
41-Putting all the Steps Together +Certificate of Completion	10:14		

If you are consistent and work through this entire series, it will change your life as you will have built and applied constructive habits. With those habits, you will be empowered to build or change your business, get in shape or develop quality relationships. Every situation and personality is different, so results will vary, but your life will change in some way, guaranteed! At the end of your study, please let me know what it has done for you!

.Sincerely, Deborah Johnson

You can contact me at any time through my website at GoalsForYourlife.com, DeborahJohnsonSpeaker.com or DJWorksMusic.com

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