

6 SECRETS TO GET UNSTUCK

Unlock the top **6 secrets** that will bring you direction and focus today so you can start living a life you love.

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- Secret one -

STOP LIVING THE LIES

Recognizing that you're unhappy is the first step to finding a solution! Most of us try to suppress our feelings. We feel guilty for being unhappy, especially as high-performing, high-income earning women. You're unhappy because you want more out of life and there is nothing wrong with that. Resist the urge to hide your feelings, doing so will only make you feel worse and more isolated.

Next, identify the lies for yourself. I often told myself, and anyone that would listen, that I wanted to be CMO. Here's the thing - that wasn't my dream. Someone else gave me that idea and I ran with it. It wasn't until I admitted to myself that it was a lie, that I could move forward with my life and get unstuck.

Ask yourself: What lies have I been living? How have I let others influence my choices?



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- Secret two -

TURN INWARD

If you've joined my masterclass Say Goodbye to Your Midlife Slump, then you've heard me talk about this. Now that you've cleared out all of your lies, you're able to turn your focus to what you want in life.

What makes you tick? What would you do if money and time wasn't a consideration? You don't necessarily have to leave corporate to be happy. Is there a role or function you'd be better suited for? Maybe stepping down would give you the freedom you crave or the time you want with family. Be brutally honest with yourself. It's the only way to truly get unstuck!

- Secret three -

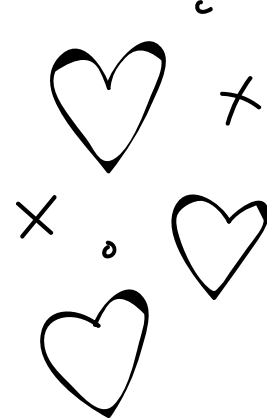
ADDRESS EXCUSES

Looking at what you really want will undoubtedly bring up all kinds of excuses. First of all, that's totally normal! Second, it's time to kick them to the curb. You might feel like you're too old or worry that you lack experience.

I remember thinking, what if I don't make enough money? Many will blame it on not having enough time. The fact is, these are all just excuses and millions of women have made major pivots and done something completely different and been successful. You can too!



- *Secret four* -



NO MORE SELF-SABOTAGE

I know it's hard, but it's critical to getting unstuck. Self-sabotage comes in many flavors. The key is to recognize which ones are plaguing you.

Are you procrastinating? Allowing your inner critic to fill your head with negative thoughts? Are you overeating? Drinking excessively? (Like I was.) Or maybe something different: I actually went out and bought a Benz to make sure I didn't quit my job! Who does that? I literally trapped myself with a financial commitment so I would stay in corporate - effectively forcing my self to "suck it up" because I had a belief I was "supposed" to work and provide for my family. Any of this sounding familiar?

Newsflash: I still work and support my family, but I do it in a way that is fulfilling and allows me to be a better wife, mom and friend. Especially now that my self-sabotage has stopped!

Ask yourself: What behaviors do I need to change? What could I do that would bring me more fulfillment instead?





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- Secret five -

FIND JOY

I know what you're thinking, "Karin, if I could find joy, I wouldn't need your guide!" I promise you have all the answers within to get unstuck, you just need to tap into them. What did you love to do when you were younger? What are you naturally good at? What do your friends always ask you for advice about? These are all indications of areas you could explore.

I had always loved to dance! Granted no one was going to hire a 40 year old dancer, but that didn't stop me from taking online classes and feeling joy. As I added more creative outlets to my everyday life I was changing. I went from being a one-dimensional corporate workaholic to having multiple areas that excited me in my life. My kids even started asking to workout with me, giving us more quality time together.

Don't underestimate the power of rekindling your passions. You never know where that path may lead you!

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- Secret six -



TAKE ACTION

When I first realized I wanted to get out of my midlife slump and the pain of changing was no longer greater than the pain of staying the same, I took baby steps. I didn't know on day 1 that I was going to become a life coach and support other women in a similar situation. I started by simply setting up professional boundaries: I stopped logging in at night and working crazy hours. I stopped emailing people on the weekends, giving me a taste of what life could be like if I weren't working 24/7.

Then I started carving out 15 min a day for writing my memoir. Just 15 minutes! Over time, those 15 minutes became 30, then 45, then sometimes hours a night. Six months later I hired an editor, then built a website so I could start speaking. Just speaking didn't feel like enough and I wanted to support women in a greater capacity, so I got certified as a master life coach (and that took 6 months).

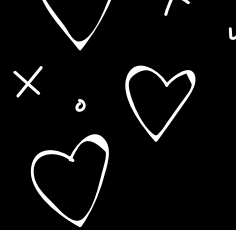
The point is - you just start putting one foot in front of the other. Doing something is always better than doing nothing at all.

Ask yourself: What's one thing I can do **this week** to change my life or move closer to the life I want to live?

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Need more support?



ATTEND MY MASTERCLASS

I know from experience that implementing these **6 secrets** will help you get unstuck. I also know that old habits and limiting beliefs die hard!

If you'd like to experience more transformation, I'm here to support you. Join me for my transformative masterclass, **Rock Your Midlife Without The Crisis**. I'll share **4 simple steps** that you can use right now to get unstuck and find your purpose! The sooner you take action, the sooner the pain of feeling stuck goes away. The hopelessness and fear all disappear and you can reclaim your life!

Sign up today at:

karinfreeland.mastermind.com/masterminds/31515

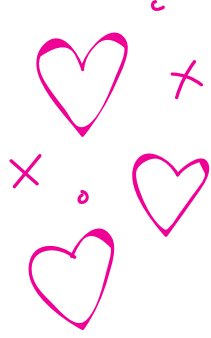
If you can't wait for the next class, you can schedule a complimentary one-on-one **EDIT Your Life™ Jumpstart** call: www.calendly.com/karinfreelandaviles



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Master Life & Reinvention Coach

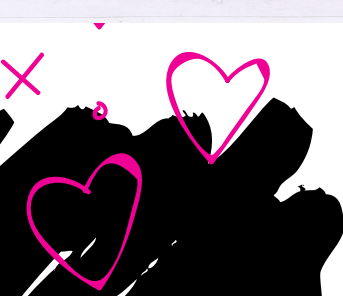


KARIN FREELAND

Karin Freeland is the founder of Karin Freeland Life Coaching and creator of her signature EDIT Your Life™ program.

Karin spent fifteen years in corporate chasing paychecks and titles, only to find herself unfulfilled, burnt out and stuck in a life she didn't love. On paper everything looked great, yet she still wasn't happy. After suffering from a lengthy midlife crisis, she clawed her way out and realized she could help others. She received her master life coach certification and dedicates her practice to helping corporate women get unstuck and overcome their midlife crisis (or avoid one in the first place).

Her clients have experienced life changing transformation with her customized coaching program. Karin believes everyone has the ability to edit their life and find their true purpose!



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