



How to crush

your rut

and create a life you love

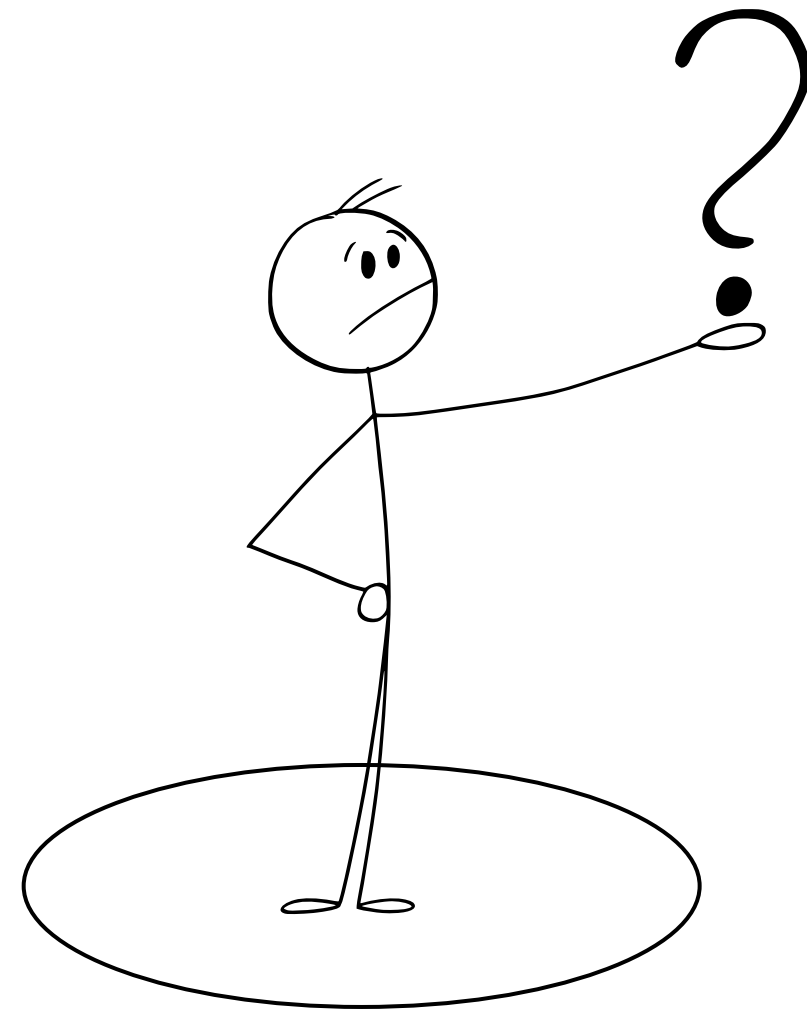
Why are you in a rut?

- you don't think situation can change
- you don't know what you want
- you don't believe it can happen

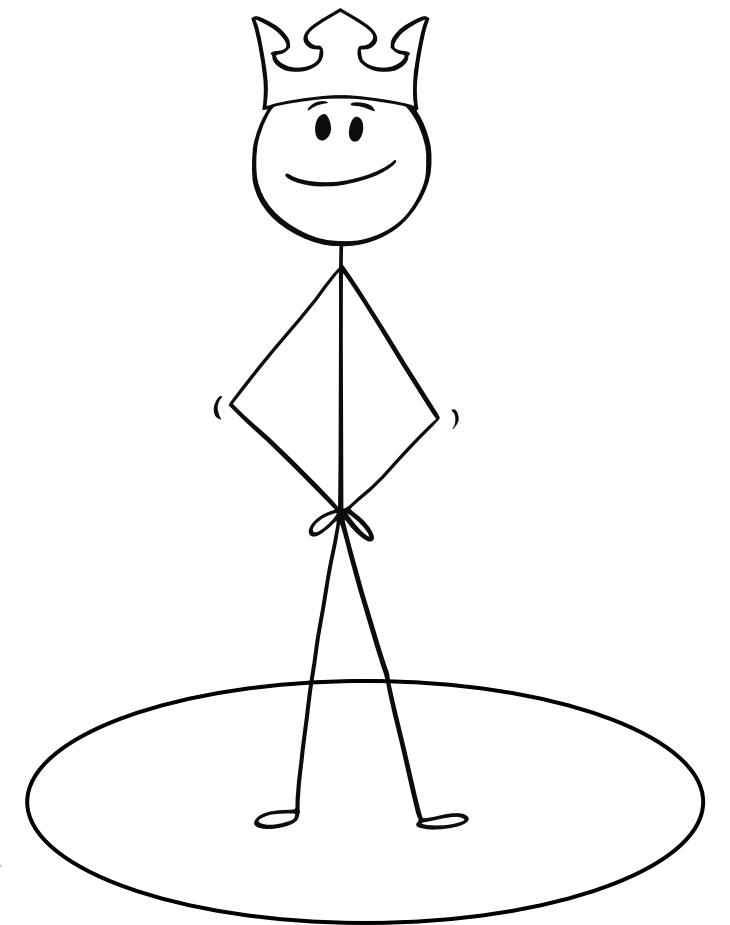
How do we get out?

- Our brain wants to keep us safe so It keeps us In the familiar
- Managing our brain and nervous system is key to trying new things
- When we can separate ourselves from the outcome, "failure" doesn't exist. It's just experimentation that needs to be tweaked. We don't make It mean anything about us personally.

THE DISCOMFORT ZONE



Self doubt/neg thoughts
Neg self worth
Uncertainty/Indecision
Complacency/Comfort zone



3 things you need

1. Question

2. Belief

3. Pot of Gold

Question

Awareness is the first step to change.

- **Our thoughts create our life.**
- **It's happening right now.**
- **We have >60,000 thoughts a day. (Mind confetti!)**
- **You can interrupt thought patterns once you know what they are.**

Question

Ask yourself better questions.
Send your brain on scavenger hunt.

Who am I and what do I want?
How do I want to feel?
What stories am I telling myself?
What am I holding on to?
What am I willing to let go?

What is really holding me back?
What am I gaining by staying still?
Be willing to be uncomfortable.
What am I making it mean?
Is it true? Do I want to keep it?
What is an alternative thought?

Belief

Check in on these and choose which to keep.

Our beliefs are thoughts we've thought over and over.

What do you believe about you?

How can you have your back?

It's ok to "borrow belief".

Do a little dreamstorm: What could be possible for you?

(scavenger hunt time!)

Belief

This is key to any change.

I'll SEE it when I BELIEVE it.

—Wayne Dyer

(The belief has to come FIRST!)

Pot of Gold

The magic happens here.

Circumstance

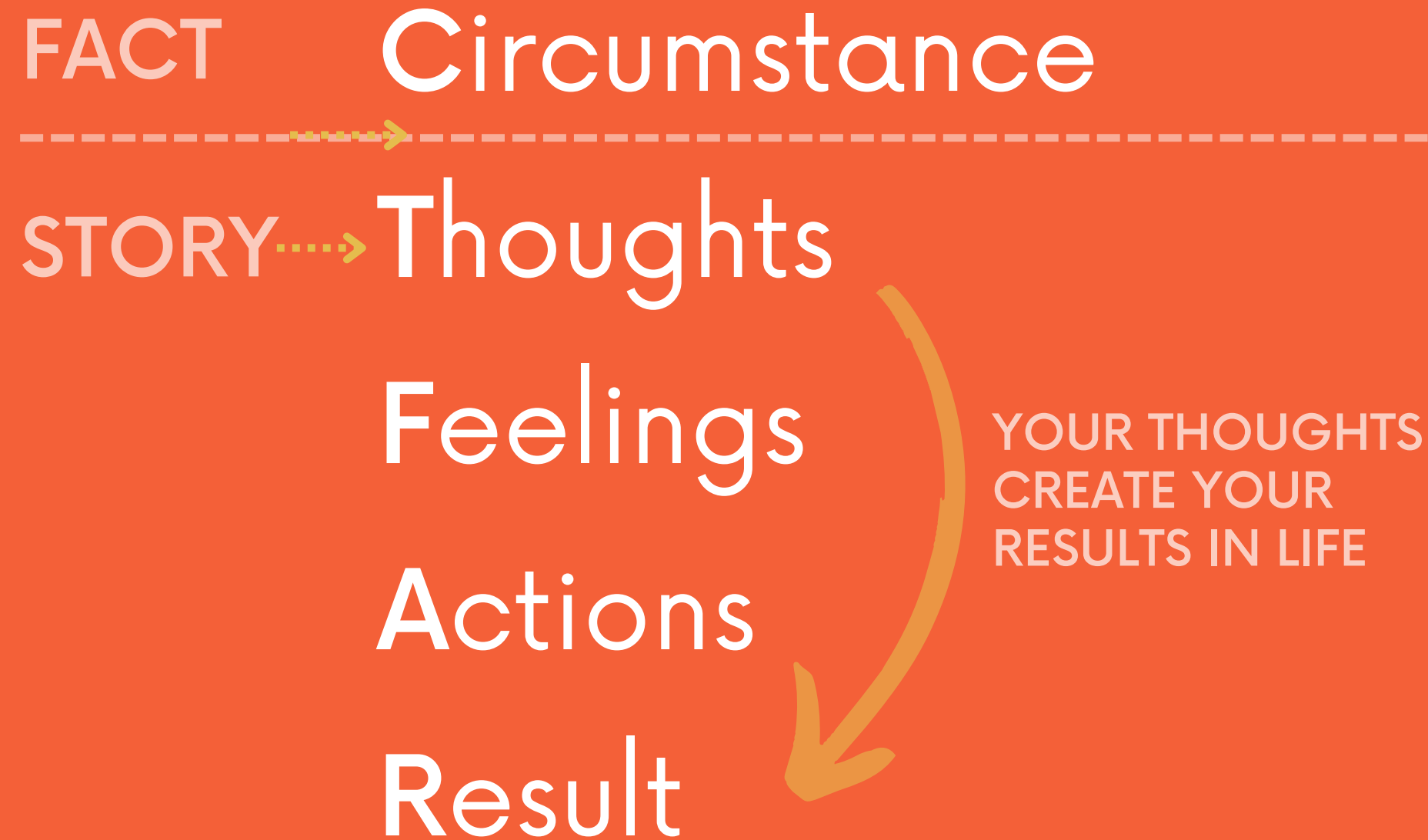
Thoughts

Feelings

Actions

Result

Pot of Gold



There are many nuances to this coaching construct. Knowing how to use it fully will help you create exactly what you want. It will help you work through literally any situation.

**That is how we
kill a unicorn
(and a rut!)**



Want to keep slaying?

Private 1-on-1 coaching

8-week group coaching:

- Next group cohort starting August
- Limited spots!

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See you soon!

@janinedursocoaching

