

# Unstuck Yourself

HOW TO GET YOUR SHIFT TOGETHER  
AND START LIVING YOUR BEST LIFE

L E A N E W M A N

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# Unstuck Yourself

How to Get Your Shift Together  
and Start Living Your Best Life

Lea Newman

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*To my dad.*

*Thank you for all your love, wisdom and guidance.*

*I love you. I'm out of material.*

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*Thank you all...* this wouldn't have been possible without you.

# Introduction

Hi, I'm Lea...

I hate this part of these types of books... where someone goes on and on about their certifications and qualifications.

I mean, yeah. I have some certifications. I've earned quite a few:



- Tad James; life coaching, timeline therapy, neuro-linguistic programming
- Robbins Madanes- Core 100 (life coaching)
- Strategic Brain- life coaching, neuro-linguistic programming
- Institute for Integrated Nutrition- holistic health coach
- ...and more

I even worked for the big guy, Tony Robbins, for three years as a peak performance coach.

But these certifications and resume items aren't what makes me most qualified to write this book. It's not the pieces of paper or exams I've taken that prove my worth as a coach, speaker or author.

My three greatest qualifications for writing this book are 1) how I got this knowledge in the first place 2) how I live my life every day 3) the long-term results my clients see in their lives when working with me.

The formal training I've received was just a framework. That training was merely the *beginning* of the journey.

I have been in this world of personal development for nearly twenty years. Starting back in my days of listening to Dale Carnegie, Earl Nightingale and Tony Robbins cassette tapes in my car every day on my way to work. My nightstand was littered with *How to Win Friends and Influence People* and *The Magic of Thinking Big*.

In the Air Force, I was encouraged to adopt the methods of Steven Covey and his *7 Habits for Highly Effective People* to manage my time and my team better. Brian Tracy, Zig Ziglar, Dan Millmann, Jack Canfield, Susan Powter and more soon followed.

After my divorce, I dove into the world of fitness competitions. This naturally lent itself to more in-depth work in positive thinking and seeking motivational and inspirational learning and experiences.

Around this time, a friend was in training to become a life coach. I had no idea what that meant at the time, but as he learned, I allowed him to practice his new skills on me. These techniques were amazing!

He taught me how to shift my perception of events which allowed me to think and act on my decisions in a motivated, energetic and passionate way, instead of having to *force* myself to move toward the things I wanted most. What kind of voodoo magic, Jedi mind trick was this? That's when I knew that I needed this training too.

Since then, I have been on a path of learning and growth, studying with many mentors and coaches including Tony Robbins, Tad James, Sheila Kelly, Kyle Cease, Andy Dooley, Steve Linder, Dr. Brad Nelson, and more! I have invested well over a hundred thousand dollars in my non-certification seeking education. I have spent countless hours attending events, reading books, listening to cassettes, CDs, and podcasts, watching videos and participating in online and in-person workshops. I have also worked extensively with quality mentors and coaches, not only for my own personal development but also to learn the tools of my trade from the very best.

Throughout my life, I have consciously cultivated a life of deep learning *and* implementation. This is an important distinction... I have learned by putting *myself* through the paces. I hold my own feet to the fire to test everything I do and share with others.

This has allowed me to both transform my own life and support many others in creating their own personal transformation. I recognize that what works for me may not work for someone else. However, because I have done the work and tested everything I share, I am able to support my clients with first-hand insight and advice on how to test these methods out for themselves. Through their trials and learnings, I gather even more details and nuances about these methods, that I then add to the lessons for myself and others to use in the future.

The information in this book is the culmination of all that learning, and I'm thrilled to put it out into the world finally!

I'm honored and humbled to have so many beautiful people in my life and am grateful that I get to serve so many people every day.

I enjoy learning new skills, traveling the country in my RV, doing community service, crafting, hiking, traveling the world, playing with my adorable pooches, going to the movies, visiting farmer's markets, and discovering unique and odd destinations.

Every day I strive to be my best whether I am traveling, in service to my community or helping others learn and grow. Being the best isn't as important as being *your* best. The only person stopping you from personal greatness and achieving your dreams... is you!

## I too used to be “stuck”

I was on autopilot. I was so busy seeking love and approval from others that I didn't even notice as I moved closer and closer to living day-

to-day as the worst version of myself. I lived in the illusion that I was happy. I put a smile on my face every single day and lived in the false belief that feeling that way was just a part of life. Truthfully, I was miserable on the inside.

I was not the joyful and fabulous Lea you see in the pictures in this book or on my social media. I lived every day in a massive cycle of fight, flight or freeze. I was super sensitive to criticism and would fly off the handle if things didn't go exactly as I intended. I had a ton on my plate, so everything was planned to ten-minute increments. There wasn't any room for error or spontaneity. Over time, the enormous amount of stress and tension of this approach took its toll. I developed severe health issues, irreparably harmed my marriage and other relationships, *but* was a "success." Wait... what? (more on that later).

My life was insane! Most days looked like this:

05:00 *wake up and rush to get ready for work*

05:30 *leave the house, race to work*

06:00 *"cheeks" in the chair and get straight to work*

15:00 *hustle out of work and begin the drive to school  
(nearly an hour away)*

16:00 *scramble to find parking and get to my classroom*

16:30 *class starts*

22:00 *finish classes and begin my trek home*

23:00 *get home do homework*

01:00 *bedtime*

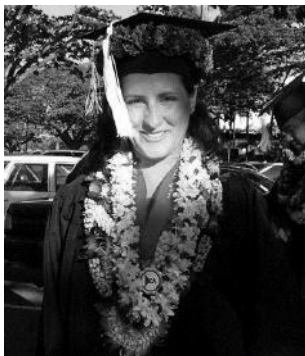
That was my life for over three years. Monday through Friday that cycle was on rinse and repeat. Saturdays were my days to clean the

house and do homework. Sundays were the time set aside for doing more homework and spending some time with my husband (gee... I wonder why I ended up divorced).

As if that wasn't enough, I was also in the very beginning of my military career, so studying for promotion and doing extra duties at work and community service were all also thrown in the mix, to make my performance reports the absolute best they could be.

At one point, I got up to well over 180 pounds. I didn't even realize it because I stopped getting on the scale. I think there was a part of me that was too afraid even to check. Then again, I didn't have time to look!

The enormous amount of tension, stress, and perfectionism had taken their toll and was showing on my waistline. That added another heaping serving of pressure to my already over-stressed life, as it was unacceptable to be overweight in the military, no matter what the reason.



Once I finally had the epiphany that my weight had gotten out of hand (notice I didn't say that I recognized the patterns of stress and perfectionism), I put down the fork and got my butt to the gym. I started slowly by committing to a minimum of twenty minutes a day of cardio activity. Quickly, I worked up to thirty to forty-five minutes per day and weight training. I eventually even got certified to teach step aerobics! I had come a long way but still wasn't satisfied.

That's when I saw my first Ms. Fitness competition on TV. They all seemed to be the epitome of health and fitness. I knew that someday

I would compete too. From then on, I worked out with varying degrees of intensity awaiting the day I'd be able to get serious and enter a fitness competition.

Finally, in September 2005, I was able to do my very first competition with the American Bodybuilding Association. From then on, I was hooked! I tried lots of different divisions: fitness, figure and bikini competitions. In 2010, I won my first International title as Ms. Fitness America, Bikini Classic champion. In 2014, I earned my “pro card,” an acknowledgment that I was so good at competing that it was time for me to walk amongst the professionals.



It sounds like I was “successful” right? Like I had figured out how to get myself out of the conditioned autopilot patterns. Unfortunately, I realize now, I had traded one set of stress-induced, perfectionist habits for others. I simply created a new “auto-pilot.”

This new version was indeed a more empowered version of the previous one. But it was equally filled with the old people-pleasing, tension-filled, perfectionist, hyper-achiever ways of the past. It just appeared much happier, and socially acceptable, to the outside world.

It wasn't until I finally understood the concepts and implemented the tools and techniques that I will share in this book, that I was finally able to break free of the decades of conditioning that had created this disempowering autopilot behavior.

## Why I wrote this book

I hate to see people weighed down with suffering and in the throes of emotional overload. I've been there. I know what it feels like. It sucks.

I wrote this book to provide a resource that I never had. A resource to help you help yourself. To help you see that you don't need anyone or anything to rescue you. You can be your own superhero and engineer in your own rescue!

It's not expensive. It's not even hard. It merely requires awareness of what's happening and a commitment to consistently practice the tools and techniques I share in this book to get started.

## Are you “stuck?”

This book was written for those that feel they are victim to the incessant chatter of the voices in their head. The voices that create all sorts of disempowering emotions and mayhem.

In most cases, this chatter creates so much confusion that it can cause us to either take action that isn't aligned with what we want in life or worse, keeps us stuck in the lowest version of ourselves. Romantic relationships, personal health and wellbeing, career decisions, financial decisions, business strategy, communication, and more—can all be negatively affected.

This book was also written for those that are doing well but know there's another level. These people are looking to get even more out of life and are committed to taking consistent, aligned action to help them build on their previous wins to expand even further.



Understanding the intricacies of what got them into such a great space in life will support them in continuing to develop and grow their success.

## It's a process

This book is not for someone looking for a magic pill, magic bullet, secret formula, or a “one and done” approach. I’m here to tell you what most won’t. This is a process! This book will cover what I believe is the foundation, the initial steps, the basics of getting out of your freakin’ head. It is keeping you stuck! It’s meant to be a step—not the whole staircase!

There is no book, no event, no audio, no coach or mentor that will be “the answer.” They can, however, always be “the start.”

If you like how you’ve always done it and you’re not interested in at least considering new perspectives or trying on new attitudes, tools, and techniques, this book probably isn’t for you. I’m going to be asking you to test out some different approaches in your life to see what is, or is not, a fit for you.

If you are unwilling to do that, this book will be just another piece of clutter on your bookshelf and some good ideas you read about once (aka—useless to you).

# Let's break it down

This book has seven main sections.

## **1. Your brain**

I promise I will make this section painless. Here, I share the basics of the science behind everything else I will share with you in this book. It's essential to have a foundational understanding of how your brain works. This basic understanding is helpful in granting yourself some grace around how you've reacted in the past and how you may continue to react to triggers in life. It will also give insight into why it's so important to implement the formula I suggest in this book. I'm not sharing this formula "just because." I'm recommending it because scientifically *it just works*.

## **2. Your low-level self**

Section two is all about understanding what it means to be in this low-level state. You'll discover indicators that you are there, how this manifests specifically for you in your life, and what it costs you to live your life from this place.

## **3. Your high-level self**

In section three, we will use similar methods to understand who you are when you're operating as your high-level self and all the good that can come from operating from this level.

## **4. The formula**

Next, I'll share a formula that can be used when you find yourself in a low-level pattern, as well as proactively, to support you in living from your high-level self most often. These three things, when used consistently, will allow you show up powerfully and authentically in any situation.

## **5. When things go awry**

In section five, I share some additional insights and nuances that will be important for you to understand on this journey. We will explore the exaggerated patterns that appear when intensely emotional events arise and how to handle them.

## **6. Razzle-dazzle**

In section six, I'll share three key distinctions that, when practiced regularly, will supercharge your ability to embody your high-level self on a regular basis: language, gratitude, and visualization.

## **7. Learning and implementing**

Finally, in section seven, you will discover the principles and practices that will help you use this information to your best advantage so that you can begin a journey of constant conscious cultivation of habits and behaviors to help you be your best self every day.

# **Our agreements**

To get the most out of our time together, let's lay down a few foundational "understandings" to help us move forward through the material together.

1. We have no control over others. We only have control over our thoughts, behaviors, and emotions. In taking ownership, we align with what is real and true and become solution-oriented in discovering what works best for us in life. At the same time, this also opens a space for letting go of attachment to anyone or anything that does not serve us or holds us back. It releases us from the control of external circumstances or approval so that we can experience happiness and progress.

2. Right now, you may think the process I'm about to share with you is challenging, complex or requires sophisticated techniques. I assure you, it isn't. What it does require is that you pay attention to what's going on in your head, heart, and body. Please be aware and notice the thoughts as they arrive, evaluate them, and take the first steps toward participating in your own rescue. Nobody is going to do this work for you. They can't. Be your own superhero in this epic story of yours called *life*.

3. If you're reading a book like this one, chances are you've read a few self-help or personal development books before. You may have already encountered some of what I'll share here. I encourage you to wipe the slate clean. Read this book with fresh eyes. If you tell your brain, "I already know that" it shuts you off to learning anything new about it. I use many standard tools and techniques in an unorthodox way, often combining them with other information and learning to offer fresh insights or different results. Test this out as you go through this book. Let's program that supercomputer between your ears to give you the best possible outcomes! Stay open to learning new and exciting things from the information presented here, even if it comes from a technique you've heard of before.

4. Please also consider this. The typical personal development would have you believe that you're supposed to be happy all the time. You are to banish any thought with the slightest twinge of negativity instantly. In that world, if you are unable to immediately transform your mindset from zero to peak performance in the blink of an eye—you aren't working hard enough.

There are a whole lot of things you can do to improve your mindset and these shifts, over time, can and will transform your life. However, does that mean you are always walking through life with a

cheesy Dudley Do-right or Suzy Superstar smile and attitude? Does that mean you always respond with class knowing what to say, to best support everyone concerned in feeling heard, loved and respected? Does it mean your life is your perfect recipe for joy, wealth, health and fulfillment from the moment you read your first permanent development book?

Of course not! That's not real! That's some fake it til ya make it, rah-rah, Leave it to Beaver crap!

The truth is we all have bad days. There are conversations we all wish we could do over again. The reality of life isn't always rosy and pretty... and... that doesn't mean you get a pass. That doesn't mean you get to sit and wallow. That doesn't mean you get to act up and blame it on "triggers."

We do this work to give us more tools—so that when these challenges arise, we have the resources to help ourselves. We do it so that we can be our best-self most often. Without it, many of us would feel stuck in a bunch of shitty patterns that don't serve us and make life worse. It feels *amazing* compared to the alternative! This book is an invitation to test that theory out for yourself.

5. You may have heard the quote “comparison is the thief of happiness.” Comparison is also the thief of progress. Giving in to thoughts that cause you to pause and compare yourself to others around you and the progress they have made, or even to me as you read through the personal accounts I share, are only the fearful parts of you attempting to get you to *not even to try*. Please recognize that wherever you are is exactly where you need to be. Doing this work, and any other work you continue to engage in after it will create shifts and changes that will happen when *you* are ready for them... and not a moment sooner. The same goes for that other person to whom

you're comparing yourself. We will all have our starts and stops... our peaks and valleys... our moments of fast-paced downloads and moments of pause and reflection. They are all great. *Keep going.*

6. Lastly, I'll say this. I know you want me to hand you the secret formula. You want the magic pill or magic wand. You want the perfect plan for your perfect life. I wish I could provide that for you. I do. Except, it isn't something that I (or anyone else) can give you. If someone is trying to sell you the done-for-you "perfect life plan"—run. They are selling you the formula for their perfect life, not yours.

Cookie cutter systems can only "work" if you fit into their mold. But what if you're special? What if you're unique? (Hint: You *are* special... you *are* unique!) The only accurate way to find the perfect fit for you is by testing these theories and systems out in your life. Keep what works, what feels right, what feels light, empowering and inspiring. Ditch what doesn't, what creates tension, what feels heavy, sucks your energy and bums you out.

I know this isn't the "easy fix" you may have been looking for. That doesn't exist. It's a process. An experiment. A constant and consistent day-by-day evolution of growing into a life that feels so good, so aligned, so happy you've only ever dared to daydream about it.

I invite you to let go of the notion that anything, any event, any coach, product, or conversation will be the thing that changes it all. Ditch the cookie cutter crap! It doesn't work.

Instead, consider creating a lifestyle, engaging in daily activities, and cultivating a community of like-minded, happy and passionate people around you that allow you to discover what fits perfectly for you!

My intention with this book is to help you understand how your biology has created the conditions for patterns of thought and emotion. I offer examples of how these patterns have created a dynamic where you are often on “autopilot” living in your head, and what this reactionary life on “autopilot” has been costing you.

Lastly, I’ll share a variety of tools and techniques to support you in turning off “autopilot” and support you in “taking the wheel” of your own life. These methods will support you in living from your heart so that you can craft a system that works best *for you*... allowing you to get off auto-pilot for the long term.

This is not a one size fits all method. Instead, it’s about experimentation. Testing out the different theories and methodologies presented here to determine what works best in your life. So please, do the work. *All* the work. Download the worksheets. Do the exercises. Get the results you deserve.

Some of the exercises in this book allow space for you to write your answers. Others ask that you write on a separate sheet of paper. Keep a pen and journal handy, so you are able to respond while the exercise and support content is fresh in your mind. As you read, I also encourage you to journal about anything in this book that you want to explore more deeply.

## Resources

Throughout the book, I mention various books, authors, tools, and resources that will help you. For the sake of convenience and easy reference, I will share them all in the resources section at the end of this book, as well as on my website. Please, go check them out. They are all outstanding. That’s why I’ve shared them.

## Keep in touch

If you'd like to email me about your experiences getting unstuck, you'll find the address at the back of the book. For more details, about all the different ways I can help you, or to find out how others have felt about their experience, check out this section, or visit my website.

I look forward to seeing you around "Unstuck Yourself!"





## UNSTUCK YOURSELF

### **Do you feel STUCK in one or more areas of your life?**

Are you tormented by the negative voices in your head? This book is for you! And if you are already doing well, the information and practical exercises presented in this book will help you create lifestyle habits to squeeze even more juice out of life.

### **This book will enable you to:**

- Understand the patterns that cause you to feel stuck
- Identify the patterns that will set you free
- Align with the things you want most in life
- Shift disempowering ways of thinking
- Get unstuck and stay unstuck

### **Unstuck Yourself is more than just a book... it's a life guide!**

Whether you are just looking to make some minor improvements in your perspective on life, taking your personal or professional game up a notch, or healing after a major life challenge... *this book applies to you!*



**LEA NEWMAN** is owner of Unstuck Yourself, a successful coaching practice that offers private and group coaching. Her practical solutions and no-nonsense approach to coaching make her a highly sought after ally in life transformations. Unstuck Yourself is the product of Lea's own personal transformation over the past 20 years.

While the bulk of her education in personal development comes from her voracious appetite for knowledge, deep curiosity and tenacious research in the areas of positive psychology and lifestyle transformation, she also holds certifications in life coaching, health coaching, neuro-linguistic programming and more.