

Unstuck Yourself

Book Club in a Box



Dear host,

First, let us say a big, wholehearted THANK YOU

Thank you for investing your time, energy, and intention in gathering a group of humans to grow together, rewrite outdated stories, and reclaim their most empowered, purpose-aligned selves.

By choosing to host an Unstuck Yourself Book Club, you're not just holding space—you're stepping into your own unique form of leadership. You're saying yes to connection over isolation, intention over autopilot, and co-creation over quiet resignation. And that matters. Deeply.

You are amplifying a ripple effect that is both personal and collective. This work doesn't stay contained to one conversation, one circle, or one week. It echoes—in homes, workplaces, relationships, and communities—every time someone reclaims their truth and shares it out loud.

What You'll Find in This Guide:

Inside this facilitator guide, you'll find:

- **Host-Only Guidance:** Tips for preparing for your group—both practically and energetically. You'll find notes on setting tone, holding space, and staying grounded while guiding transformation.
- **Flexible Formats:** In some sessions, you'll notice variations: one version for more personal, intimate book clubs (like groups of friends, chosen family, or coaching clients), and another geared toward teams, workplaces, or more formal group settings.
- **Step-by-Step Session Outlines:** Each of the six core sessions includes suggested flow, themes, optional practices, and discussion prompts to guide your group through the Unstuck process with compassion and clarity.

- **Printable Tools & Resources:** You'll receive printables that go with each session—including visual reflection tools, bingo boards, journaling pages, and creative activities designed to make the learning experiential and lasting.

And to be clear, this guide is just that—a guide. It offers structure, intention, and support, but you are the one who best knows your community. Trust your instincts, your voice, and your wisdom. Adapt as needed. Leave what doesn't fit. We're not prescribing a one-size-fits-all formula—we're offering a framework to hold the magic you'll co-create with your people.

And while we've done our best to make this both powerful and safe, please know: we are not liable for any unexpected emotional reactions, interpersonal tensions, or messy moments that arise. Real transformation sometimes stirs the waters before it calms them. When we unravel familiar patterns and beliefs, things can feel tender, uncertain, even disruptive—before they feel magical and liberating. So hold this space with love, but also with boundaries.

And take care of yourself in the process, too.

You're Part of a Bigger Healing Story

You're not just running a book club. You're participating in a radical act of whole-ing.

There's research that proves what we intuitively know: **we heal more fully when we heal together**. The stories we carry—about success, worth, hustle, burnout, failure, identity—often stay in place because of unconscious fears about losing belonging if we outgrow the old versions of ourselves.

But this space you're creating?

It says: You still belong.

Even when you change.

Especially when you change.

When people come together around humanized stories—stories rooted in care, purpose, and possibility—something powerful happens. Not just inside of them, but in the world they go back out and shape.

So thank you again for saying yes.

You're helping shift the culture—one group, one conversation, one unstuck story at a time.

And finally, a necessary legal note: A Loving But Clear Note on Use & Ownership

This curriculum was created with heart and purpose to support real people in real communities having powerful, humanizing conversations about healing, purpose, and leadership. It is intentionally offered freely—as a gift to support collective transformation, not personal profit.

Any use of this curriculum for financial or professional gain is strictly prohibited. That includes charging for access, presenting it as your own material, or using any part of it in a paid program, offering, or workshop.

Please honor the time, energy, and intellectual property poured into this work by crediting the creators—Meghan O'Malley and Laura Cardwell of Embodied Leadership By Design—whenever you share or use this resource.

We trust you to use this material with the same integrity, care, and purpose with which it was created.

Thank you for being a part of this ripple of radical magic.
With deep gratitude and excitement,

Meghan & Laura

Authors of *Unstuck Yourself: Thrive Beyond Burnout & Discover Your True Purpose*



Session 1



SESSION 1 OVERVIEW

Session 1 covers a lot, so take a moment to read through it thoroughly before you begin. Since there are several moving parts, here's a quick overview of the flow to make it easier to follow.

1. Introductions

2. Setting Up The Container

3. **Designed Alliance:** making things safe and clear so that transformation and connection can unfold): See the attached Designed Alliance outlines for either a more personal or a more professional alliance. Take some time to go over the designed alliance with your group. Take the time to set up the container (it's essential!)

*And if you think it would be helpful for your group, you may want to print out the designed alliance that you agree upon as a group to give to members.

4. **GRIND & PROSPER Check-ins:** Reflect on where you're feeling stuck (GRIND) and where you're already resourced (PROSPER)

Participants begin with two visual self-assessments to locate themselves in the journey—what's keeping them stuck and what's already supporting their thriving.

5. Optional Grounding/Intention Setting

6. Reflections/Discussion Prompts



Introductions:

First things first, if the group doesn't know each other yet, take some time for introductions, as it helps people feel seen, connected and "land" in their intentions.

Here's a format that works really well:

What's your name?

What's an interesting human quirk or unexpected fact about you?

What made you say yes to joining this book club?

What are you hoping to see, sense, or feel shift as a result of our time together?

Setting The Container:

Before you gather, begin here.

Whether you're meeting in a cozy living room or a corporate boardroom, the transformation possible in this experience depends on one vital ingredient: a strong, clear, and intentionally designed container.

This isn't just about setting out snacks and chairs (though we love that too). It's about preparing an environment—physical, emotional, and energetic—where people feel safe enough to soften their defenses, share their truths, and step into new stories.

Without a clear container, this work can feel slippery, forced, or even unsafe. But with a solid, co-created foundation, something magical happens: trust builds, hearts open, and the healing work of getting unstuck becomes not only possible—but deeply powerful.

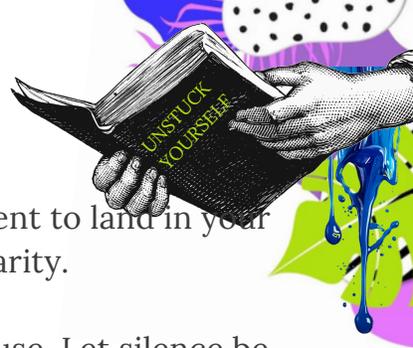
And we're not just saying that.

We've lived it.

Over years of guiding individuals and groups through brave, messy, and magical spaces, we've learned (often the hard way) what helps and what hinders. So we're offering these insights to you—not as rules, but as scaffolding for the sacred.

Holding the Energetic & Emotional Space:

You don't need to be a therapist or facilitator to hold meaningful space. But we do encourage you to show up with presence, compassion, and intention. Here are a few helpful reminders:



- Your groundedness matters. Before each session, take a moment to land in your body. Breathe. Visualize the space being held with care and clarity.
- Silence isn't a problem. Sometimes transformation needs a pause. Let silence be part of the rhythm, not something to rush through.
- Set the tone, not the outcome. You're not responsible for everyone's breakthroughs—but you are a steward of the tone: showing up authentically welcoming, curious, and caring makes all the difference.
- Let people own their own process. Each person's pace is valid. We're here to invite—not push.

Choose What Works for Your People

In the pages that follow, you'll find sample designed alliances—one crafted for more personal, intimate groups and one for professional or organizational teams. Use them as-is or adapt them based on your group's needs. You might even co-create your own from scratch during the first session.

And remember:

You're already doing something powerful by creating space at all. The rest? Trust that the intention and care you bring will be felt—and will ripple.

Now, let's build your group's foundation.

What Is a “Designed Alliance”?

A designed alliance is a co-created agreement that names how the group wants to show up together. It's not a list of top-down rules. It's an invitation for everyone to participate in crafting the kind of space that feels respectful, supportive, and real. Designing the alliance early on helps:

- Clarify expectations
- Minimize miscommunication
- Normalize vulnerability and humanity
- Create an energetic “container” for truth-telling and transformation

Whether you're leading a personal book club or a professional team, a designed alliance is your container's blueprint—and we'll offer sample versions for both types of spaces next.

DESIGNED ALLIANCE

More Personal or Informal Groups

This isn't your average book club. You're inviting your people into a space where honesty, healing, laughter, and growth get to co-exist. That kind of space doesn't happen by accident—it's created with intention. These agreements help you build trust, model vulnerability, and co-create a container where real transformation becomes possible.

1. Confidentiality

What's shared in the group, stays in the group. This allows everyone to take emotional risks without fear of being talked about later. It's not about secrecy—it's about sacredness. Respecting privacy makes space for people to get real. Feel free to share your insights outside of the group (because three cheers for shared wisdom), but honor the container and the others in it by keeping their experiences and sharing confidential and sacred.

2. Truth-Telling as Love

In this space, honesty is an act of care. We're not here to sugarcoat, perform, or impress. We're here to be seen and supported as we truly are. That might feel uncomfortable at times—and that's okay. The risk of realness is what allows deeper connection to form.

3. Speak from the "I"

Using "I" language ("I felt..." instead of "you should...") ensures that we're owning our experiences rather than projecting onto others. It keeps the space respectful, grounded, and less likely to spiral into advice-giving or assumptions.

4. Radical Commitment (With Grace)

We ask for a shared commitment to showing up—for yourself, for the group, and for this journey. That said, life is real and complex. Missing a gathering doesn't mean you've failed. Your deeper commitment is to your own growth, however that unfolds.

5. No Judgment Zone

This is a space where curiosity replaces criticism. If a judgment comes up, it's an opportunity to explore what's being triggered internally. We're not here to fix each other—we're here to witness and grow.

6. Assume Positive Intent + Clear Unintended Impact

We assume that everyone here wants to contribute meaningfully. But sometimes our words or energy land in unintended ways. When that happens, we clear it—gently and honestly—so nothing festers. Clean containers make brave conversations possible.

7. Safety + Self-Care is Always Welcome

Need a snack? A stretch? A moment of silence? Take it. You're invited to listen to your body

DESIGNED ALLIANCE

More Personal or Informal Groups

and honor what you need. This space honors sovereignty. Show up however you are—there's no “right” way to participate.

8. Radical Personal Responsibility & Sovereignty

You are the authority of your own experience. Use others' reflections as perspective—not prescription. This container is here to help you connect more deeply with your own wisdom, not override it.

9. Courage is Welcome Here

You don't need to “have it all together” to belong. In fact, the mess is welcome. Courage looks like showing up vulnerable, naming your truth, and trusting that being seen won't make you less lovable—but more.

AND (this is important) - Ask the group if there's anything that is missing from this list that would allow them to show up fully. Groups are unique, therefore there may be unique concerns based on the specific community and context.

DESIGNED ALLIANCE

Professional or More Formal Setting

Bringing Unstuck Yourself into the workplace (or more formal community team/ group) is a bold and powerful move. It opens the door to new kinds of leadership, culture, and authenticity—but it must be done with care. These agreements are designed to foster safety, connection, and respect for both personal truths and professional boundaries.

1. Confidentiality Within Context

Clarify the limits of confidentiality upfront. Encourage a culture of discretion—what’s shared in the group should not be gossiped about or used against anyone. However, acknowledge that in workplace settings, there may be limits to complete confidentiality (especially if harmful behaviors are disclosed). Transparency about what is/ isn’t protected is key.

2. Psychological Safety is the Priority

This isn’t a place for performance evaluations. It’s a space for human conversation. Nobody should be punished for expressing thoughts, doubts, or emotions—even if they highlight areas of stress or disconnection. Normalize constructive honesty and remind participants that feedback is a gift, not a threat.

3. Speak from the “I”

Using “I” language helps create clarity and safety. It ensures we’re sharing personal experiences rather than assigning blame or generalizing. It keeps conversations grounded in individual insight rather than criticism or defensiveness.

4. Voluntary Participation + Consent Culture

No one should be forced to share. Normalize passing or simply listening. Growth happens in different ways for different people. Participation is always by choice—and that choice should be respected, not judged.

5. Curiosity Over Judgment

Judgment shuts down vulnerability. Curiosity opens it up. In a team setting, this means being mindful of our assumptions and replacing “Why would they say that?” with “What might they be needing?” or “What’s behind that story?”

6. Assume Good Intentions + Clear Unintended Impact

Even in professional spaces, we’re still human. If something lands uncomfortably, invite honest dialogue to clarify and repair. Set the norm that it’s okay to speak up and essential to do so respectfully.

7. Respect Individual Boundaries + Self-Care

Let people take care of themselves in the way that works best—whether that means

DESIGNED ALLIANCE

Professional or More Formal Setting

stepping away, staying quiet, journaling instead of sharing aloud, or taking a breath break. Encourage folks to tune into their own capacity.

8. Shared Ownership of the Space

Everyone is a co-creator of this container. Invite participants to take responsibility for their tone, presence, and impact. If something feels off, name it with compassion. Leadership is shared here.

9. Sovereignty + No Advice-Giving

Even in a team, we are each responsible for our growth and choices. Remind participants to offer perspective rather than prescriptions. “Here’s what worked for me” is much more supportive than “Here’s what you should do.”

10. Brave, Respectful Conversations Welcome

You’re invited to stretch toward vulnerability—but only at the pace that feels safe for you. Trust is built over time. This is a space where realness matters and where professional respect is always honored.

Important; Ask the group if there’s anything that is missing from this list that would allow them to show up fully. Groups are unique, therefore there may be unique concerns based on the community and context.



GRIND + PROSPER CHECK-IN

Now, it's time to dive in. . .

Where You Are Now – GRIND + PROSPER Check-In

Theme: Awareness & Compassion

Focus: Reflect on where you're feeling stuck (GRIND) and where you're already resourced (PROSPER)

Participants begin with two visual self-assessments to locate themselves in the journey—what's keeping them stuck and what's already supporting their thriving.

Tools Included:

- GRIND Check-In Wheel: Rate each GRIND pattern (Greed, Rigidity, Isolation, Neglect, Disconnection) on a scale of 1-10
- PROSPER Check-In Wheel: Reflect on how much time/attention is going toward each theme and how fulfilled/resourced each feels (1-10 scale)
- PROSPER Cheat Sheet: Brief 1-3 sentence explanations of each letter in the framework

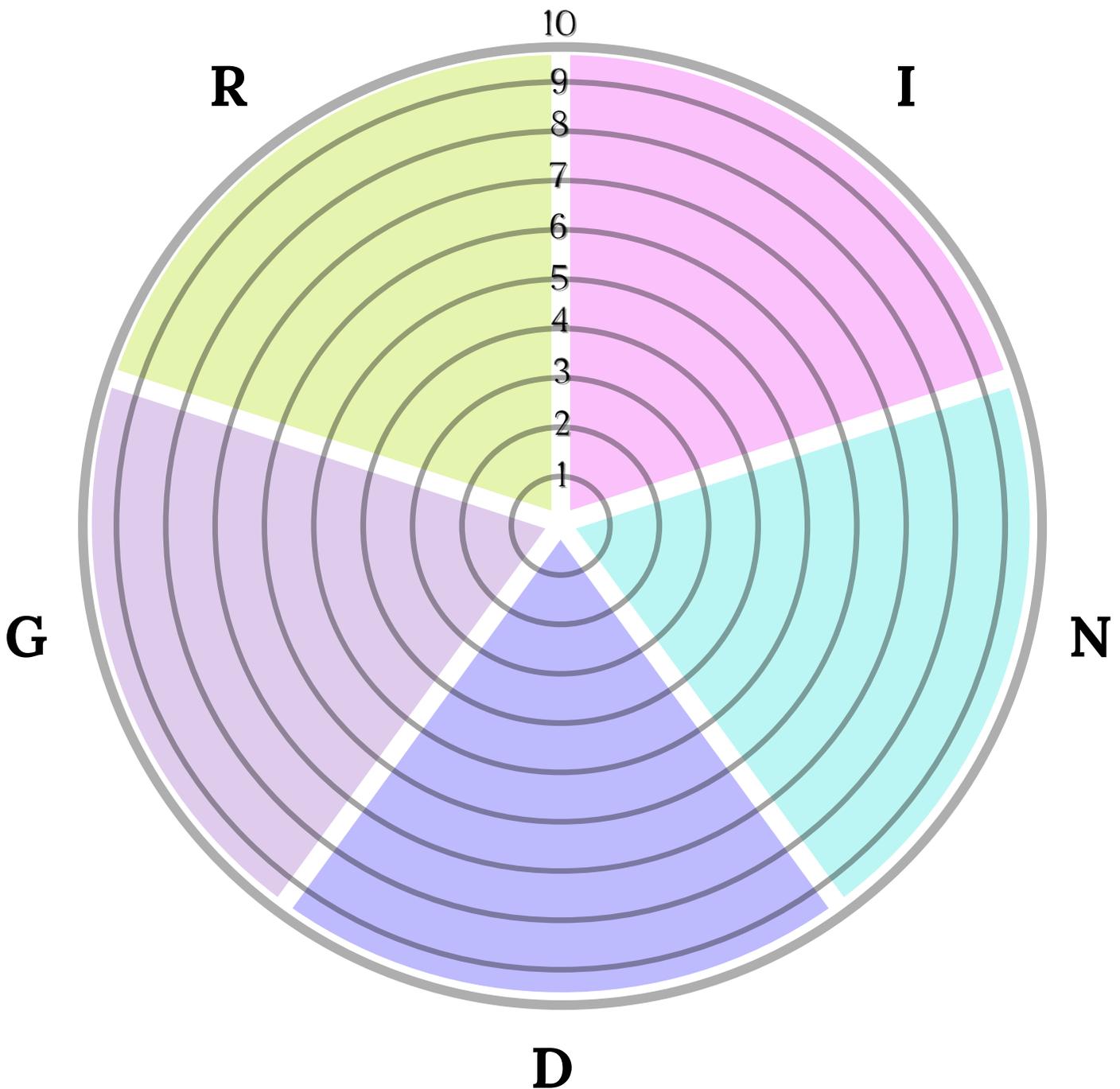
The GRIND

Take some time to reflect on how much time, energy, attention or focus you are investing in the core themes of the GRIND.

Draw the “crust” of each pie piece then color it in.

1 = not a source of stress or significant investment of energy

10 = a very significant source of stress, focus or energy, Something that you find yourself thinking about, orienting around or acting on very regularly.



GRIND Self-Assessment Key

Use this page to reflect on where internalized cultural conditioning might be draining your energy or driving your behavior. For each pattern below, rate how strongly it's showing up in your life right now.

(1 = not really present, 10 = it's totally running the show)

G – GREED

This shows up as the belief that your worth is tied to how much you produce, achieve, or earn. It's the voice that says "more, faster, now" and keeps you chasing success—even when your body or soul is begging for a break.

Reflection questions:

- How often do I feel like I need to be doing or achieving something to feel valuable?
- How much do I override my body's need for rest in order to stay productive?

R – RIGIDITY

The pressure to follow a linear, rule-bound path—even when it doesn't fit. Rigidity glorifies struggle and insists there's only one "right" way to succeed, often silencing your intuition and creative flow.

Reflection questions:

- How often do I follow rules, timelines, or plans that feel heavy or misaligned?
- How much do I suppress my intuitive nudges in order to "do it the right way"?

I – ISOLATION

Rooted in individualism and competition, this story makes you believe you have to do it all alone. It discourages collaboration, support, or asking for help—and can leave you feeling disconnected and overburdened.

Reflection questions:

- How often do I feel like I need to figure everything out on my own?
- How much do I resist asking for help or receiving support—even when I really need it?

N – NEGLECT

Neglect whispers that your needs don't matter—or that they're selfish. It drives self-sacrifice and burnout by rewarding over-giving, over-working, and the belief that rest or pleasure must be earned.

Reflection questions:

- How often do I ignore or minimize my own needs to meet the needs of others?
- How much do I feel like I have to earn rest, joy, or pleasure?

D – DISCONNECTION

Living from the head instead of the body. This story prioritizes logic and conditioning over inner wisdom, cutting you off from your emotions, intuition, and embodied truth.

Reflection questions:

- How often do I live in my head instead of listening to my body?
- How much do I disconnect from my feelings, intuition, or deeper truth in order to be "rational" or "in control"?

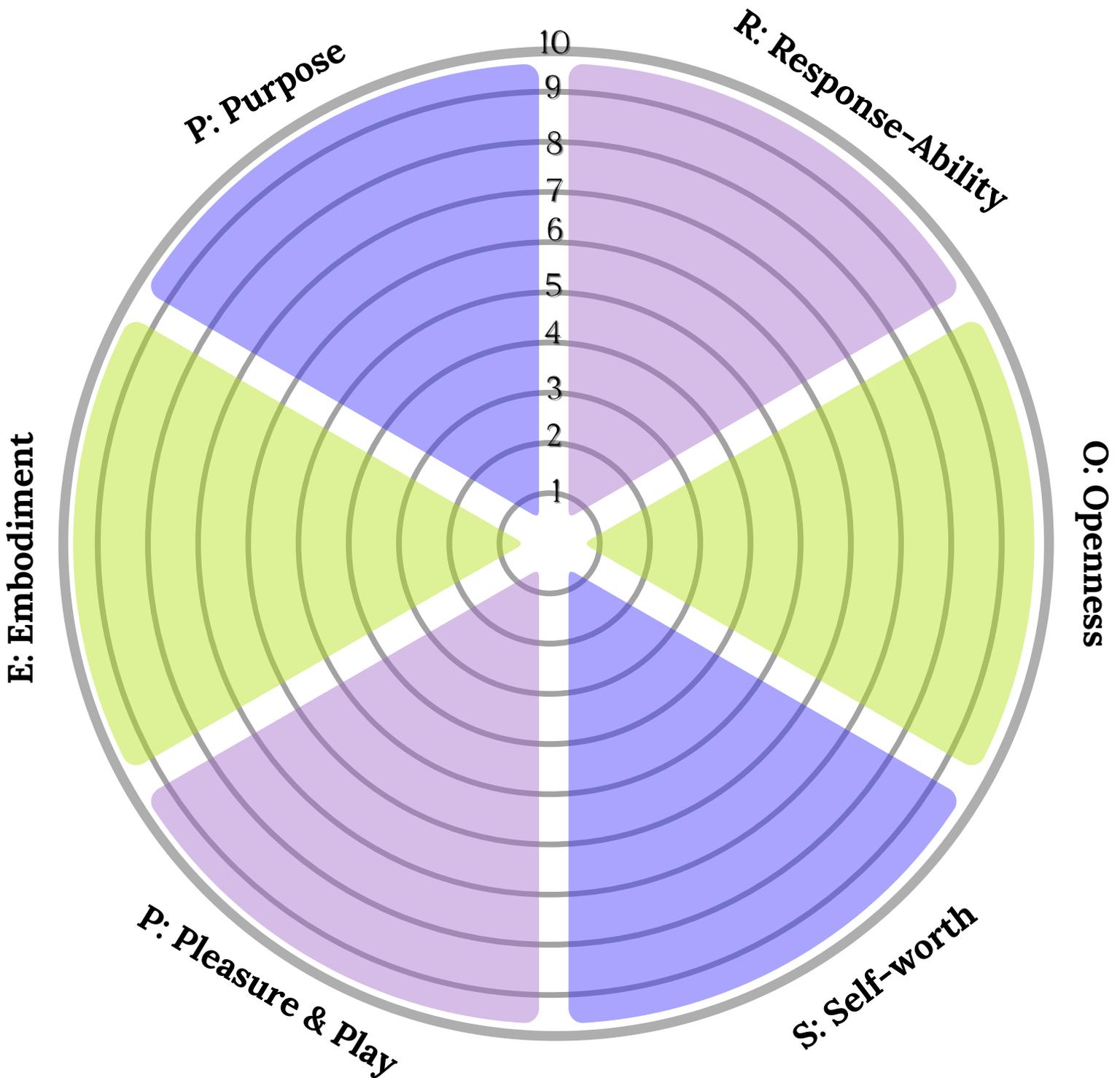
The PROSPER Pillars

Take some time to reflect on how much time and energy you're investing in the core pillars and practices of PROSPER.

Draw the "crust" of each pie piece then color it in.

1 = That barely exists in my world, it's cringey, or I have lots of resistance to this theme.

10 = It's a central part of my life and I'm confident, comfortable at home when it comes to this theme.



PROSPER Self-Assessment Key

Use this page to reflect on how much energy you're investing in each of the nourishing, aligned practices that support your purpose, well-being, and authentic leadership. For each pillar, rate how alive and integrated it feels in your life right now. (1 = not much energy at all / feels cringey or hard, 10 = I live this fully and freely—it feels like my natural state)

P – PURPOSE

Living with clarity about what truly matters to you—and letting that guide your choices, actions, and priorities. It's not about performance or pressure, but about honoring your soul's unique contribution.

Reflection questions:

- How much clarity do I have about what really matters to me in this season of life?
- How often do I make choices that align with my deeper sense of purpose and impact?

R – RESPONSE-ABILITY

Choosing to respond from awareness instead of reacting from old habits or stress patterns. This pillar is about staying connected to your power of choice—even in hard or messy moments.

Reflection questions:

- How often do I pause and respond from grounded awareness instead of reacting automatically?
- How much do I feel in conscious choice about how I use my time, energy, and attention?

O – OPENNESS

Approaching life, others, and yourself with curiosity, flexibility, and compassion. This is about releasing judgment and letting yourself learn, evolve, and adapt.

Reflection questions:

- How much openness do I bring to change, uncertainty, or feedback?
- How often do I meet myself with compassion instead of criticism?

S – SELF-WORTH

Rooted in the unshakeable truth that your value is inherent—not something you earn or prove. Self-worth is the foundation for setting boundaries, honoring your needs, and trusting your enoughness.

Reflection questions:

- How much do I believe that I am enough, just as I am?
- How often do I make decisions from a place of worthiness rather than fear or people-pleasing?

PROSPER Cheat Sheet

P – Purpose

Purpose isn't about pressure to achieve or perform—it's about feeling connected to what truly matters to you and letting that guide your decisions. When you're aligned with your purpose, your actions feel meaningful and your energy feels well-invested. You don't have to have it all figured out, but your internal compass starts pointing toward resonance, not just responsibility.

Real-Life Examples of Purpose Alignment:

- Choosing work or projects that feel aligned with your values
- Saying no to things that don't feel meaningful, even if they're "impressive"
- Feeling energized by a sense of contribution or impact
- Letting clarity (not obligation) guide your calendar or priorities
- Feeling a deep "yes" in your body when something feels right

R – Response-Ability

This pillar is about owning your power of choice. Instead of reacting from stress or old patterns, you practice responding with awareness and intention. Even when things feel chaotic, this is the part of you that can pause, ground, and respond in a way that supports your future self.

Ways Response-Ability Might Show Up:

- Pausing to breathe before answering a triggering text or email
- Choosing to move your body or rest instead of numbing out
- Shifting your tone or approach in a tough conversation
- Noticing your old pattern... and gently choosing something new
- Taking responsibility for how you show up (not for everything and everyone)

O – Openness

Openness is the opposite of rigidity. It invites curiosity, wonder, and grace—toward yourself and others. When you're open, you can see new perspectives, evolve your story, and meet life with more possibility than protection.

Openness in Action Might Look Like:

- Catching judgment and replacing it with curiosity
- Listening to someone's experience without jumping to advice
- Letting go of "shoulds" and exploring what you actually want
- Admitting when something you believed no longer feels true
- Allowing a plan to shift because something better emerged

S – Self-Worth

Self-worth is about knowing—deep in your bones—that you are inherently valuable. It's not earned, proven, or conditional. When you're rooted in your worth, you create boundaries, honor your energy, and stop outsourcing your value to what others think.

Signs of Rooted Self-Worth:

- Saying no without guilt
- Letting yourself rest without "earning it"
- Making choices that support your well-being, even if others don't get it
- Releasing the need to prove your value through productivity
- Feeling secure even when someone else doesn't validate you

PROSPER Cheat Sheet (contd.)

P – Pleasure & Play

This pillar reminds you that joy is a source of vitality and creativity—not just a reward for hard work. Pleasure and play regulate your nervous system, open your heart, and remind you that you're alive. When you welcome them in, everything becomes more sustainable.

Pleasure & Play Might Show Up As:

- Laughing with friends or taking a silly dance break
- Making art or exploring a hobby for no reason
- Wearing something soft, cozy, or expressive
- Creating rituals of delight—tea, baths, music, movement
- Letting yourself enjoy life now, not just when the to-do list is done

E – Embodied Alignment

This is about coming home to your body's wisdom—using your felt sense and inner cues to navigate life. Embodied alignment honors your Human Design, your nervous system, and your emotional truth. It helps you move from force to flow.

Examples of Embodied Alignment:

- Making a decision by noticing how your body feels—not just what your brain says
- Tracking signs of contraction vs. expansion
- Choosing rest or movement based on your energy, not a schedule
- Letting your emotions guide you to insight instead of overriding them
- Feeling more “yourself” after saying yes—or no—from the body, not pressure

🌟 R – Resonance (The Natural Outcome)

Resonance is the magic that emerges when you're living in alignment with the other PROSPER pillars. It's not something you chase—it's what finds you when you're being the most real, integrated, and alive version of yourself.

REFLECTION PROMPTS



Optional: Grounding/intention-setting ritual: Take a moment after these assessments to reflect and ground. Notice if there are any intentions that want to be set for moving forward.

Group Discussion Prompts:

Which GRIND story feels loudest right now?

What used to feel like “just the way it is” but now feels questionable or false?

Where are you already living into PROSPER—intentionally or not? Which themes feel easy vs. awkward?

Session 2

SESSION 2 PART 1



Exploring the Leadership Types Through Two Lenses

Theme: Self-Awareness, Embodied Empathy & Energetic Understanding

Activity: *See Through the Lens – A Two-Part Reflection Journey*

Part 1: Your Leadership Lens

This first reflection invites participants to deepen their self-awareness by exploring how they experience life through the lens of their unique energetic design—and how they believe others perceive them. You'll use the “eyeglass” worksheet to help them surface insights about both their internal experience and the external perceptions (accurate or not) they've internalized over time. As the host, guide them to take their time with this activity and let the process be more about honest inquiry than “correct” answers. This reflection sets the foundation for compassion, clarity, and a stronger understanding of their authentic leadership.

You'll need:

- 1 blank copy of the Eyeglass Worksheet per participant (there are several different frame options included in your printable resources)
- *Unstuck Yourself* book for reference

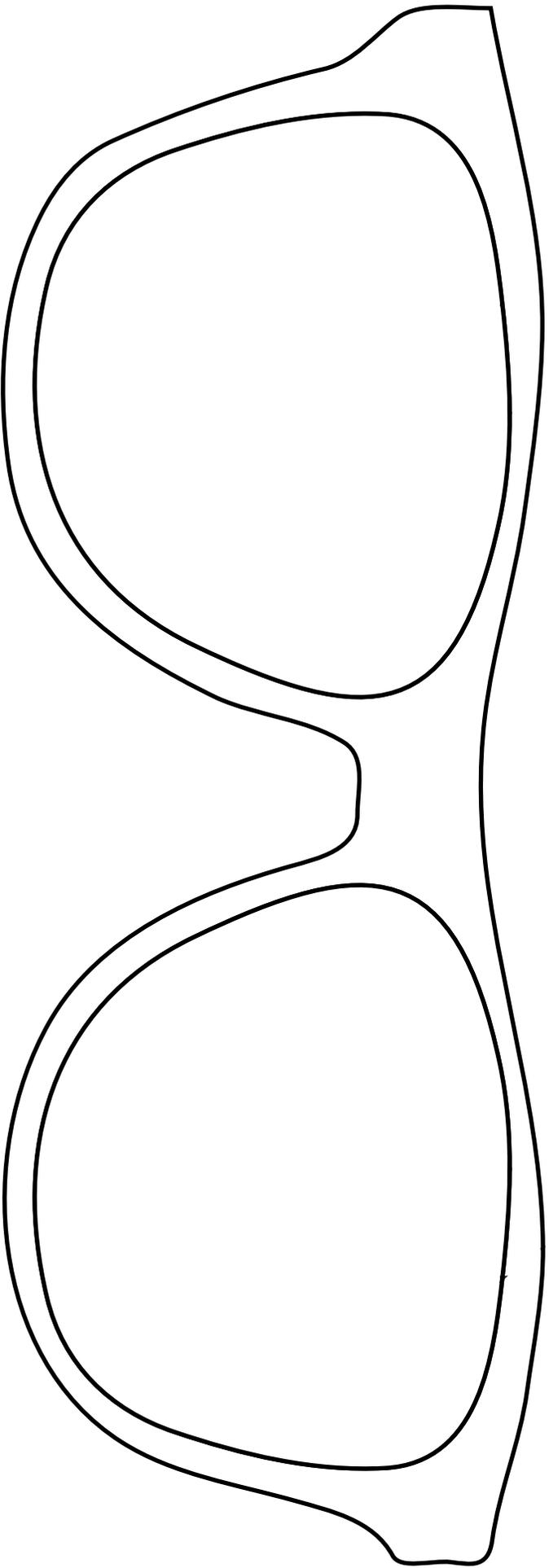
Instructions to Offer the Group:

“You'll be drawing or writing inside the two lenses of the glasses how you see yourself and how your Leadership Type navigates life—your energy, strengths, challenges, thought patterns, and overall perspective. Outside of the glasses, reflect on how you think others see you—this could include projections, labels, feedback (both supportive and limiting), or ways you've been misunderstood or admired.”

Encourage them to include:

- Energetic strengths and gifts
- Patterns they bump into
- How they make decisions
- What energizes or drains them
- Labels or feedback they've received (true, false, or confusing)

TYPE : -----



REFLECTION PROMPTS



Optional discussion or journaling prompts:

- What about your type feels empowering?
- What parts do you resist, struggle with, or wish were different?
- What about how others see you feels true—or false?
- What truth are you ready to own more fully?

SESSION 2 PART 2



Part 2: Walking in Their Design (Type Swap Empathy Practice)

This next layer of reflection is all about practicing curiosity, compassion, and perspective-taking. Participants will explore life through the lens of a different Leadership Type.

You'll need:

- 1 blank copy of the Eyeglass Worksheet per participant
- Unstuck Yourself book for reference
- A method for assigning different type pairings/ groups (partner swap, drawing randomly, or guided assignment)

Important facilitation note: Ask all Sacral Types (Master Builders and Accelerated Builders) to choose or be paired with a Non-Sacral Type (Possibilitarian Guides, Innovating Catalysts, or Reflective Evaluators)—and vice versa. If possible, create mixed-type breakout groups or pairs to spark live conversation. Even if the numbers aren't perfectly even, 1 Projector with 2 Generators, for example, still works beautifully.

For Type Swap Conversations (Pairs or Small Groups)

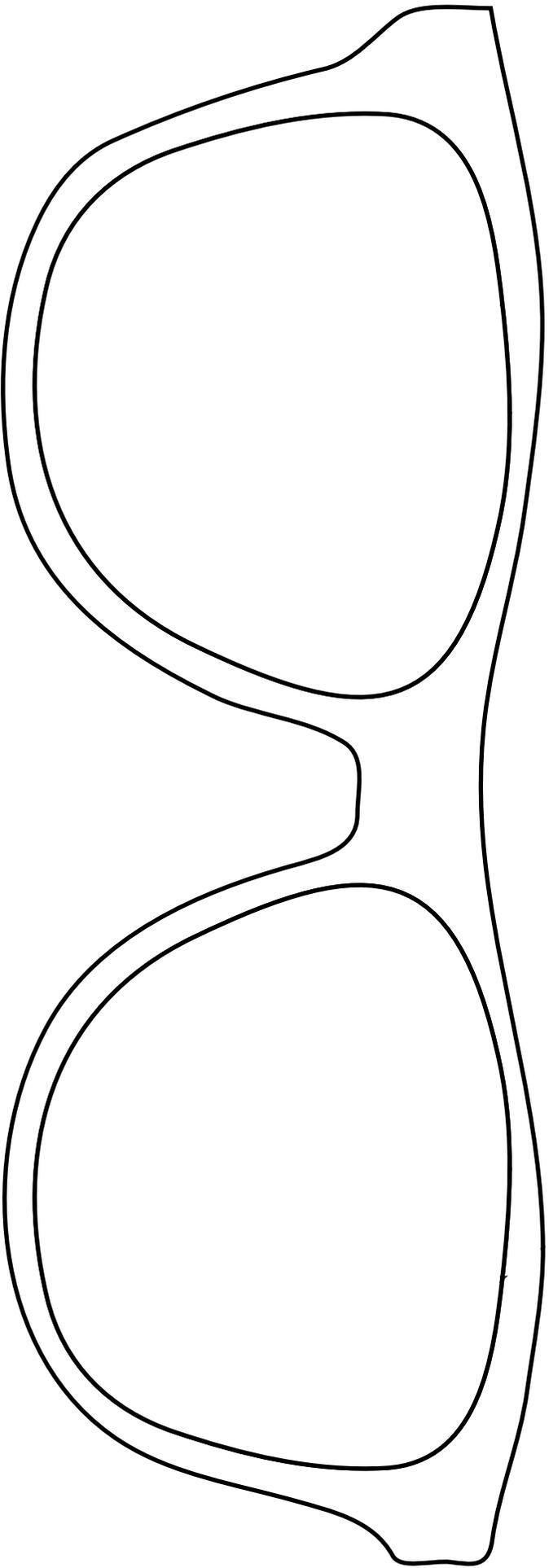
If participants are paired across Sacral and Non-Sacral boundaries, invite them to begin with a short, guided conversation before filling out their worksheet.

Here are a few universal prompts you can provide to support meaningful dialogue:

1. What's your relationship with rest, productivity, or how you use energy?
2. How do you know when something is right or wrong for you?
3. What helps you feel empowered and at ease in your leadership?
4. When do you feel most misunderstood or misperceived?
5. What do you wish people knew about how you move through the world?

Encourage everyone to listen deeply and take notes, and let them know they can ask clarifying or follow-up questions. This is an empathy lab, not a pop quiz. If pairing isn't possible, ask participants to choose a type different from their own and explore that type using the Unstuck Yourself book. Then, discuss their imagined experience in the larger group. Encourage those who are that type to gently correct or expand the group's assumptions as a way of practicing respectful, generative feedback.

TYPE : -----



SESSION 2 PART 2



Reflection Instructions for Worksheet #2 Completion

Inside the Glasses:

- How might this Leadership Type view themselves?
- What feels easy or hard for them?
- How might they experience energy, purpose, and decision-making?
- What are their invisible challenges?
- What's their inner voice saying on a tough day—or a great one?

Outside the Glasses:

- How do others likely perceive this type?
- What strengths might be misunderstood or dismissed?
- What projections or assumptions do they often face?

REFLECTION PROMPTS



Group Debrief / Journaling Prompts:

- What about this type surprised you?
- What can you now have more compassion for?
- Where might you have once felt frustrated, confused, or judgmental toward someone like this?
- Has anything shifted in how you see someone in your life who may be this type (even if you're not sure of their chart)?
- What gifts would be missing from your family, team, or world without this type?

Facilitator Guide

Tip: You can end with a sweet creative touch—ask participants to write a one-line “thank you” to the type they just embodied. For example: “Dear Reflective Evaluator, thank you for reminding us to slow down and see the truth beneath the noise.”

Session 3

SESSION 3

Session 3: GRIND Bingo!

Theme: Pattern Recognition Through Play

Focus: Explore GRIND patterns through storytelling and humor

Participants engage in a playful but powerful group game that brings levity to internalized patterns. Bingo cards are filled by responding to prompts related to each GRIND theme.

Tools Included:

- Printable GRIND Bingo cards
- Sentence-stem “bingo balls”. Note: Print the prompts on the front and the designed page on the back. That way, when you print and cut them into strips, the design will show on the outside when you fold them up. Because of course we wanted them to look cute...
- Pen, chip or marker of some sort to show that they have earned a square
- Optional: “UNSTUCK!” bragging rights or fun prizes to incentivise participation

GRIND Bingo: A Game of Getting Unstuck

Purpose: This isn't your grandma's bingo with just letters and numbers. GRIND Bingo turns the culturally-conditioned stories we all carry into a playful, insightful experience. It helps normalize the tough stuff (like burnout, people-pleasing, perfectionism, or isolation) through group storytelling, shared laughter, and a whole lot of oh-my-god-me-too moments.

What GRIND Stands For

Each letter represents a major pattern from the book's GRIND Framework:

- G – Greed (scarcity, hustle, productivity = worth)
- R – Rigidity (linear paths, “shoulds,” perfectionism)
- I – Isolation (individualism, competition, doing it all alone)
- N – Neglect (martyrdom, self-abandonment, overgiving)
- D – Disconnection (living from the head, ignoring the body/intuition)

These are the cultural stories we're here to question—and break free from.





How to Play

1. Distribute GRIND Bingo Boards: Each person receives a board with a mix of G, R, I, N, and D squares—plus one free square (because liberation should be fun).
2. Draw a Prompt: You (the host) randomly choose a reflection prompt from the official GRIND prompt list. You can:
 - Read straight from the printed list, naming the letter of GRIND and then the prompt - Saying something like “G: Where in your life are you telling yourself you should do or be “more” to feel worthy or successful?”
 - OR cut the prompts into strips and pull them from a bowl, reading them the same way (very classic bingo vibes)
3. Call for a Response: After reading the prompt, invite responses with a twist:
 - The first person to shout: “I’M GETTING UNSTUCK!” gets to answer the prompt out loud to the group.
4. Mark That Square: If the participant responds meaningfully to the prompt, they mark that square. (If the prompt was from the “R” category, they mark an “R” square, etc.)
5. Winning = GRIND. The goal isn’t just 5 in a row—it’s to spell GRIND in a straight or diagonal line using at least one square for each letter. (Free square = wild card.)

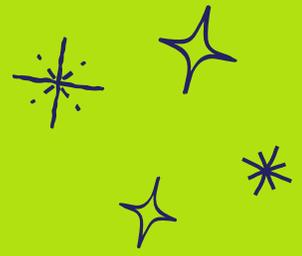
Examples:

- G-R-I-N-D diagonally across the board
 - I-R-G-N-D in a funky vertical order = still counts
 - As long as every letter is represented = it’s a win!
6. Celebrate the Breakthroughs: When someone gets GRIND, they call it out. You can celebrate with claps, snaps, or dance parties - whatever feels fun!



GRIND Bingo

Unstuck Yourself Book Club



G	R	I	N	D
R	I	G	R	N
I	N	UNSTUCK YOURSELF free space	D	I
N	D	G	I	R
D	N	I	R	G

G: "I tell myself stories of scarcity around time or energy when..."

G: "I feel like I'm not enough unless I'm _____."

G: "Rest feels like a reward, not a right, when I tell myself..."

G: "One message I received growing up about money or success was..."

G: "When I'm not being productive, I tend to feel _____."

G: "A time I ignored my body's signals in order to keep pushing or performing "more" was..."

G: "My relationship with rest or stillness is _____."

G: "I equate my value with output when I find myself saying or telling myself..."

G: "Scarcity shows up in my decisions about _____."

G: "A belief about money or worth I'm actively unlearning is..."

G: "Sometimes it feels hard to trust my own enoughness because _____."

G: "A story I've believed about what makes me valuable is..."

G: "I'm afraid that if I stop pushing, I'll _____."

G: "The way I define thriving is beginning to shift from _____ to _____."

G: "My energy and authentic need to rest or care for myself gets hijacked by pressure to _____."

G: "An area where I'm reclaiming enoughness (without proving or performing) is..."



R: "I find myself clinging to a plan even when it no longer feels aligned because..."

R: "I've stayed in situations too long out of fear that quitting would mean..."

R: "I ignore signs it's time to pivot when I tell myself..."

R: "A story I've internalized about perseverance, suffering through or staying the course no matter what is is..."

R: "I associate change with _____, which makes it feel hard to trust."

R: "I sometimes override my intuition to stay 'on track' when..."

R: "I tell myself I 'should' keep going because..."

R: "If I were to give myself full permission to shift directions, I might..."

R: "An old belief I'm unraveling about sticking with things is..."

R: "I equate being consistent with being _____."

R: "I fear being seen as flaky or unreliable when I..."

R: "I've defined commitment in the past as..."

R: "When I feel stuck but keep pushing forward, I'm usually telling myself..."

R: "If I trusted that no detour is wasted, I would..."

R: "I resist letting go of outdated goals because..."

R: "One place in my life where I feel rigidity limiting my freedom and expansion is..."



I: "I feel pressure to do it all myself because..."

I: "Asking for help feels like weakness when I'm telling myself..."

I: "I equate being independent with being _____."

I: "A belief I internalized about wanting or needing support is..."

I: "I avoid asking for or being open to help because..."

I: "I tell myself it's easier to do it alone because..."

I: "I fear being a burden when I..."

I: "I have glorified being the strong/ capable one others can always depend on because it makes me feel..."

I: "I notice myself isolating most when I'm feeling..."

I: "It's hard to be vulnerable in community when..."

I: "I resist delegating or collaborating because..."

I: "One story I'm unlearning about support is..."

I: "I keep my struggles to myself because..."

I: "I assume others won't understand me when I..."

I: "An area of my life where I'm ready to invite in support is..."

I: "If I truly believed I didn't have to do it all alone, I would..."



N: “I feel most valuable when I’m putting others’ needs before my own because I tell myself ...”

N: “It feels selfish to honor my desires when...”

N: “I’ve believed I had to prove my worth by...”

N: “It’s hard to believe I’m valuable when I’m not _____.”

N: “Success has often felt like something I have to suffer for because...”

N: “One message I internalized about what makes someone ‘worthy’ is...”

N: “I’ve equated being a good person with being _____.”

N: “I override my own truth or needs when...”

N: “I’ve struggled to let myself rest without guilt because...”

N: “A part of me fears I’ll lose connection, love or success if I stop...”

N: “I’m learning that honoring myself doesn’t make me...”

N: “I’ve abandoned my own dreams or desires in service of...”

N: “I associate value with sacrifice when I notice myself thinking...”

N: “I used to believe I had to earn rest, love, or celebration by first...”

N: “The version of success I used to chase required me to...”

N: “A belief about self-worth I’m ready to release is...”

N: “If I trusted that I mattered—without needing to prove it—I would...”



D: "One time I dismissed my gut instincts in favor of logic was when I..."

D: "A time I ignored what my body was telling me because it 'didn't make sense' was..."

D: "I learned to trust my brain more than my body because..."

D: "I've silenced my intuition at times because..."

D: "It feels risky to follow my inner knowing when..."

D: "I've confused overthinking with being responsible when I..."

D: "I was taught that emotion or intuition = _____, while logic = _____."

D: "I disconnect from my body's wisdom when I feel pressured to..."

D: "I override my instincts to avoid being seen as too..."

D: "The stories about leadership I inherited prioritized _____ over _____."

D: "A time I regretted ignoring my inner signals was..."

D: "I was celebrated for being logical or strategic, even when I knew deep down ..."

D: "I feel disconnected from myself when I'm constantly feeling pressure to..."

D: "My relationship with my body could be described as ..."

D: "A way I'm rebuilding trust with my inner signals is..."

D: "If I fully trusted my body and my inner guidance, I would probably..."



Session 4

SESSION 4



When Strategy Meets GRIND (Your Design vs. Conditioning)

Theme: Internal Conflict & Reclamation

Focus: Uncover how each Leadership Type’s core strategy gets hijacked by GRIND—and how to return to alignment

This session bridges each participant’s Human Design-based Leadership Type with the GRIND framework, revealing how cultural conditioning pulls them out of their natural strategy—and what it looks like to get back in sync.

This week is all about noticing where our most natural way of leading—our core energetic strategy—gets hijacked by the internalized cultural stories we’ve been swimming in. The GRIND framework helps us name how we override our own design in favor of hustle, logic, people-pleasing, self-sacrifice, and more. You’ll invite your group to reflect on how their Leadership Type’s strategy gets blocked or distorted by these patterns—and explore what it might look like to reclaim their true expression.

We recommend beginning with the “Strategy Meets GRIND” worksheet for solo reflection, followed by paired or small group conversations to deepen the insight. This work is powerful in community. Often, others can see the conditioning that we’ve mistaken for truth—those places we’ve said “it’s just the way I am” or “this is what success requires.” Conversation allows for gentle mirror work, compassion, and re-storying. Encourage honest reflection and generous listening—without pressure to fix or analyze.

Remind your group that this is about awareness, not shame. When we see the GRIND clearly, we can begin to untangle its grip and return to alignment with more choice and self-trust. This is an important reclamation moment—one that helps participants reconnect to the version of leadership that feels most authentic, alive, and sustainable.

SESSION 4



Tools Included:

- Leadership Type Strategy + GRIND Conflict Summary Handout
- Printable Worksheet:
 - My Strategy
 - GRIND Stories That Hijack Me
 - My Reframe

Optional breakout groups by type

GRIND Tie-In for All Types Includes:

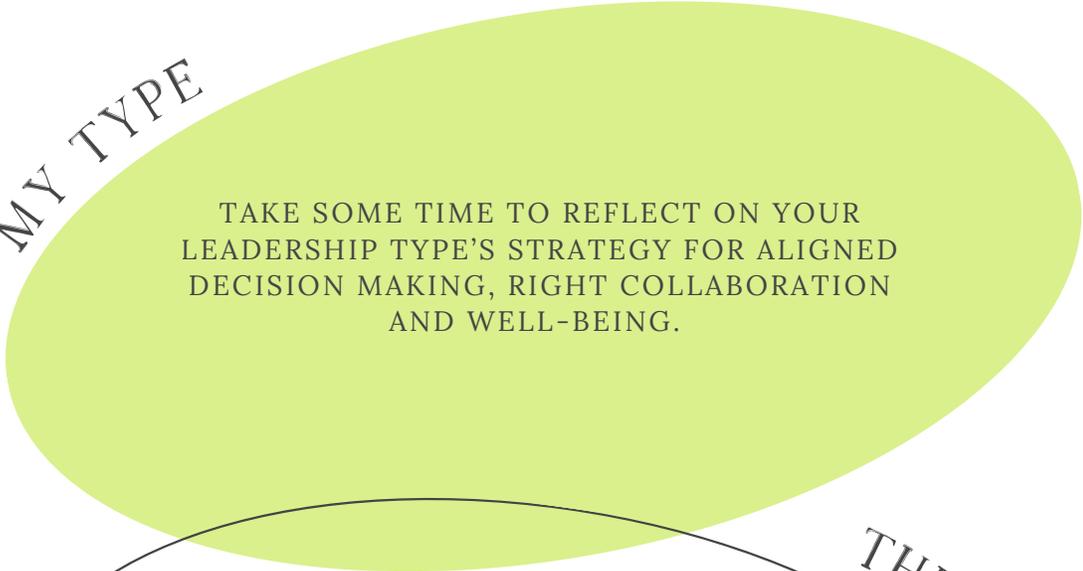
- Disconnection leads to overriding inner cues in favor of logic, external seeking, or conditioned expectations
- Neglect shows up as self-abandonment or suppression of authentic needs

And more, based on each type's unique energetic vulnerabilities and GRIND-based struggles

STRATEGY MEETS GRIND

RE-STORYING PROCESS

MY TYPE



TAKE SOME TIME TO REFLECT ON YOUR LEADERSHIP TYPE'S STRATEGY FOR ALIGNED DECISION MAKING, RIGHT COLLABORATION AND WELL-BEING.

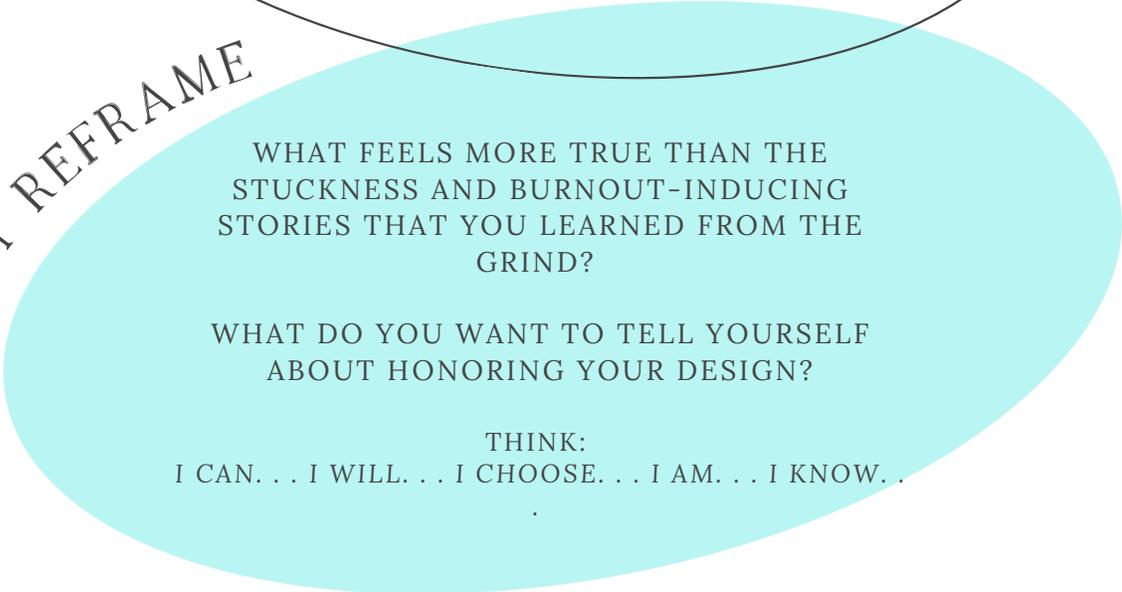


THE GRIND

WHICH STORY (OR STORIES) OF THE GRIND FRAMEWORK MOST GET IN THE WAY OF YOU LIVING INTO YOUR STRATEGY?

WHAT CONDITIONING KEEPS YOU FROM TRUSTING YOUR UNIQUE DESIGN AND PATH TOWARD ALIGNED SUCCESS & WELL-BEING?

MY REFRAME



WHAT FEELS MORE TRUE THAN THE STUCKNESS AND BURNOUT-INDUCING STORIES THAT YOU LEARNED FROM THE GRIND?

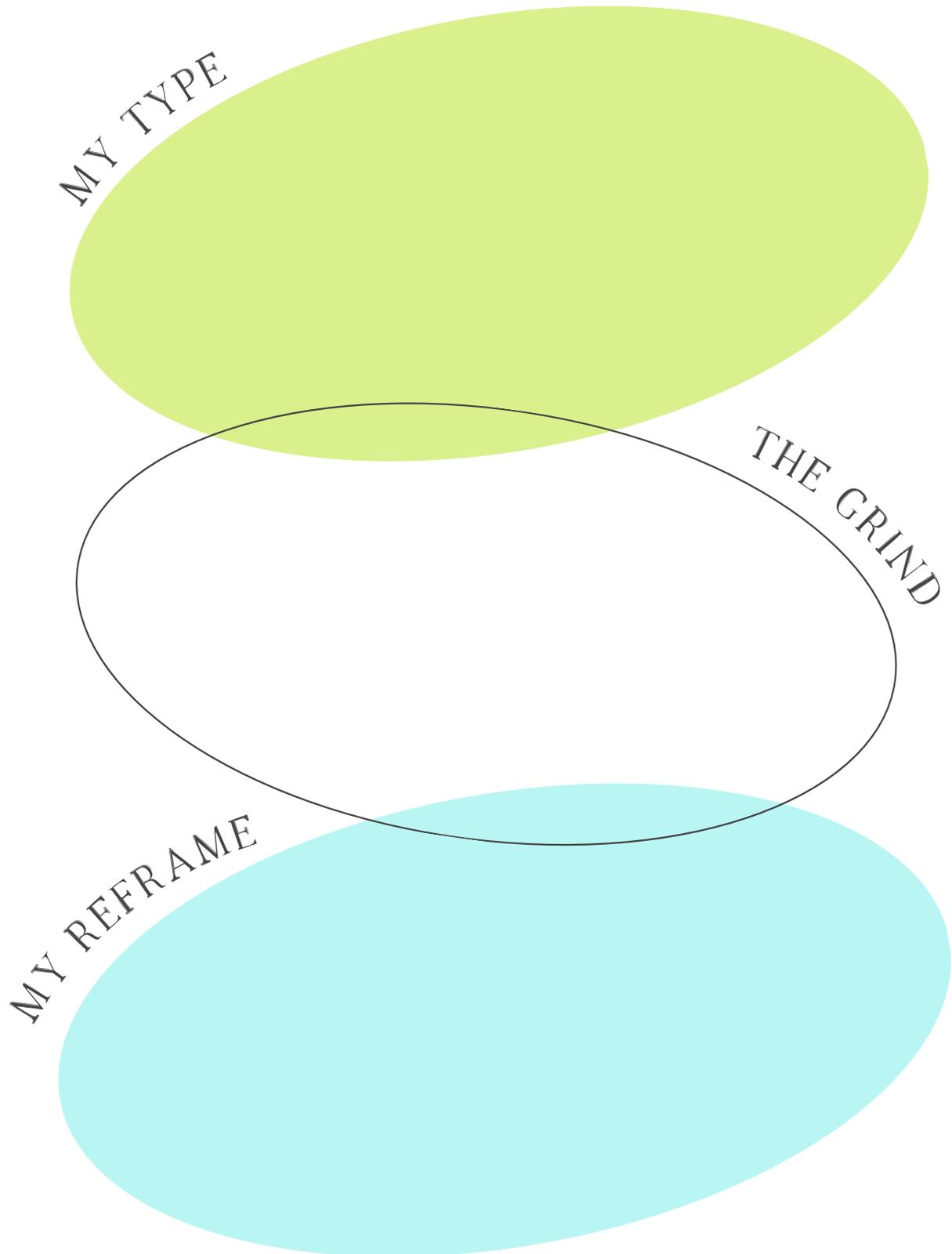
WHAT DO YOU WANT TO TELL YOURSELF ABOUT HONORING YOUR DESIGN?

THINK:
I CAN. . . I WILL. . . I CHOOSE. . . I AM. . . I KNOW. . .



STRATEGY MEETS GRIND

RE-STORYING PROCESS



DISCUSSION PROMPTS



- Where do you override your natural strategy—and why?
- What GRIND story gets loudest in those moments?
- What does your body feel like when you're in alignment vs. when GRIND is running the show?
- What would it look like to trust your leadership again—on your own terms?
- What kind of support would help you hold that reframe and live it more fully?

Facilitator Guide

Want to go further/ deeper? You can use that same worksheet to explore other aspects of your type's gifts or natural leadership (beyond strategy) and get curious about which stories of the GRIND get in the way of you fully embodying your design.

Session 5

SESSION 5

Living Into The PROSPER Pillars

Theme: From Insight to Integration

Focus: Embodying your unique blueprint for thriving through the PROSPER framework—naming what comes naturally, embracing what doesn't (yet), and visioning into what's possible.

✿ Opening (5–10 min)

- Begin with a grounding moment or breathwork exercise to land in the body.
- Optional: Invite each person to share a word or image that represents what truly *thriving and prospering* means to them right now.

🔍 Step 1: Meet / Revisit the PROSPER Framework (5–10 min)

- Share a quick overview of the **PROSPER cheat sheet**, defining each letter:
 - Purpose
 - Response-ability
 - Openness
 - Self-worth
 - Pleasure & play
 - Embodied alignment
 - Resonance

Encourage honest reflection: Not all parts of PROSPER will feel equally accessible.

Step 2: Self-Assessment (10–15 min)

Participants identify:

- **1–2 letters** they naturally embody or feel most alive in right now.
- **2 letters** they struggle to prioritize, embrace, or access.

They can journal on:

- “These parts of PROSPER feel easiest because...”
- “These parts are hard to live into because...”





Step 3: Practice Sharing in Pairs or Triads (20–25 min)

Focus on ONE of the ‘harder’ PROSPER letters they chose.

Each person explores:

1. “What’s one small practice I can embody to live this more fully?”
2. “What’s one story, belief or pattern I want to release that blocks this?”
3. “How can I notice when I *am* living into this in my daily life?”

Let group members reflect or comment after each share (this affirms and encourages positive change that goes against the “shoulds” of life that keep us stuck).

Step 4: Future Self Letter (20 min)

Prompt: Imagine yourself **five years in the future**, having become someone who lives this PROSPER theme with deep ease and embodiment.

Have them write a letter **from** that future self **to their current self**, answering:

- What have you learned by embracing this part of your thriving?
- What did you have to let go of?
- How does your life feel now—inside and out?
- What surprised you most about this journey?

Optional: play soft music, provide markers, pens, or paper that invites creativity.

Step 5: Reflection & Integration (10–15 min)

Invite participants to share:

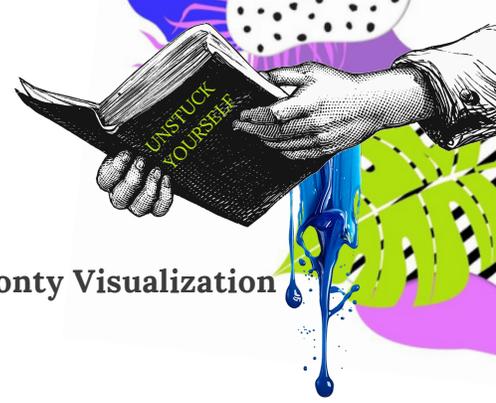
- One truth or insight that came through in the letter.
- One word or phrase that describes their future self.

You can also ask:

- “How does it feel to be spoken to from a wiser, more resourced version of you?”
- “What’s one micro-action you could take this week to live more into this energy?”

Session 6

SESSION 6



Recheck & Reflect – Return to GRIND + PROSPER + Full Monty Visualization

Theme: Progress & Possibility

Focus: Revisit original self-assessments and witness transformation
Participants reflect on their growth and explore what feels different now—both internally and externally.

Tools Included:

- GRIND + PROSPER Wheels from Session 1
- Optional journaling prompts

Discussion Prompts:

- Which stuck patterns have softened or shifted?
- Where do you feel more rooted in your own truth, purpose, or energy?
- What's one aligned action or intention you're taking forward?

The Full Monty Deconditioning Process

Theme: Integration & Re-Storying

Focus: Release what no longer serves and step into a new embodied story
Participants experience the Full Monty guided visualization—a transformational somatic process from the book—and integrate their personal shifts.

Tools Included:

- Pre-recorded Full Monty audio
- Story release and Re-story handouts

SESSION 6



Prompts:

- What story or belief did I release?
- What truth emerged in its place?
- What do I want to embody moving forward? How can I choose and practice that new story in my daily life?

Closing the Container & Continuing to Prosper:

This is when you invite the participants to share their experiences and set intentions/ commitments moving forward (as doing this in community has a natural amplification effect)

Here are some helpful prompts to close out and anchor the experience:

- What can you express gratitude for now? (toward the host, others in the group, yourself?)
- What has shifted for you during this experience?
 - Internally? (beliefs, perspectives etc.)
 - Externally? (how did you show up differently in this group? What have you started doing differently in your life?)
- If relevant to this group, what would you like continued support with? (reminders from friends/ colleagues? Check ins?)
- What are you committed to practicing or choosing moving forward?

Start Here

What's the challenge or stuckness?

What do I really want?

What are the thoughts/objections that come up when I tune into what I want?

How does my body respond to those thoughts? (Physical sensations)

What emotions are connected to those thoughts and feelings in my body?

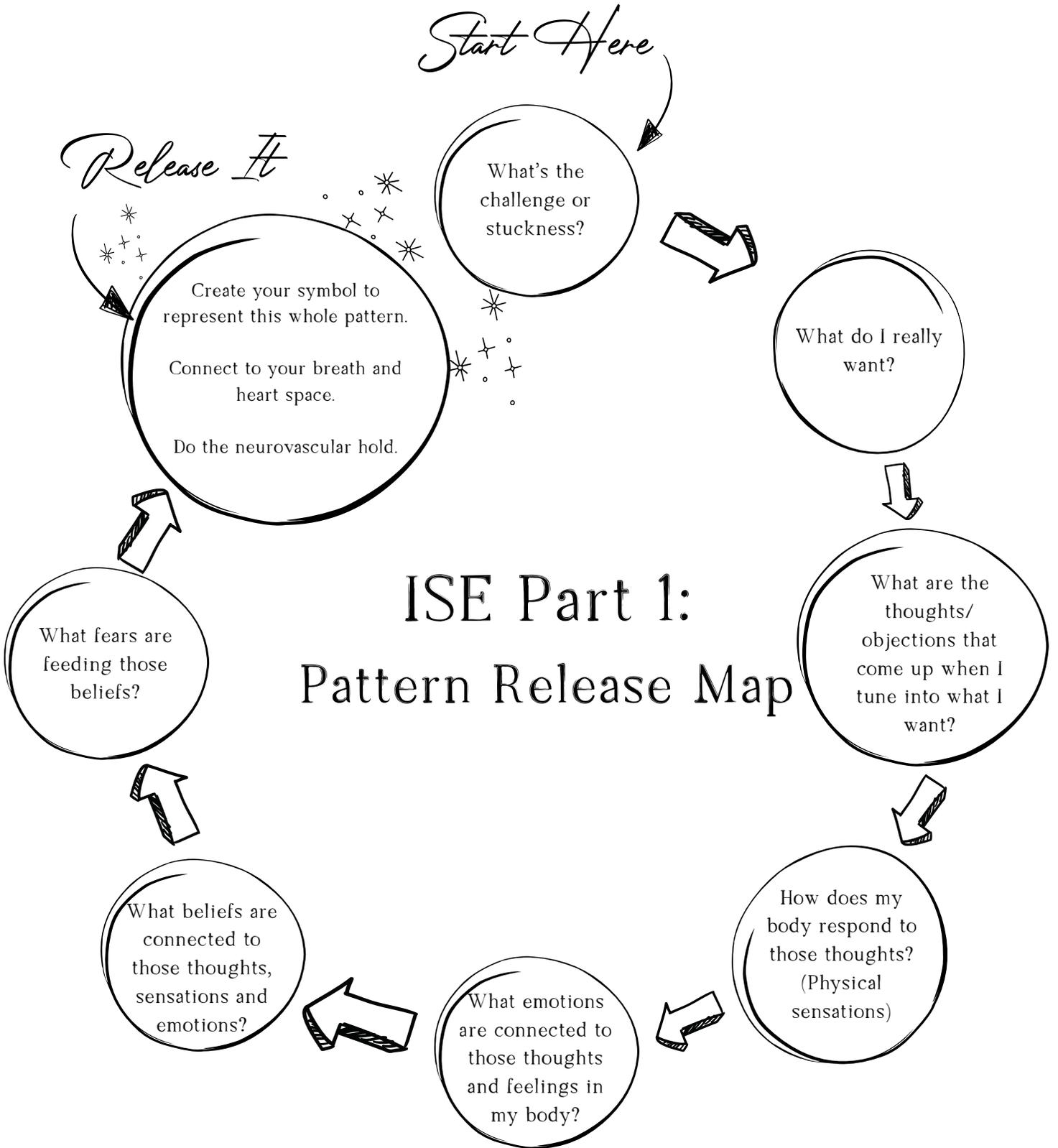
What beliefs are connected to those thoughts, sensations and emotions?

What fears are feeding those beliefs?

Create your symbol to represent this whole pattern.
Connect to your breath and heart space.
Do the neurovascular hold.

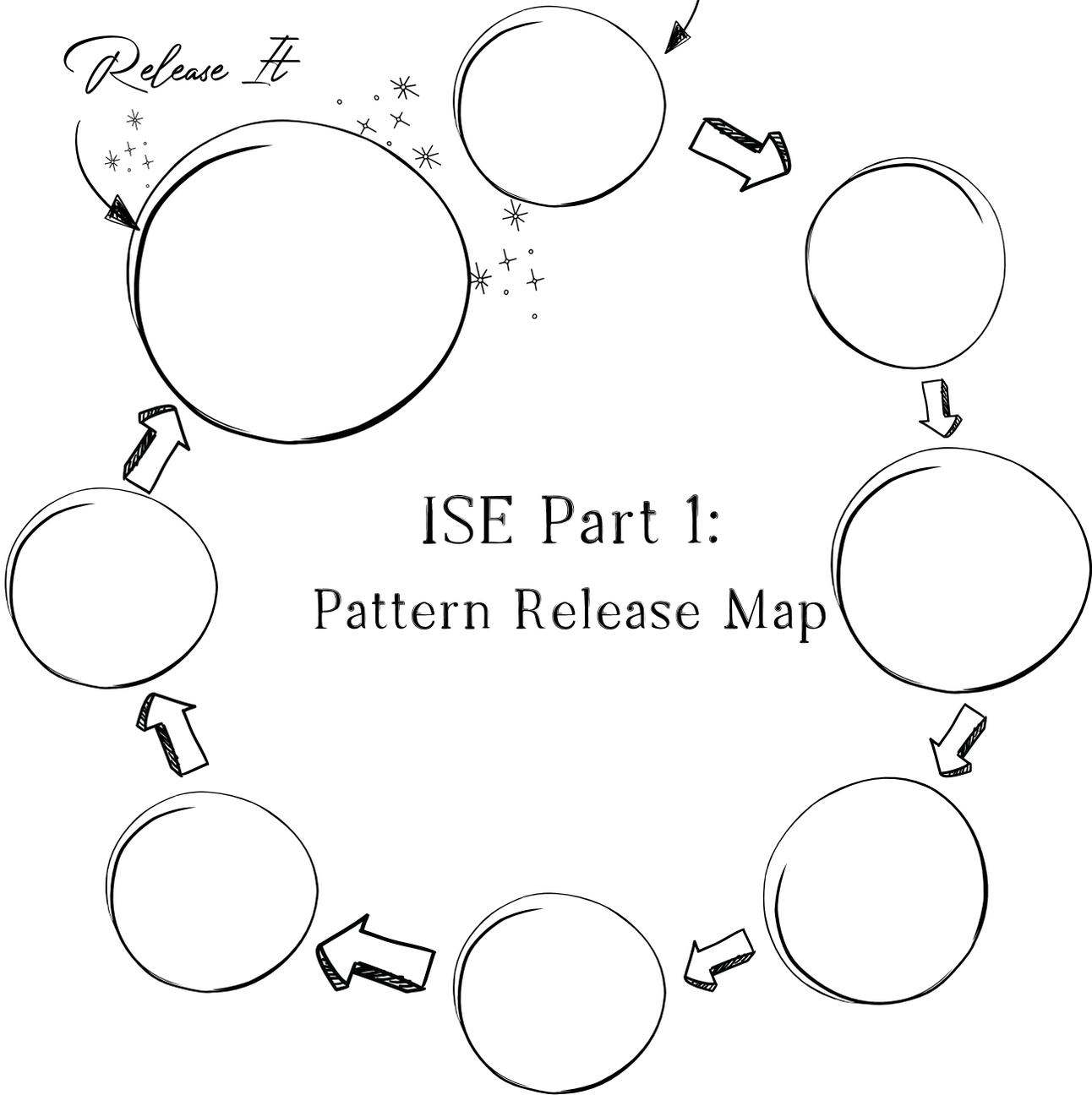
Release It

ISE Part 1: Pattern Release Map



Start Here

Release It



Start Here

Anchor in the New Story

What's the new story of possibility that now wants to emerge?

Create a symbol to represent this new story pattern (an image, a color, a character).

Connect to your breath, tap your heart and forehead and really FEEL yourself in this new story.

Create a mental movie, allowing my imagination to play this new possibility out.

What does this version of me know & trust?

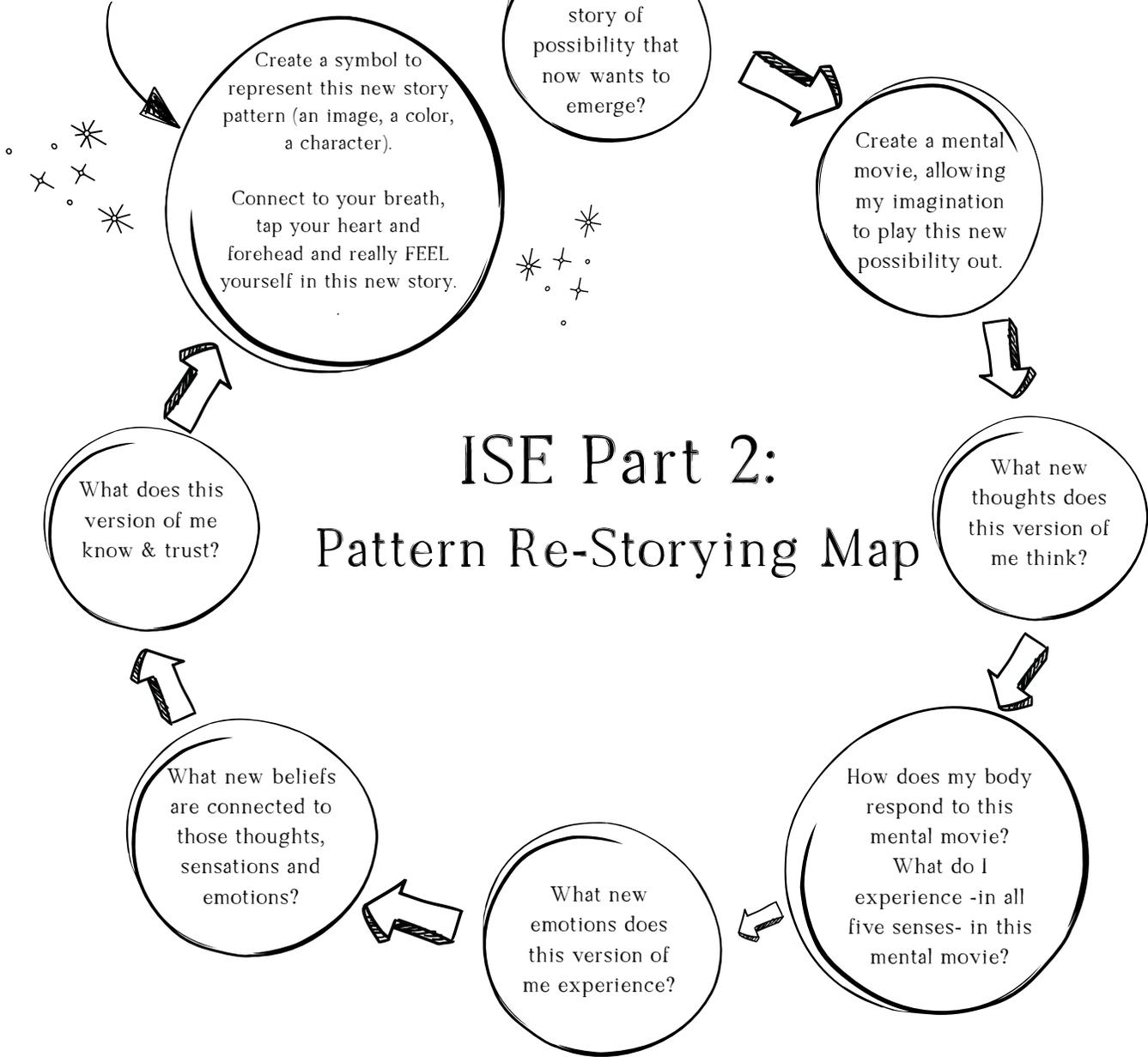
ISE Part 2: Pattern Re-Storying Map

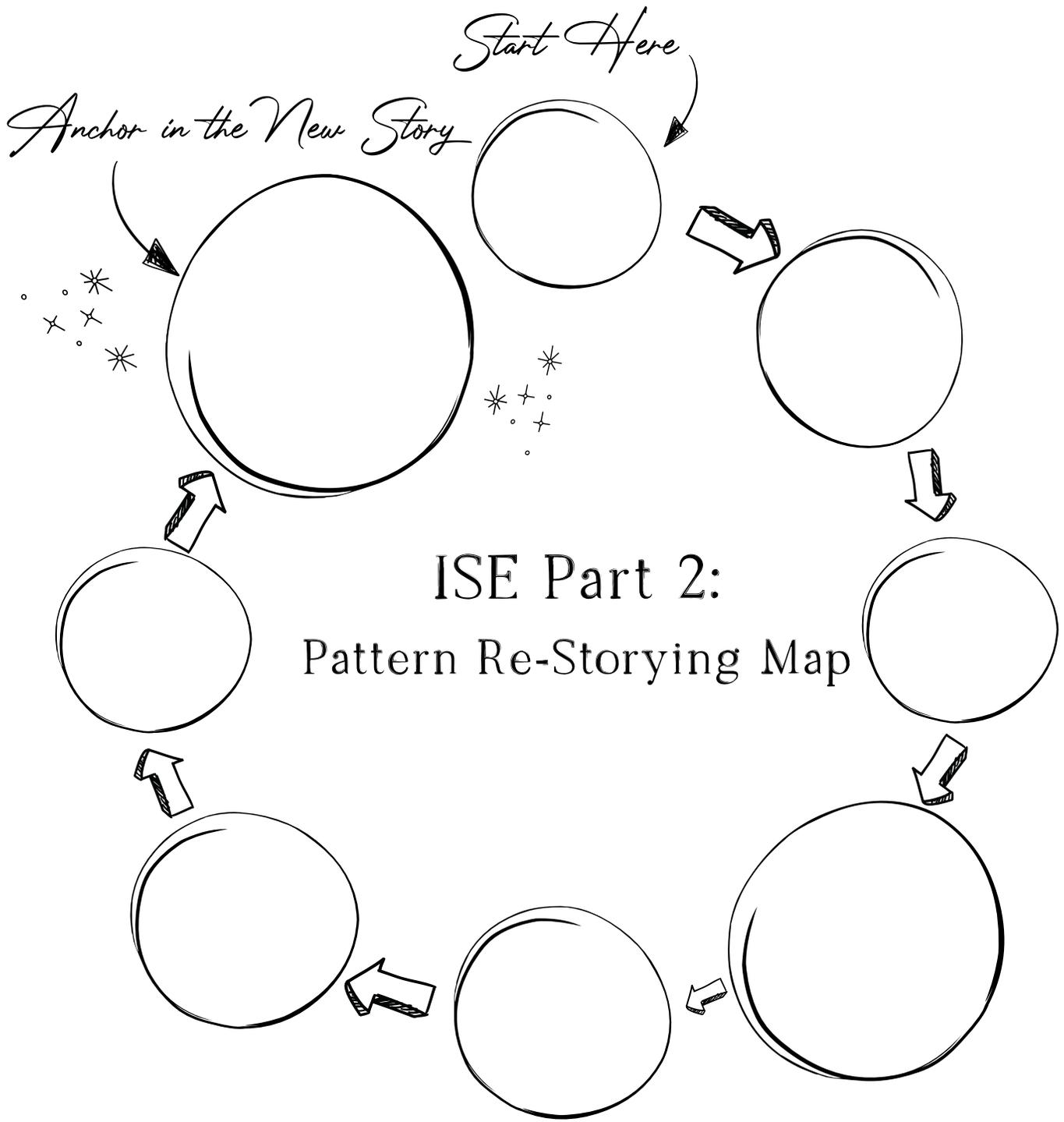
What new thoughts does this version of me think?

What new beliefs are connected to those thoughts, sensations and emotions?

How does my body respond to this mental movie?
What do I experience -in all five senses- in this mental movie?

What new emotions does this version of me experience?







Printables

As I begin this process, I give myself permission to release the need to have it all figured out or get it "right" the first time. I let go of perfectionism, self-judgment, and the fear of doing it wrong, choosing instead to approach this journey with curiosity rather than criticism. I give myself grace to stumble, recalibrate, and try again, knowing that even the messy steps move me closer to alignment. I will celebrate the small wins, the quiet moments of clarity, and the courage it takes to keep showing up. On hard days, I will hold space for all the feelings that arise, offering myself compassion and understanding. I give myself permission to experiment with new possibilities and trust my inner wisdom to discern what feels right for me. Above all, I embrace this journey as an adventure, not a test, allowing joy, ease, and compassion to guide the way. I am worthy of this process, and I trust myself to grow in my own way, in my own time.

I also give myself permission to let go of. . .

And to step into. . . .

Name: _____ Date: _____

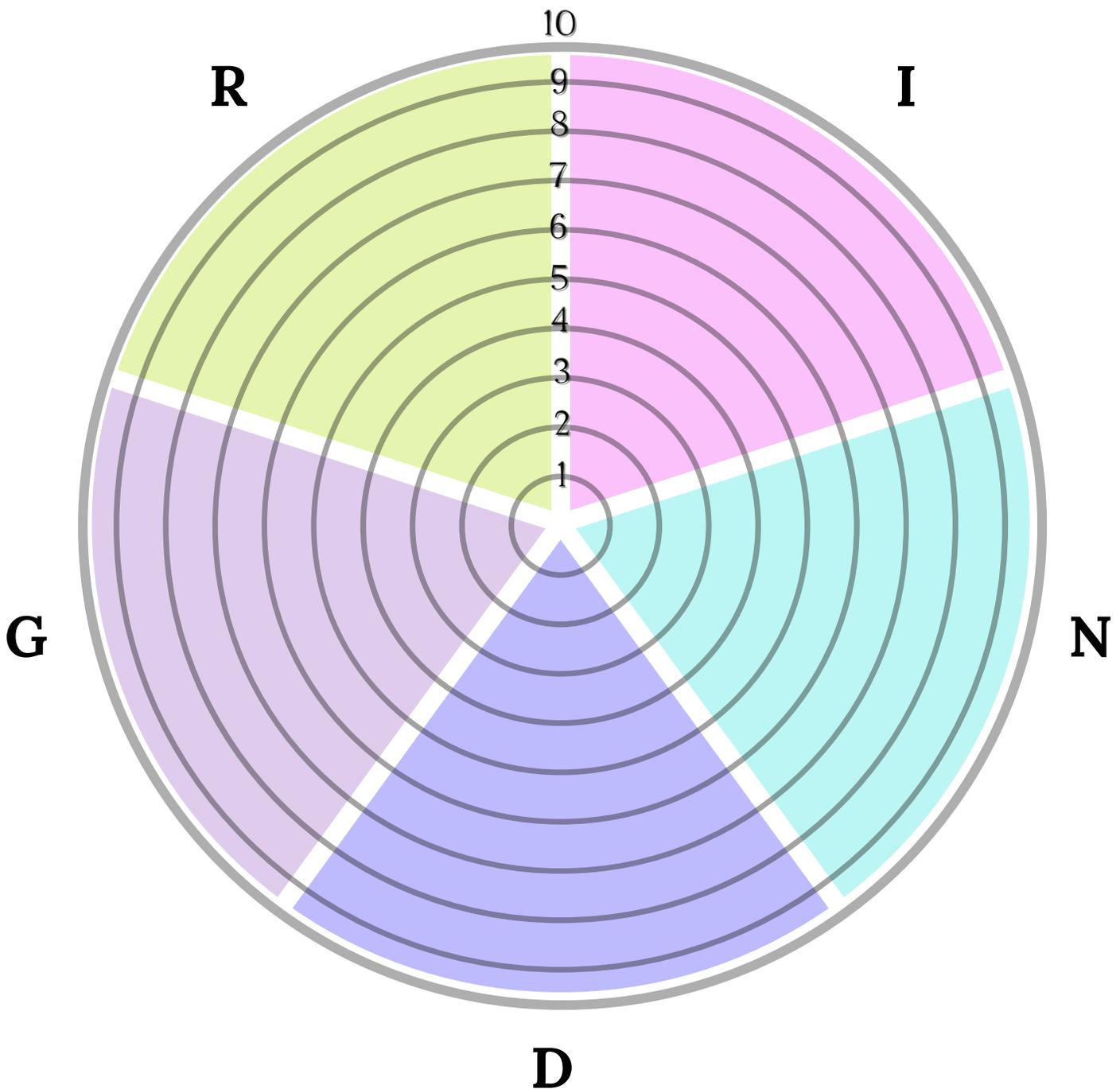
The GRIND

Take some time to reflect on how much time, energy, attention or focus you are investing in the core themes of the GRIND.

Draw the “crust” of each pie piece then color it in.

1 = not a source of stress or significant investment of energy

10 = a very significant source of stress, focus or energy, Something that you find yourself thinking about, orienting around or acting on very regularly.



GRIND Self-Assessment Key

Use this page to reflect on where internalized cultural conditioning might be draining your energy or driving your behavior. For each pattern below, rate how strongly it's showing up in your life right now.

(1 = not really present, 10 = it's totally running the show)

G – GREED

This shows up as the belief that your worth is tied to how much you produce, achieve, or earn. It's the voice that says "more, faster, now" and keeps you chasing success—even when your body or soul is begging for a break.

Reflection questions:

- How often do I feel like I need to be doing or achieving something to feel valuable?
- How much do I override my body's need for rest in order to stay productive?

R – RIGIDITY

The pressure to follow a linear, rule-bound path—even when it doesn't fit. Rigidity glorifies struggle and insists there's only one "right" way to succeed, often silencing your intuition and creative flow.

Reflection questions:

- How often do I follow rules, timelines, or plans that feel heavy or misaligned?
- How much do I suppress my intuitive nudges in order to "do it the right way"?

I – ISOLATION

Rooted in individualism and competition, this story makes you believe you have to do it all alone. It discourages collaboration, support, or asking for help—and can leave you feeling disconnected and overburdened.

Reflection questions:

- How often do I feel like I need to figure everything out on my own?
- How much do I resist asking for help or receiving support—even when I really need it?

N – NEGLECT

Neglect whispers that your needs don't matter—or that they're selfish. It drives self-sacrifice and burnout by rewarding over-giving, over-working, and the belief that rest or pleasure must be earned.

Reflection questions:

- How often do I ignore or minimize my own needs to meet the needs of others?
- How much do I feel like I have to earn rest, joy, or pleasure?

D – DISCONNECTION

Living from the head instead of the body. This story prioritizes logic and conditioning over inner wisdom, cutting you off from your emotions, intuition, and embodied truth.

Reflection questions:

- How often do I live in my head instead of listening to my body?
- How much do I disconnect from my feelings, intuition, or deeper truth in order to be "rational" or "in control"?

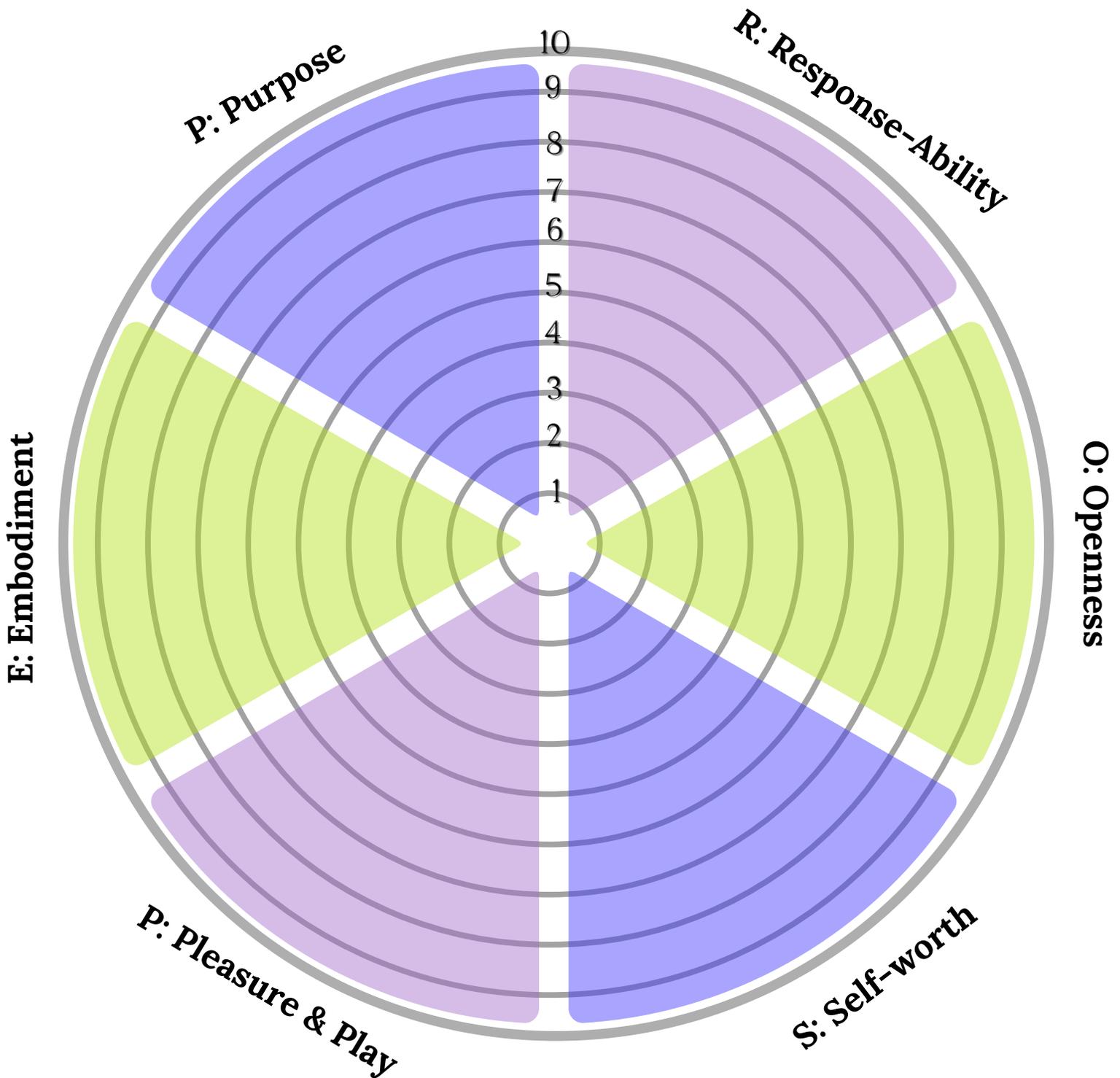
The PROSPER Pillars

Take some time to reflect on how much time and energy you're investing in the core pillars and practices of PROSPER.

Draw the "crust" of each pie piece then color it in.

1 = That barely exists in my world, it's cringey, or I have lots of resistance to this theme.

10 = It's a central part of my life and I'm confident, comfortable at home when it comes to this theme.



PROSPER Self-Assessment Key

Use this page to reflect on how much energy you're investing in each of the nourishing, aligned practices that support your purpose, well-being, and authentic leadership. For each pillar, rate how alive and integrated it feels in your life right now. (1 = not much energy at all / feels cringey or hard, 10 = I live this fully and freely—it feels like my natural state)

P – PURPOSE

Living with clarity about what truly matters to you—and letting that guide your choices, actions, and priorities. It's not about performance or pressure, but about honoring your soul's unique contribution.

Reflection questions:

- How much clarity do I have about what really matters to me in this season of life?
- How often do I make choices that align with my deeper sense of purpose and impact?

R – RESPONSE-ABILITY

Choosing to respond from awareness instead of reacting from old habits or stress patterns. This pillar is about staying connected to your power of choice—even in hard or messy moments.

Reflection questions:

- How often do I pause and respond from grounded awareness instead of reacting automatically?
- How much do I feel in conscious choice about how I use my time, energy, and attention?

O – OPENNESS

Approaching life, others, and yourself with curiosity, flexibility, and compassion. This is about releasing judgment and letting yourself learn, evolve, and adapt.

Reflection questions:

- How much openness do I bring to change, uncertainty, or feedback?
- How often do I meet myself with compassion instead of criticism?

S – SELF-WORTH

Rooted in the unshakeable truth that your value is inherent—not something you earn or prove. Self-worth is the foundation for setting boundaries, honoring your needs, and trusting your enoughness.

Reflection questions:

- How much do I believe that I am enough, just as I am?
- How often do I make decisions from a place of worthiness rather than fear or people-pleasing?

PROSPER Self-Assessment Key

Use this page to reflect on how much energy you're investing in each of the nourishing, aligned practices that support your purpose, well-being, and authentic leadership. For each pillar, rate how alive and integrated it feels in your life right now. (1 = not much energy at all / feels cringey or hard, 10 = I live this fully and freely—it feels like my natural state)

P - PLEASURE & PLAY

Saying yes to joy, beauty, fun, and rest—not as a reward, but as a necessary part of a thriving life. This pillar invites delight and reminds you that pleasure is productive, too.

Reflection questions:

- How much space do I make for rest, joy, and play in my life?
- How often do I let myself feel good without guilt or needing to earn it?

E - EMBODIED ALIGNMENT

Living in sync with your body's wisdom and your unique energetic blueprint. It's about listening inward and letting your felt sense guide your decisions and direction.

Reflection questions:

- How much do I tune into my body and trust what it's telling me?
- How often do I make choices that feel good in my body—not just logical in my mind?

Note: We didn't forget about **R: Resonance**, the final letter of PROSPER, but you'll learn (if you haven't already) by reading the book, that Resonance is the natural (and magical) outcome of living the other pillars more than an intentional choice or practice.

PROSPER Cheat Sheet

P – Purpose

Purpose isn't about pressure to achieve or perform—it's about feeling connected to what truly matters to you and letting that guide your decisions. When you're aligned with your purpose, your actions feel meaningful and your energy feels well-invested. You don't have to have it all figured out, but your internal compass starts pointing toward resonance, not just responsibility.

Real-Life Examples of Purpose Alignment:

- Choosing work or projects that feel aligned with your values
- Saying no to things that don't feel meaningful, even if they're "impressive"
- Feeling energized by a sense of contribution or impact
- Letting clarity (not obligation) guide your calendar or priorities
- Feeling a deep "yes" in your body when something feels right

R – Response-Ability

This pillar is about owning your power of choice. Instead of reacting from stress or old patterns, you practice responding with awareness and intention. Even when things feel chaotic, this is the part of you that can pause, ground, and respond in a way that supports your future self.

Ways Response-Ability Might Show Up:

- Pausing to breathe before answering a triggering text or email
- Choosing to move your body or rest instead of numbing out
- Shifting your tone or approach in a tough conversation
- Noticing your old pattern... and gently choosing something new
- Taking responsibility for how you show up (not for everything and everyone)

O – Openness

Openness is the opposite of rigidity. It invites curiosity, wonder, and grace—toward yourself and others. When you're open, you can see new perspectives, evolve your story, and meet life with more possibility than protection.

Openness in Action Might Look Like:

- Catching judgment and replacing it with curiosity
- Listening to someone's experience without jumping to advice
- Letting go of "shoulds" and exploring what you actually want
- Admitting when something you believed no longer feels true
- Allowing a plan to shift because something better emerged

S – Self-Worth

Self-worth is about knowing—deep in your bones—that you are inherently valuable. It's not earned, proven, or conditional. When you're rooted in your worth, you create boundaries, honor your energy, and stop outsourcing your value to what others think.

Signs of Rooted Self-Worth:

- Saying no without guilt
- Letting yourself rest without "earning it"
- Making choices that support your well-being, even if others don't get it
- Releasing the need to prove your value through productivity
- Feeling secure even when someone else doesn't validate you

PROSPER Cheat Sheet (contd.)

P – Pleasure & Play

This pillar reminds you that joy is a source of vitality and creativity—not just a reward for hard work. Pleasure and play regulate your nervous system, open your heart, and remind you that you're alive. When you welcome them in, everything becomes more sustainable.

Pleasure & Play Might Show Up As:

- Laughing with friends or taking a silly dance break
- Making art or exploring a hobby for no reason
- Wearing something soft, cozy, or expressive
- Creating rituals of delight—tea, baths, music, movement
- Letting yourself enjoy life now, not just when the to-do list is done

E – Embodied Alignment

This is about coming home to your body's wisdom—using your felt sense and inner cues to navigate life. Embodied alignment honors your Human Design, your nervous system, and your emotional truth. It helps you move from force to flow.

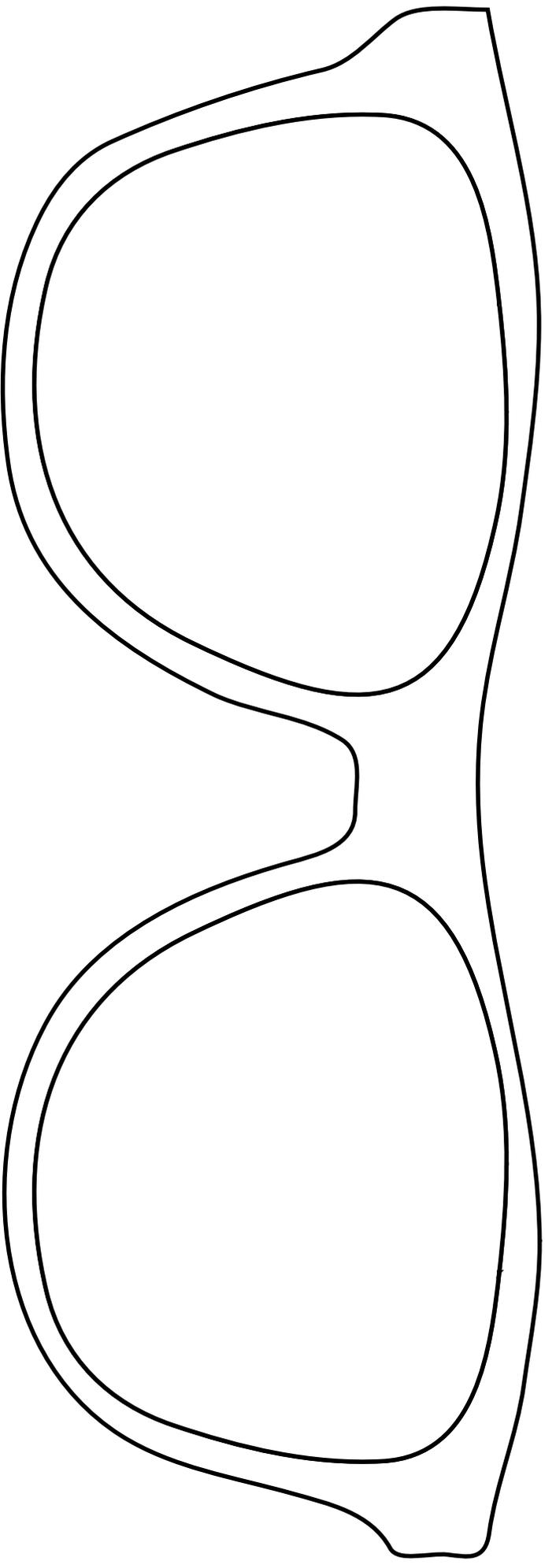
Examples of Embodied Alignment:

- Making a decision by noticing how your body feels—not just what your brain says
- Tracking signs of contraction vs. expansion
- Choosing rest or movement based on your energy, not a schedule
- Letting your emotions guide you to insight instead of overriding them
- Feeling more “yourself” after saying yes—or no—from the body, not pressure

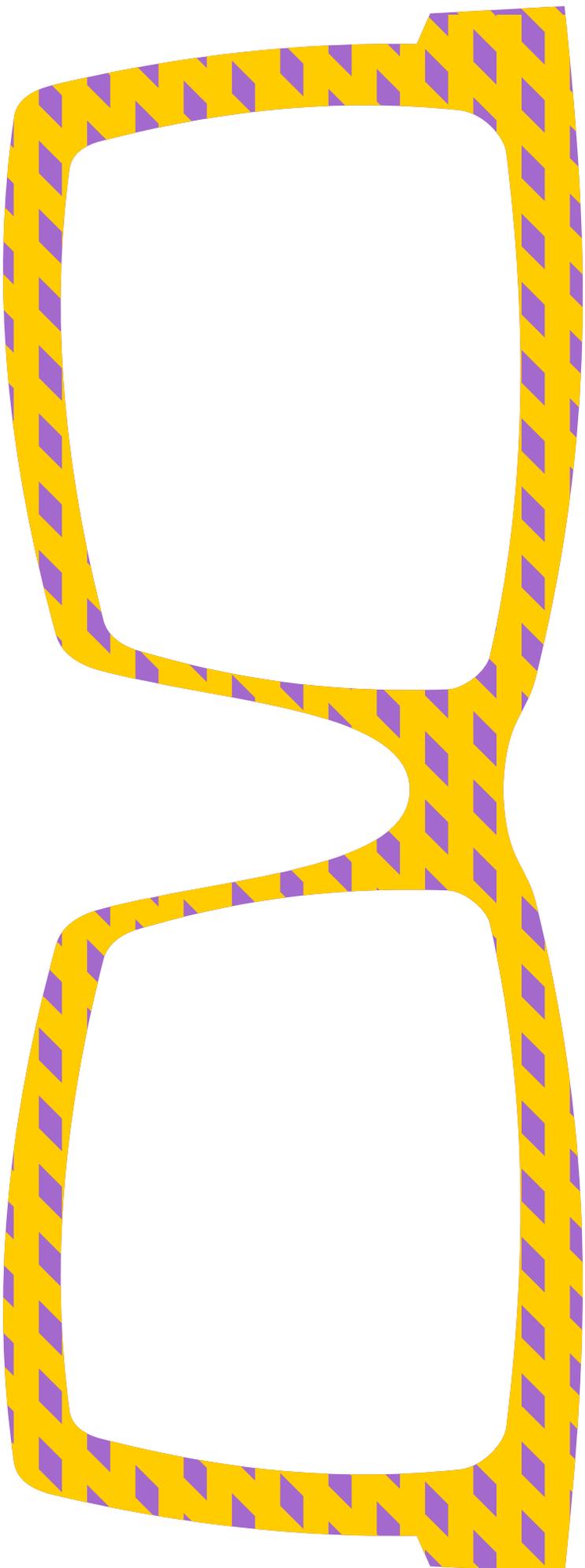
🌟 R – Resonance (The Natural Outcome)

Resonance is the magic that emerges when you're living in alignment with the other PROSPER pillars. It's not something you chase—it's what finds you when you're being the most real, integrated, and alive version of yourself.

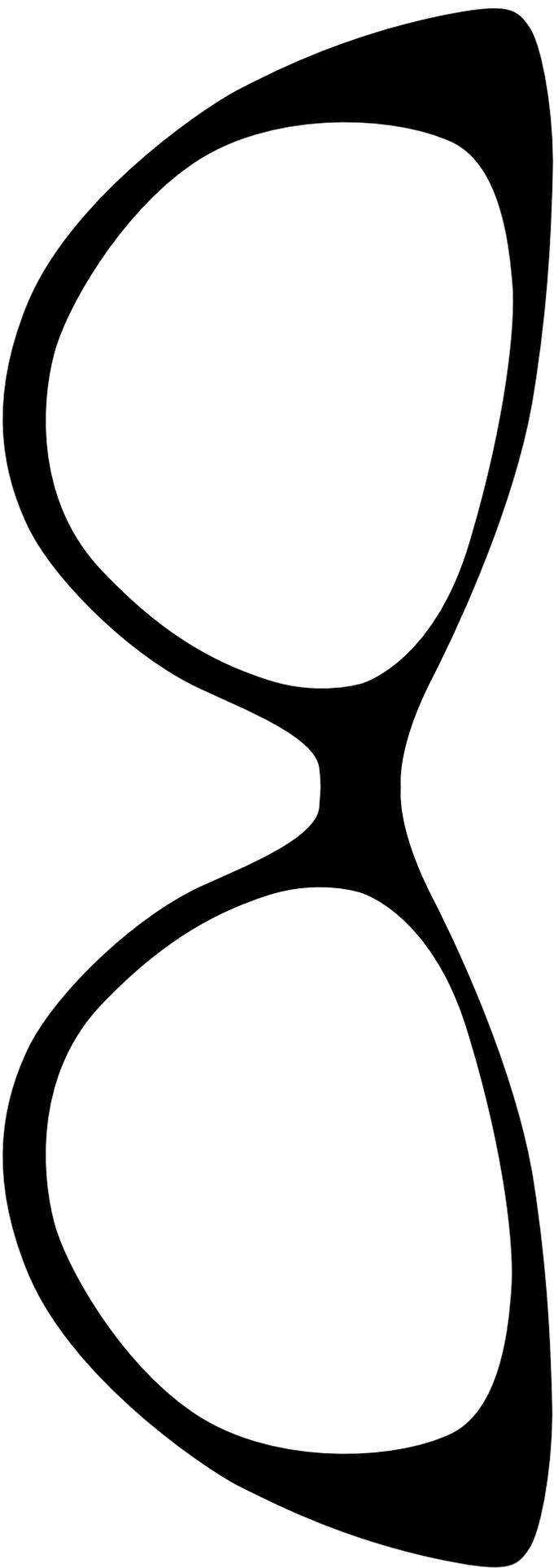
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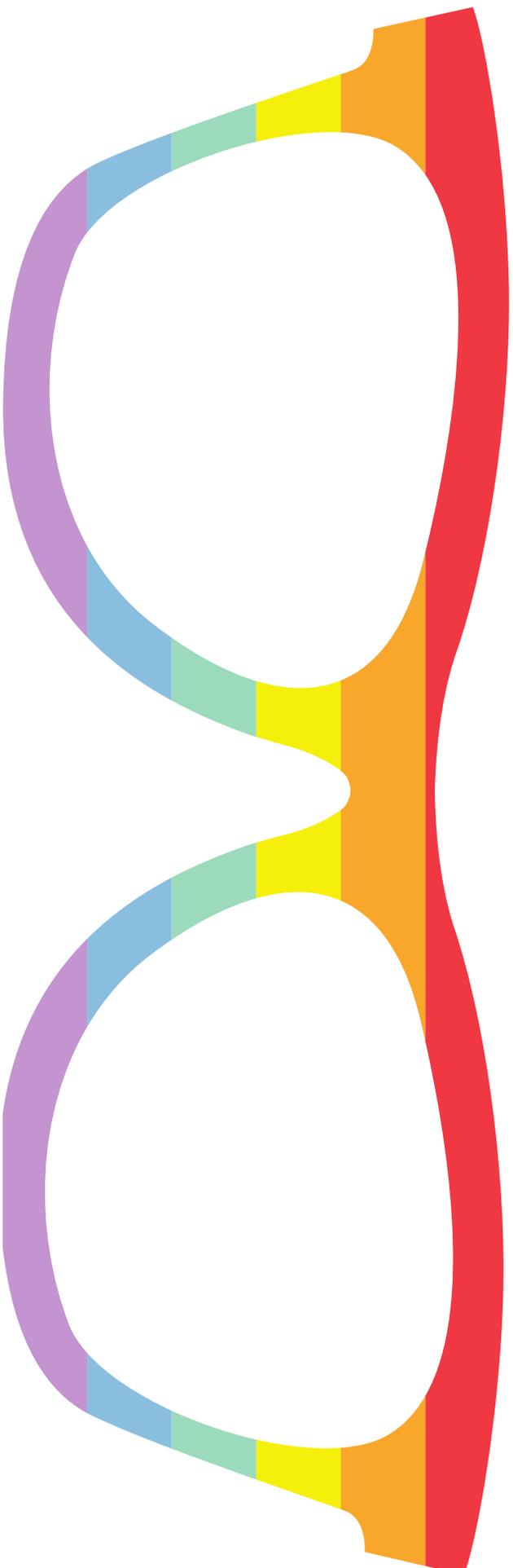
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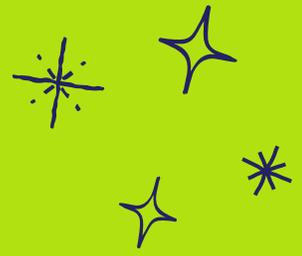
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GRIND Bingo

Unstuck Yourself Book Club



G	R	I	N	D
R	I	G	R	N
I	N	UNSTUCK YOURSELF free space	D	I
N	D	G	I	R
D	N	I	R	G

G: "I tell myself stories of scarcity around time or energy when..."

G: "I feel like I'm not enough unless I'm _____."

G: "Rest feels like a reward, not a right, when I tell myself..."

G: "One message I received growing up about money or success was..."

G: "When I'm not being productive, I tend to feel _____."

G: "A time I ignored my body's signals in order to keep pushing or performing "more" was..."

G: "My relationship with rest or stillness is _____."

G: "I equate my value with output when I find myself saying or telling myself..."

G: "Scarcity shows up in my decisions about _____."

G: "A belief about money or worth I'm actively unlearning is..."

G: "Sometimes it feels hard to trust my own enoughness because _____."

G: "A story I've believed about what makes me valuable is..."

G: "I'm afraid that if I stop pushing, I'll _____."

G: "The way I define thriving is beginning to shift from _____ to _____."

G: "My energy and authentic need to rest or care for myself gets hijacked by pressure to _____."

G: "An area where I'm reclaiming enoughness (without proving or performing) is..."



R: "I find myself clinging to a plan even when it no longer feels aligned because..."

R: "I've stayed in situations too long out of fear that quitting would mean..."

R: "I ignore signs it's time to pivot when I tell myself..."

R: "A story I've internalized about perseverance, suffering through or staying the course no matter what is is..."

R: "I associate change with _____, which makes it feel hard to trust."

R: "I sometimes override my intuition to stay 'on track' when..."

R: "I tell myself I 'should' keep going because..."

R: "If I were to give myself full permission to shift directions, I might..."

R: "An old belief I'm unraveling about sticking with things is..."

R: "I equate being consistent with being _____."

R: "I fear being seen as flaky or unreliable when I..."

R: "I've defined commitment in the past as..."

R: "When I feel stuck but keep pushing forward, I'm usually telling myself..."

R: "If I trusted that no detour is wasted, I would..."

R: "I resist letting go of outdated goals because..."

R: "One place in my life where I feel rigidity limiting my freedom and expansion is..."



I: "I feel pressure to do it all myself because..."

I: "Asking for help feels like weakness when I'm telling myself..."

I: "I equate being independent with being _____."

I: "A belief I internalized about wanting or needing support is..."

I: "I avoid asking for or being open to help because..."

I: "I tell myself it's easier to do it alone because..."

I: "I fear being a burden when I..."

I: "I have glorified being the strong/ capable one others can always depend on because it makes me feel..."

I: "I notice myself isolating most when I'm feeling..."

I: "It's hard to be vulnerable in community when..."

I: "I resist delegating or collaborating because..."

I: "One story I'm unlearning about support is..."

I: "I keep my struggles to myself because..."

I: "I assume others won't understand me when I..."

I: "An area of my life where I'm ready to invite in support is..."

I: "If I truly believed I didn't have to do it all alone, I would..."



N: “I feel most valuable when I’m putting others’ needs before my own because I tell myself ...”

N: “It feels selfish to honor my desires when...”

N: “I’ve believed I had to prove my worth by...”

N: “It’s hard to believe I’m valuable when I’m not _____.”

N: “Success has often felt like something I have to suffer for because...”

N: “One message I internalized about what makes someone ‘worthy’ is...”

N: “I’ve equated being a good person with being _____.”

N: “I override my own truth or needs when...”

N: “I’ve struggled to let myself rest without guilt because...”

N: “A part of me fears I’ll lose connection, love or success if I stop...”

N: “I’m learning that honoring myself doesn’t make me...”

N: “I’ve abandoned my own dreams or desires in service of...”

N: “I associate value with sacrifice when I notice myself thinking...”

N: “I used to believe I had to earn rest, love, or celebration by first...”

N: “The version of success I used to chase required me to...”

N: “A belief about self-worth I’m ready to release is...”

N: “If I trusted that I mattered—without needing to prove it—I would...”



D: "One time I dismissed my gut instincts in favor of logic was when I..."

D: "A time I ignored what my body was telling me because it 'didn't make sense' was..."

D: "I learned to trust my brain more than my body because..."

D: "I've silenced my intuition at times because..."

D: "It feels risky to follow my inner knowing when..."

D: "I've confused overthinking with being responsible when I..."

D: "I was taught that emotion or intuition = _____, while logic = _____."

D: "I disconnect from my body's wisdom when I feel pressured to..."

D: "I override my instincts to avoid being seen as too..."

D: "The stories about leadership I inherited prioritized _____ over _____."

D: "A time I regretted ignoring my inner signals was..."

D: "I was celebrated for being logical or strategic, even when I knew deep down ..."

D: "I feel disconnected from myself when I'm constantly feeling pressure to..."

D: "My relationship with my body could be described as ..."

D: "A way I'm rebuilding trust with my inner signals is..."

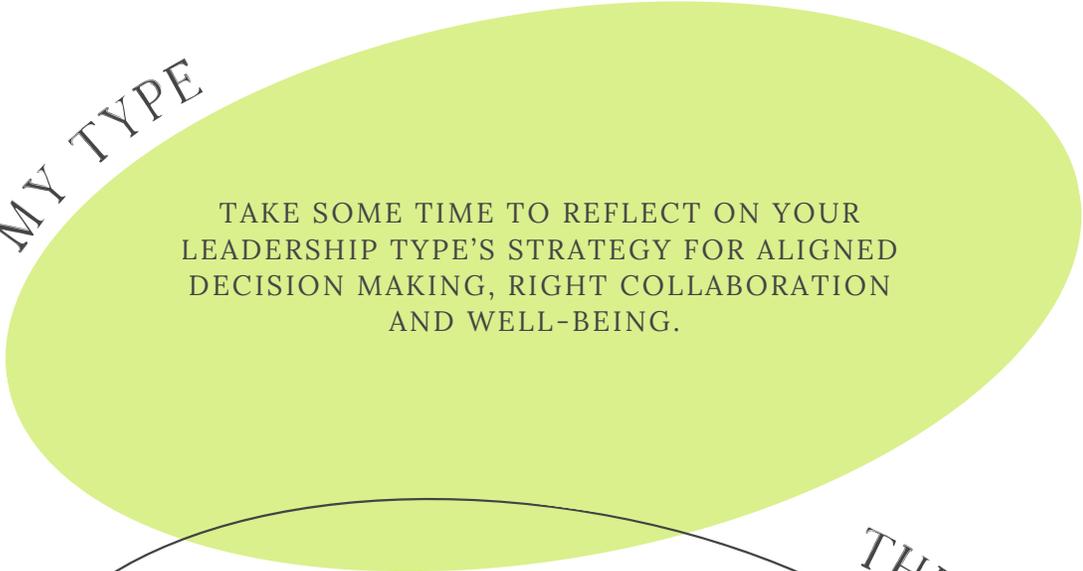
D: "If I fully trusted my body and my inner guidance, I would probably..."



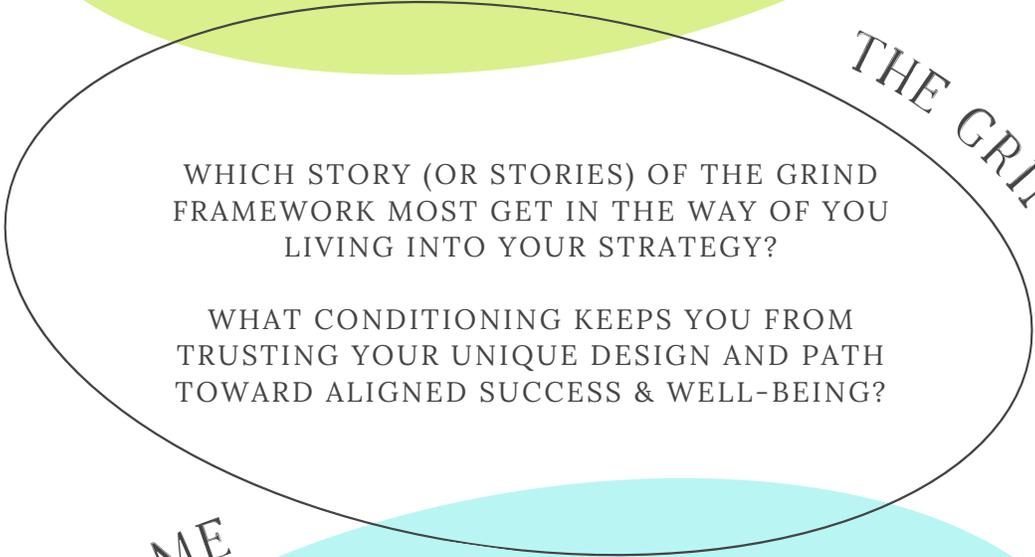
STRATEGY MEETS GRIND

RE-STORYING PROCESS

MY TYPE



TAKE SOME TIME TO REFLECT ON YOUR LEADERSHIP TYPE'S STRATEGY FOR ALIGNED DECISION MAKING, RIGHT COLLABORATION AND WELL-BEING.

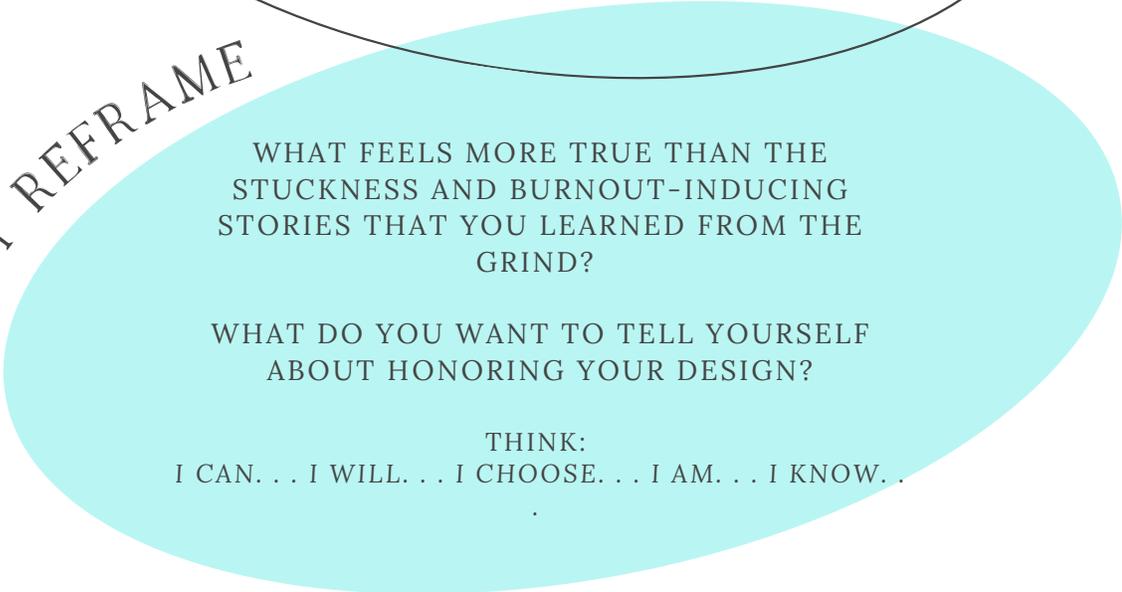


THE GRIND

WHICH STORY (OR STORIES) OF THE GRIND FRAMEWORK MOST GET IN THE WAY OF YOU LIVING INTO YOUR STRATEGY?

WHAT CONDITIONING KEEPS YOU FROM TRUSTING YOUR UNIQUE DESIGN AND PATH TOWARD ALIGNED SUCCESS & WELL-BEING?

MY REFRAME



WHAT FEELS MORE TRUE THAN THE STUCKNESS AND BURNOUT-INDUCING STORIES THAT YOU LEARNED FROM THE GRIND?

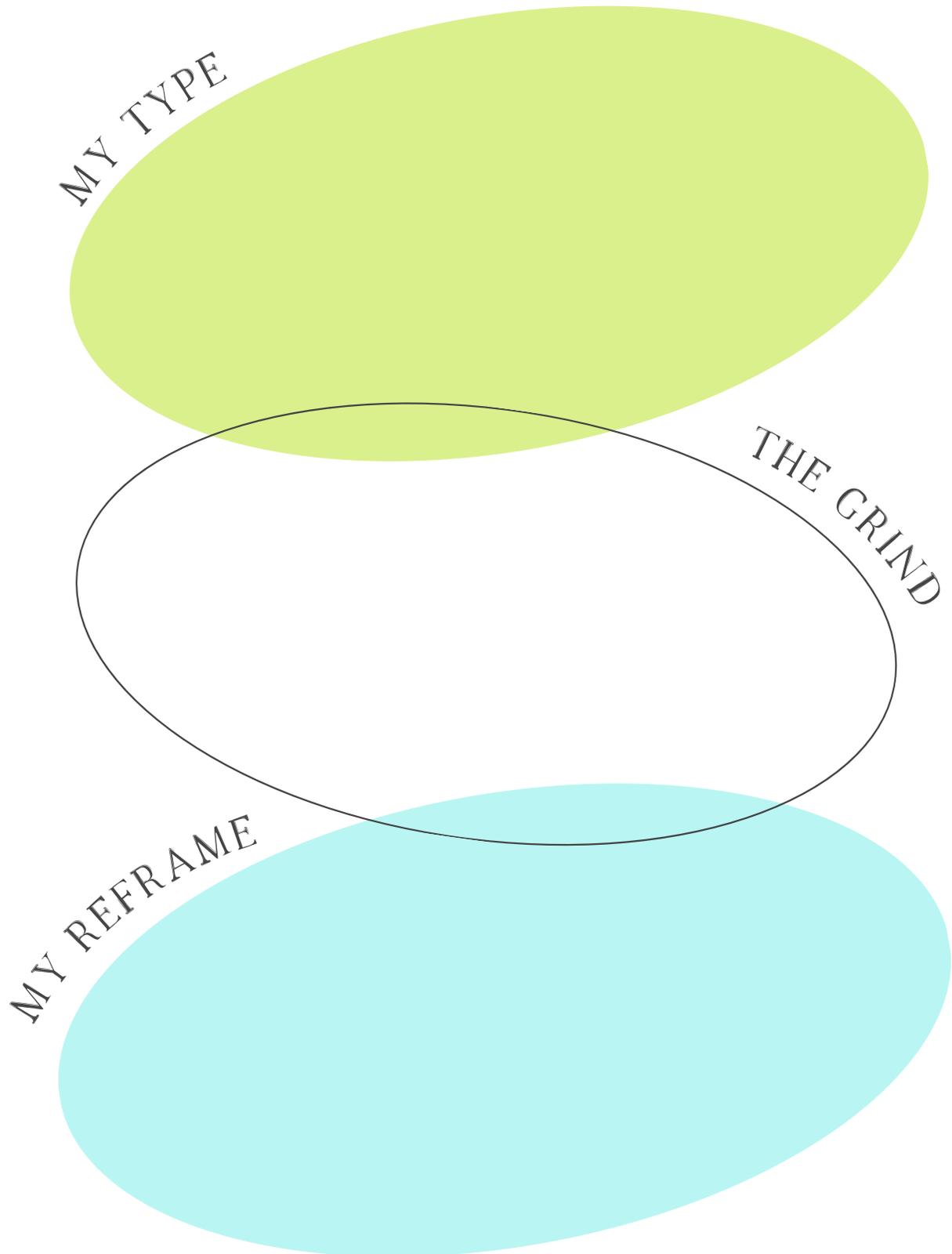
WHAT DO YOU WANT TO TELL YOURSELF ABOUT HONORING YOUR DESIGN?

THINK:
I CAN. . . I WILL. . . I CHOOSE. . . I AM. . . I KNOW. . .



STRATEGY MEETS GRIND

RE-STORYING PROCESS



Start Here

What's the challenge or stuckness?

What do I really want?

What are the thoughts/objections that come up when I tune into what I want?

How does my body respond to those thoughts? (Physical sensations)

What emotions are connected to those thoughts and feelings in my body?

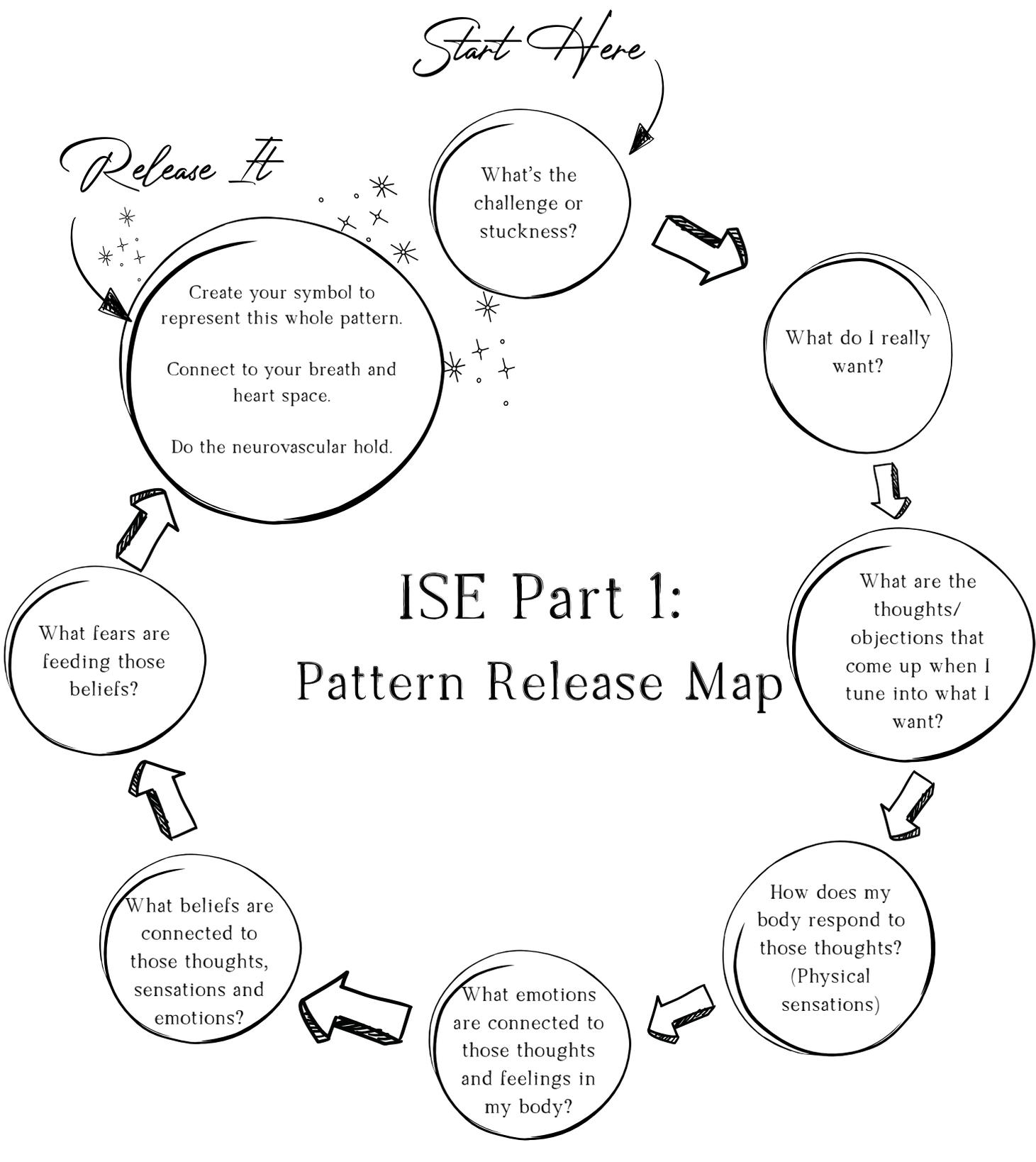
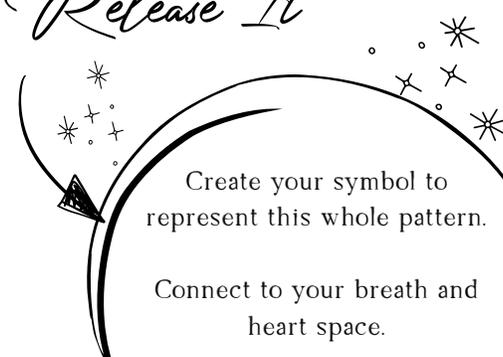
What beliefs are connected to those thoughts, sensations and emotions?

What fears are feeding those beliefs?

Create your symbol to represent this whole pattern.
Connect to your breath and heart space.
Do the neurovascular hold.

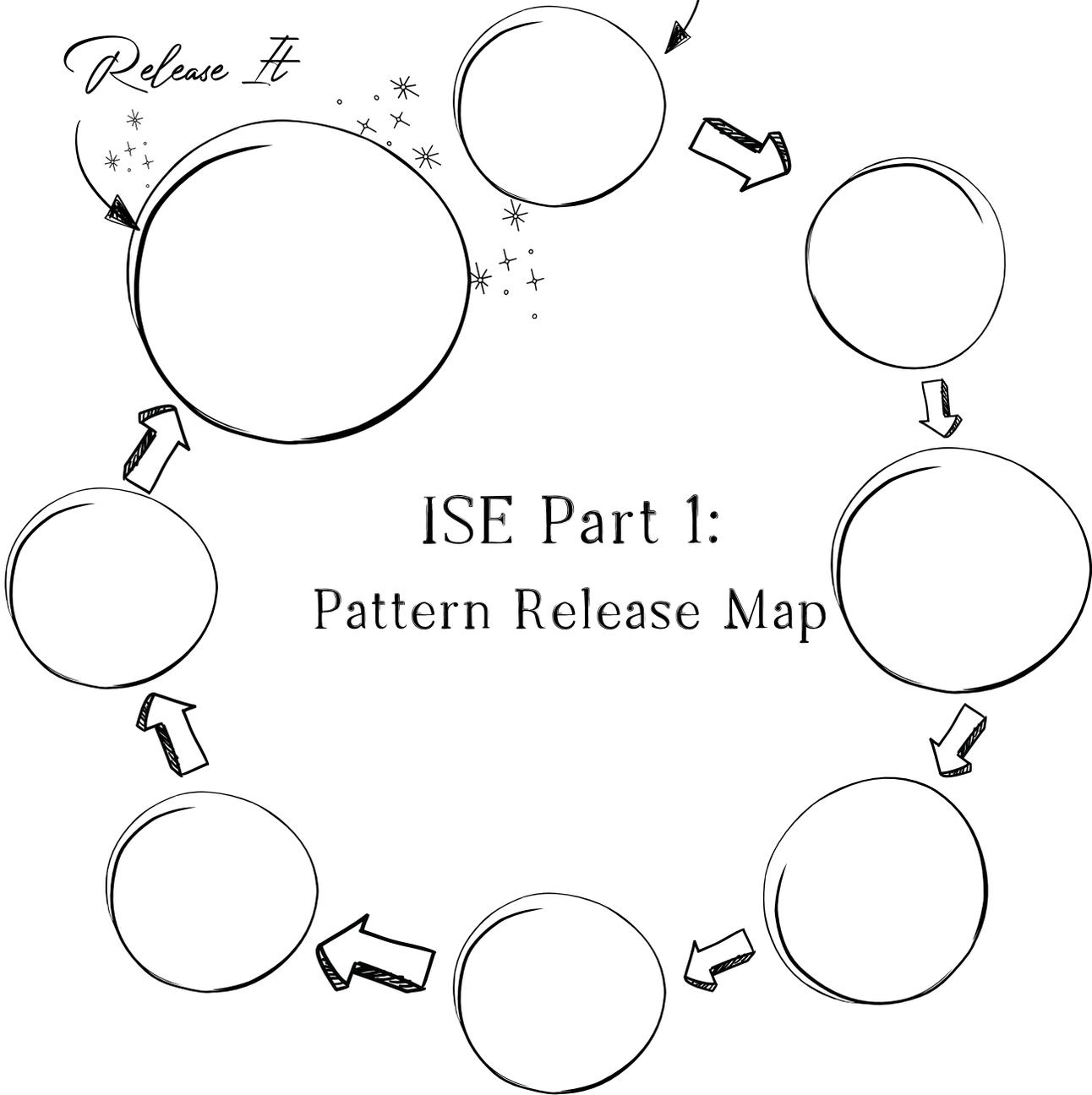
Release It

ISE Part 1: Pattern Release Map



Start Here

Release It



Start Here

Anchor in the New Story

What's the new story of possibility that now wants to emerge?

Create a symbol to represent this new story pattern (an image, a color, a character).

Connect to your breath, tap your heart and forehead and really FEEL yourself in this new story.

Create a mental movie, allowing my imagination to play this new possibility out.

What does this version of me know & trust?

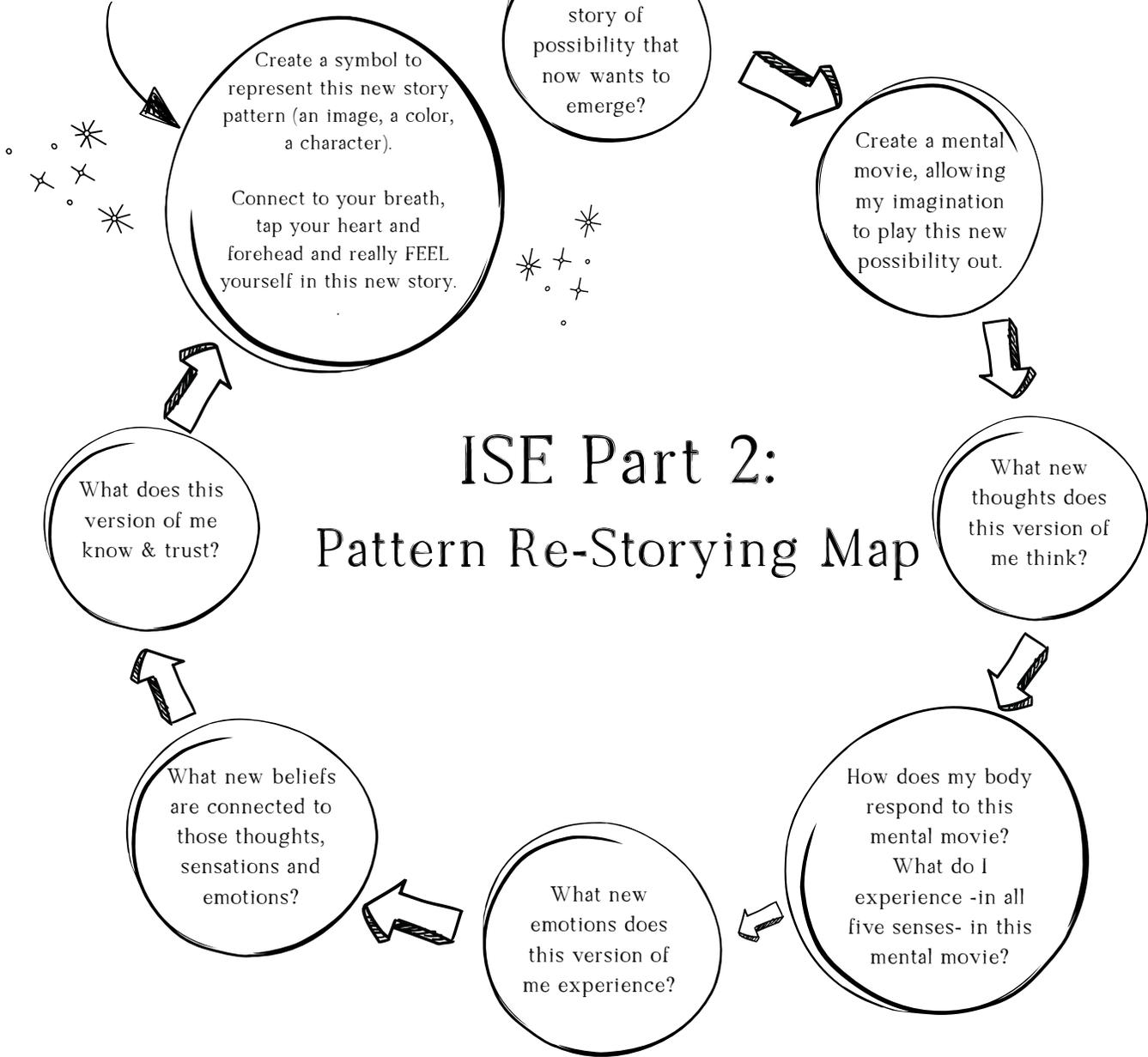
ISE Part 2: Pattern Re-Storying Map

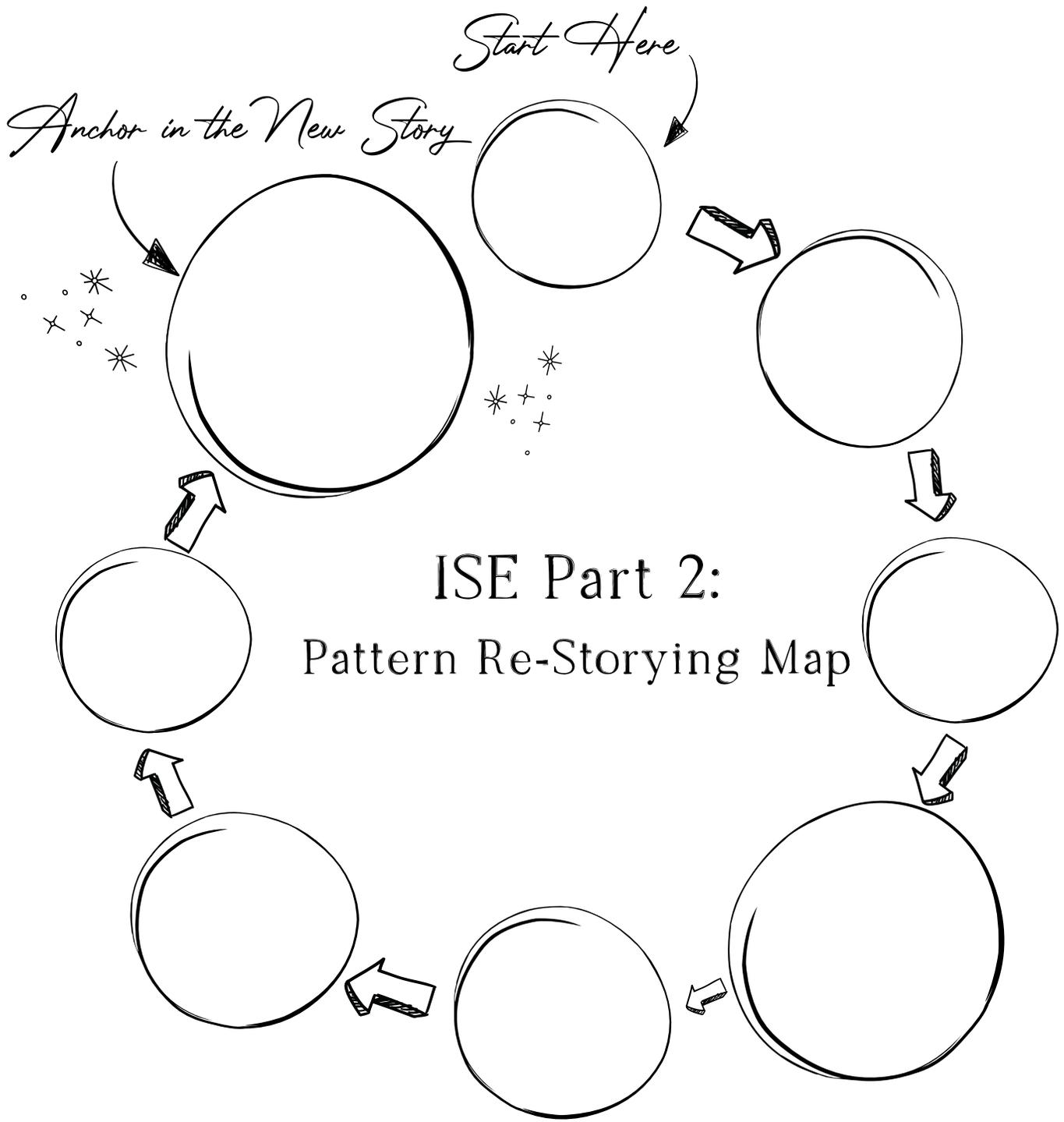
What new thoughts does this version of me think?

What new beliefs are connected to those thoughts, sensations and emotions?

How does my body respond to this mental movie?
What do I experience -in all five senses- in this mental movie?

What new emotions does this version of me experience?







Participants Guide

Unstuck Yourself

Book Club in a Box



Unstuck Yourself Book Club in a Box Reading Overview

(a.k.a. what to read, when to read it, and when to just show up as your fabulous human self)

We put this reading guide together to give you a clear sense of what's coming each week—because let's be honest, it's a lot easier to show up fully when your nervous system isn't bracing for surprises. (btw, science backs this up.) Some weeks, there's nothing to read in advance. Others will ask you to do a little prep before we gather. But just so we're clear: this is not school. There are no gold stars or demerits. Do what you can, skim what you need, and come as you are—because the magic happens when we come together in the spirit of authentic humaning and shared intention to grow. . . not perfection or performance.

SESSION 1



Creating the Container (No reading required)

This session is all about setting the tone: connection, safety, possibility, and a little “oh hey, maybe I actually can get unstuck.” You don’t need to prep anything—just bring your curiosity, your coffee (or tea, or wine, no judgment), and an open mind.

Before the First Group:

What made me say yes to this experience?

Where in my life do I feel stuck, stretched, or ready for a shift?

What am I hoping to receive, shift, or uncover by being part of this circle?

After the initial Gathering:

What stood out to me about this first experience?

What hopes, insights, or curiosities am I carrying forward?

Did anything surprise me—about myself, others, or the space we’re co-creating?

SESSION 2



Your Leadership Blueprint (Read through page 99)

You'll be invited to explore how you're designed to lead and live—not how you've been told you "should." This week unpacks the five Leadership Types and the co-creative ecosystem we're all a part of.

While Reading:

How do I relate to my own Leadership type overview? What resonated or challenged me?

After the Group:

What did I learn about myself through this lens of design?

What gifts or tendencies am I beginning to recognize (or reclaim)?

How might understanding these different types shift the way I interact with others?

SESSION 3



The GRIND (Read pages 100–162)

Time to meet the GRIND: those sneaky, deep-rooted cultural stories that make you hustle, hide, prove, or push even when it costs you joy, energy, and well-being. This week is like holding up a mirror... but with compassion (and maybe even a bit of playfulness and humor).

Exploring the GRIND (Read pages 100–162)

While Reading:

Which GRIND stories feel most familiar in my life? (and where do I see them in my family, my work environment, etc?)

Where do I notice the GRIND shaping my choices?

After the Group:

What felt powerful, uncomfortable, or liberating to name out loud?

Where do I feel more compassionate toward myself (or others)?

What conditioning am I ready to question or release?

SESSION 4



Session 4: Strategy Meets GRIND (No reading required)

Now that you know your type and the GRIND, let's bring them together and see where sparks of insight fly. This week helps you spot how your unique design (aka your special magic) gets suppressed —and how to come back home to yourself.

Your Strategy Meets GRIND (No additional reading required)

Pre-gathering reflections:

How do I tend to override or abandon my natural leadership strategy or gifts?

What parts of the GRIND create the most friction in relation to my type?

After the Group:

What connections did I see between my design and my default patterns?

Where am I ready to interrupt or rewrite an old story?

What would it feel like to trust myself—and my strategy—more deeply?

SESSION 5



Session 5: The Bridge to Thriving (PROSPER) (Read pages 162–264)

You've met your type. You've danced with the GRIND. Now it's time to build your way toward a life that feels like you—one intentional, aligned step at a time. This session introduces the PROSPER framework, aka the 7 pillars that guide you toward your personalized blueprint for thriving (without the burnout badge of honor).

The Bridge to PROSPER (Read pages 162–264)

While Reading:

Which PROSPER pillar feels most alive for me right now? Which feels the most challenging?

What habits, beliefs, or patterns do I want to shift to feel more aligned?

After the Group:

What felt clarifying, affirming, or motivating in our conversation?

Where in my life am I ready to build something new?

What would a thriving, true-to-me version of success actually look like?

SESSION 6



Session 6: Integration & Re-Storying (Finish the book)

This final gathering is all about embodiment, celebration, and creating a future you want to live into. We'll anchor your insights with a guided re-storying ritual that makes this journey real—not just in your brain, but in your bones.

Integration & Embodiment (Finish the book)

Before group:

What part of this journey has surprised me the most so far?

What do I want to anchor in as I move forward? (stories, new patterns, insights etc.)

After the final Gathering:

What new stories am I ready to live—and embody?

What will I commit to doing (practically) to stay un-stuck?

What ripples am I inspired to send into the world from here?

Unstuck Yourself

Book Club in a Box



Final Word (The Ripple Effect Is Real)

As you wrap this journey, we hope you feel more empowered, more seen, and more anchored in your truth. But we also want you to know: this work isn't just for you. Every time you choose to soften a harsh internal story, to honor your energy, or to show up more compassionately in your relationships—you're creating permission slips for others to do the same.

There's actual science behind this: nervous systems co-regulate, and healing in community has exponential impact. When even one person comes home to themselves, it sends ripples outward—into families, workplaces, partnerships, and communities. You may never know the full extent of your influence, but make no mistake: it matters.

That's how real transformation happens. Quietly. Consistently. Through you.

Thank you for doing this work—for yourself, and for all of us.

We're so glad you said yes.