

WEEK 31

# SAY BYE TO THE BULLSH\*T

"MAY YOUR CHOICES REFLECT  
YOUR HOPES, NOT YOUR FEARS"  
NELSON MANDELA

SAY BYE TO THE  
BULLSHIT

# WHAT'S YOUR FLAVOUR, TELL ME WHAT'S YOUR FLAVOUR!?

How does your fear and bullshit show up for you day  
to day?

Perfectionism?

People Pleasing?

Procrastination?

Excuses?

Identify the behaviours you default to:

1 Netflix binge, IG rabbit hole, comparison.





PART ONE.

LET'S GET REAL WITH WHAT'S STOPPING YOU FROM  
MOVING FORWARD SO YOU CAN ACTUALLY START TO  
MAKE SHIT HAPPEN.

Answer the following:

What thoughts/feelings /fears comes up for you when you  
imagine or start to think about brining your Soul goals to  
life?

What stories are running through your head?

What past failures are plaguing you?

What do you currently believe to be true about this dream?

What influences in your life make you feel scared to pursue  
this?

What's really holding you back?

## PART TWO

### FLIP THE SWITCH

What stories do you want to replace those with instead?

What are more encouraging, motivating, reassuring things  
to remind yourself?

How can you start to let go of, change, or step through  
what is holding you back?

Who and what can you connect with/reach out to to help  
you feel supported + uplifted?





## CLOSE THE GAP

Other than the fears + stories you've mentioned above.

Let's get practical about your blind spots, clear about what you know you need to know, what you're not sure about , what you need more/ less of to move forward, so you can start to identify ways to close the gap.

>> What is missing or creating a gap between where you are now and where you want to be.  
What do you need?

Is it...

Resources  
Experience  
Know-how  
Money  
Connections  
Research  
A website  
Time restrictions  
Energy  
Distractions ( what are the? )  
Mentors  
Health/Body knowledge  
Business Models  
Classess/ Lessons / Courses

## CLOSE THE GAP 'PRACTICALS'

What are the practical actions you need to take to close that gap based on what you identified you need.

le: Soul Goal might be to start launch a Youtube channel.

- A gap may be that you don't know how to public speak/  
share your message.
  - A way to take action is to watch youtube videos on  
speaking, research speaking courses, books or coaches.
- And to simply start to share via video TODAY and practice  
as you go.

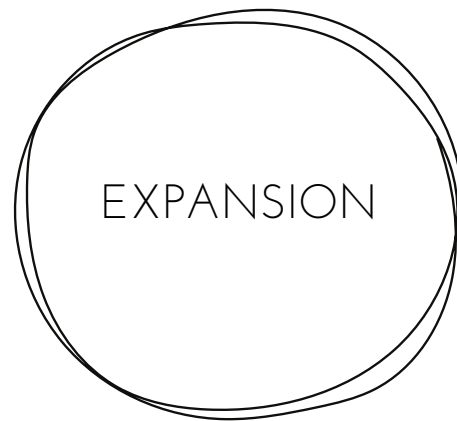
What is 1 thing you will complete this week?!

Leave it in the UNCAGED FB group for accountability +  
support!

## PRO TIP:

Remember the amount of fear you feel about something is in direct proportion to the amount of expansion/goodness you'll experience on the other side of that fear.

LOTS OF FEAR = LOTS OF GOOD SHIT





## BOUNDARIES.

WHERE AND TO WHOM ARE YOU LEAKING  
ENERGY?

WHAT DRAINS YOU?

ARE YOU CONSCIOUSLY CONSUMING AND  
PAYING ATTENTION TO WHAT YOU ALLOW  
INTO YOUR THOUGHTS, BODY AND SOUL?

*If boundaries are 'walls' you put up to  
protect yourself, your values, your energy,  
your freedom, and what's important to you -  
what boundaries do you need to create.*

Boundaries for yourself?

Boundaries for others?

Boundaries around your time?

Boundaries are clarity for you and for others  
of what you allow in, and what you keep  
out.

What's 'within' your inner circle of  
importance, and what is on the 'outer'  
barriers ie - what do you want to keep out?

## CONGRATULATIONS!!

PHEW! HOW GOOD DOES IT FEEL TO GET THAT OUT?

BEING WILLING TO FACE YOUR FEARS + CHALLENGES HEAD ON IS THE SUREST WAY TO MOVE FORWARD. IT'S NOT THE EASIEST WORK BUT IT'S THE STUFF THAT'LL SET YOU FREE. AND REMEMBER, YOU'RE NOT ALONE IN THIS - WE'RE HERE FOR YOU.

YOU NOW HAVE:

- CLARITY ON EXACTLY WHAT IS HOLDING YOU BACK EMOTIONALLY
- FEARS + STORIES THAT ARE NO LONGER SERVING YOU
- NEW THOUGHTS TO KEEP YOU IN A BETTER FRAME OF MIND
- LIST OF WHAT YOU NEED TO MOVE FORWARD
- EXACT STEPS TO CLOSE THE GAP + GET YOU TO WHERE YOU WANNA BE
- BOUNDARIES IN PLACE TO HELP YOU THRIVE