



**Getting Unstuck**  
Live Your Life Without Limits



Dr. Terrie Wurzbacher

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**2016**  
**New Beginnings, Not Resolutions**

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**Presented by**  
**Dr. Terrie Wurzbacher**

## **Background**

Most people do one of two things at the beginning of the New Year.

- a) Make resolutions
- b) Set goals

What most people don't do, however, is perform any type of planning before making these resolutions or goals. They may think about "wanting to lose weight", "making more money" or something of that nature but they don't do the groundwork. As with any building process, you have to start even before you lay the foundation....you have to clear the land first.

In a 2007 study of 3,000 people, 88% who set New Year resolutions fail despite the fact that 52% of them were confident of success at the beginning.

Men achieved goals 22% more often when they set small measurable goals. Women succeeded 10% more when they made their goals public AND got support.

In a survey I conducted online, 59% of the people felt really good about their goals or resolutions and then they fizzled out.

## **Why Goal Setting Doesn't Work**

- 1) Your goals aren't really yours. They are someone else's idea or desire – or you think it's what someone else wants. For example, you think your spouse will love you more if you lose 20 pounds. Or, your parents always wanted you to do x, y or z
- 2) Your goals are too far reaching (and too broad). "I want to make more money". "I want to be happy". "I want to find my perfect partner". These goals are not specific and your subconscious mind cannot wrap itself around them. Remember that it's like placing an online order – you have to pick, not only the object, but also the color, the size, the quantity etc. Same goes with the goals you're choosing.
- 3) Your goals are not realistic. For example, you're now making \$50,000 a year but have the goal to make \$100,000 next year. Of course, you haven't increased your skills, planned how that's going to happen, etc. This is double your income and your subconscious mind most likely cannot accept and embrace that big a jump.
- 4) You're too hard on yourself. You expect miracles to happen overnight. You simply say "I'm going to lose weight (or even 40 pounds)" and you even join some club to help you along. But then work gets in the way and you have to travel so there goes your workout schedule and your strict eating plan. So, you start to replay that old musical tape "I'm a failure" etc etc....Or you may have set a timeline that would be unachievable by anyone who has a complete life – one not devoted totally to the attainment of your goal.

- 5) You don't put enough time into planning. I mentioned that above but this is one area I think people fall short of no matter what else they do. When I decided to stop smoking after 29 years of smoking 2-3 packs a day, I didn't say "I'm going to quit tomorrow" because I knew that wouldn't work. I set a day several weeks ahead and then went about modifying my environment and planning activities I would do instead of smoking (writing, typing, exercising, anything to use my "smoking" hand). I also found support groups online to get ideas as well as moral support. I also took the time to clean out all the cigarettes in my house so there wouldn't be any temptation without the inconvenience of going out to get them. In other words, I did a great deal of planning.
- 6) You allow a set-back to stop you. In the planning for stopping smoking, I also cemented my desire to stop. It wasn't like the many attempts I made before. I really solidified the fact that I sincerely was ready to stop and would do anything I needed to in order to be successful. But you know what? I also planned on what to do if I relapsed and figured the conditions under which I might relapse. By planning how to get back on the right road, I was ready if it happened. If I had just said "ok, I might relapse" that would be more likely to be something I attracted to myself and because of the way it's stated, I wouldn't have a plan of action to rectify the situation. Without a plan of action, I would be left with the usual self-deprecation and beating myself up.
- 7) You don't allow for "life" to happen. I mentioned this above too. I am so into "balance" and that's what you'll see as you go through this report. It's important that you realize you have a life and one of the fastest way to see your goal/resolution go down the drain is to sacrifice the other areas of your life to achieve one (or more) goals. You can only devote yourself completely to one thing for a limited period of time. While you're at it, think about what you'll miss out on while you're focused simply on one thing. Is that what you really want?
- 8) You think lack of complete success equals failure. This is a problem with our society. We seek perfection and when we don't achieve it we think that we failed. That it wasn't worth the effort, etc. It's another way to beat ourselves up. Who are you to know that you really are supposed to be 20 pounds lighter and not 18 pounds? I think this is also a way we can prolong moving forward since we'll have to continue to pursue this goal and on and on and on.
- 9) You set too many goals at one time. Unless your goal is to experience balance, this is liable to be a setup for failure too.
- 10) You're burned out on goal setting. This happens when we continue to set loft goals and try and try again. Sometimes succeeding and sometimes not. Every year we make some variation of the same goal and it gets very old.
- 11) You don't take time to examine your limiting beliefs. If you don't recognize what you've believed all these years, you won't succeed because you're keeping yourself back. For example, if you continue to think "I'm too old" but then set resolutions that involve a young person's activities. Your belief that you're too old will keep you from achieving any of those other goals because they contradict your limiting belief. If you think you have to work hard to

make money or worse if you believe that you're not worthy of a large income, then no matter how much money you say you're going to make, your belief will win out. That's the Law of Attraction in Action.

- 12) You don't take time to plan or think beyond this goal. Since age 4 I wanted to be a doctor. There was no space for any other thought in my mind. I finally was able to get into medical school and I was ecstatic. Then came graduation day. And the famous line in a song hit me smack in the face "Is that all there is?" – I was so depressed because even though I had achieved my lifelong dream I had not looked beyond that day. So I had nothing else planned. This is also a common problem when people finish a big race, let's say a marathon. If they don't have a "next" event or activity, they experience significant depression. This happens with any type of goal. You need to have your next steps planned out. If not, then you're liable to slip back into your previous behavior.

## **How Does The Law of Attraction Fit Into This Picture**

You attract what you think about and what you focus on. Let's say your resolution for the New year is to "lose weight". Usually this is because you're not feeling good about yourself or you're feeling "fat". Your clothes may not fit right; you may be a slave to the number on a scale.

Perhaps you want to make more money – but this is because you have debts you want to pay off or you don't seem to be able to have the things you want in your life.

Maybe you're looking for a new relationship. This may be because you feel lonely or you want companionship.

The common denominator in the reason behind all these "desires"/resolutions is that you're missing something. You're lacking something. As you focus on losing those 20 pounds, you're thinking about how "inadequate" you are and what you are lacking. So, guess what? You'll simply attract more – you always attract more of what you're focusing on. You'll get more in debt if you're looking for more money because of the debts.

As discussed above, our limiting beliefs are really behind many of our resolutions. All that does is bring more of those limitations into our life.

## **Other Universal Laws That Come Into Play**

- 1) Law of Gratitude – gratitude is the most powerful force in the Universe and the more you're grateful, the more you'll receive back into your life. Of course, you can't be expressing this gratitude "just" so you get things. You really have to be grateful. When you are, the vibration that you exude will spread so far, you'll be amazed. It will impact all around you.

- 2) Law of Allowing – this means eliminating the resistance. Most of what we’re making resolutions about involve resistance – resistance to changing your lifestyle habits you feel are necessary to lose weight; resistance to working an extra job or taking courses so you can make more money, etc. If you decide you want something that really touches your heart, you do NOT wait until 1 January to start working toward it. It has grabbed you deep in the soul so you start working toward it right away, don’t you? Take another look at what you’ve said is going to be your New Years’ resolution and ask yourself why you haven’t already started working on it. The things you desire and can’t wait to go for have little to no resistance. Those things you put off “until a certain day (1 Jan)” are laden with resistance. Be honest with yourself about this.
- 3) Law of Gestation – No matter how much you want something, there is a certain waiting period that must be obeyed. This varies depending on what it is you’re after but just because you don’t get something in the time frame you think you should, don’t give up hope. You are not in charge of this Law. The Universe is. You can’t plant a seed and then the next day expect to see it bloom. You also don’t want to be digging up the soil every few days because you’ don’t see something show above the ground. You just have to have faith that things are working as they should.
- 4) Law of Vibration (also called the Law of Deliberate Creation) – this is the law where you must control your vibrations and keep them focused on having what you desire. This is probably the most important thing you can do. If you vacillate in believing that you do or don’t deserve this or that or don’t want this or that, they you surely won’t get it because the Universe moves into action with your every thought. So, if you want something today and then tomorrow aren’t sure, the Universe starts to deliver on your promise and then it stops because you became indecisive. You need to stay on track!

## **“If Goal Setting & Resolutions Don’t Work, What Should I Do?”**

It’s not that goal setting doesn’t work. I just don’t advocate it for something to start the year off with. It’s a more complex to work with goals and taking the time to properly prepare your goals is worthwhile. But as I believe I’ve said before, if there were something you really wanted, you wouldn’t wait until the first of the year to start working on it.

You can set and plan for goals at any time during a year. But since we’re talking about the beginning of a new year, let’s try a novel approach to changing your life to get closer to where you want in a year’s time. Some things can be easily achieved in 365 days and some things a groundwork and significant progress can be made but perhaps not the entire “package”. That’s ok. Part of the process is recognizing what might be achievable in this period of time and what you should just start working on and making your way up the ladder towards. This may sound contrary to what you hear from strict goal setters....they would be appalled at the concept that you’d start something knowing you wouldn’t actually achieve the end result. However, if you examine what we’re saying here, we’re not doing that. We’re actually using the concept of intermediary points –

you may have an ultimate goal to make a million dollars. But right now you're making \$70,000 a year. To jump from \$70,000 to a million dollars in 365 days would almost certainly be a set up for failure. BUT, scripting your year so that you move closer to that ultimate goal is definitely worthwhile and something that your subconscious brain CAN actually wrap itself around. It's not settling for less. It's taking the proper steps.

What we're going to do here is take an inventory of where you are right now and what's happened in the past year. I've included 12 sets of inventory "sheets" (also called lists) to guide you. However, you may have other items you want to include in your inventory. Once you're done with the lists, feel free to add more discussion of what happened in your life last year.

Part of the lists are aimed toward listing what you want to happen this coming year. Once you start writing down what you want to have happen and what you want to improve in the next 365 days, you'll be well on your way to scripting your year.

Once you have the lists completed, you will then create your own "TV show" for this next season. This scripting will be based on the outline you've made with your lists. Think of how a TV Show evolves. This is how you'll be scripting your life. You should even name your TV show – using a name that reflects your ultimate outcome. You can develop individual episodes which will help the Universe bring it into alignment or you can simply spend a long time on the season's finale – where you want to be next year at this time. Personally I like that concept because it keeps me away from "outlining" or telling the Universe how you want things to happen. When you "outline", you are restricting the Universe from performing its magic. For example, you could say you will earn enough money to purchase a new Toyota Tacoma truck. That, then means that you have to get a job (or an additional one) where your salary will cover your current expenses PLUS what it will take to purchase the truck. If you don't "outline" but declare that you'll have the truck, you allow the Universe to bring it to you in whatever way it can – often in a faster way than you can do on your own. Perhaps you might receive it as a gift.

Actually take out a piece of paper and write out what you want to look like, what you want to feel like, where you want to be living (and with whom), where you want to be in your career, what accomplishments you want to be proud of next year at this time. Be specific here (this is not outlining). If you want to be sunning yourself on a Bermuda holiday, search for a great hotel, list the name, describe yourself lying on the beach and who you're with. Write down what you're thinking of while basking in the sun. Write down what you have to return to when your vacation is over. Is it a new home, a new job, an upgraded home, retirement, what?

## **After You've Scripted Your Own Personal TV Show**

Once you're done with the script, read it at least once a week.

Periodically do repeat inventories about where you are compared to where you said you wanted to be. Then edit your script as needed. "Huh?" I can hear you now. What I mean is perhaps

something occurred that you didn't plan on. Maybe it's not what you would normally consider a "good" or "positive" thing. Your primary job at that point is to use one simple affirmation repeatedly:

## **"I DECLARE IT GOOD!"**

As you repeat this phrase, you'll realize that you might (emphasis on the word, might) need to revise your script. However, as you think about it, you might also see that things can still turn out ok for you to be where you want to be at the end of the year. The Universe has an amazing way of producing what you've asked for despite the appearance of things. What's important is to stay focused on your desires and keep your vibrations in a positive phase no matter how things appear. It may just be an alternate path to your destination. Or, you may be being led down a road that will lead to something better. You must keep thinking that everything is always working out for you.

If something occurs that you can't figure out or that you think might not be leading you toward your destination, try to examine your limiting beliefs. That's the most common reason that we get derailed. But even derailed trains get their tracks repaired and new cars soon begin to travel down them. You can do the same as long as you repair whatever defect might have been in the tracks to cause the derailment. In our case, that defect is our limiting beliefs.

See if there is a "but" after any statement you make, then that's where to look for the belief. If you say "by this time next year I am in a phenomenal loving relationship" and then inside your mind you hear a "but I'm too old", then you know where to work on your beliefs. If you follow that first sentence with "but I'm not going to be able to find anyone who will put up with me" then, once again you know where to go to work.

A belief is just a thought you keep thinking, so try to trace it back to its origin (your parents, your teachers, your siblings, your clergy, the media, etc). Ask yourself if you want to continue to believe it. If you say "no", then ask yourself what proof there is that this is an accurate statement. For example "I'm too old" – you can see that there are match sites for older people and the news is full of stories about people finding their partners at an older age. So there really is NO proof to support the statement that you're too old to find a loving relationship.

Use the next several pages to complete your inventory lists and then write your script.

## Your Inventory Lists

Instead of making New Year's Resolutions this year, why not try making an inventory of your past year and script out what you want the next to bring you.

One way to do this is to make a series of lists. These lists will serve as your year long inventory and then lead to listing the things you want for the coming year – the basis for your script.

Think of next year as your TV show – you have to have an outline and even a storyboard. What we're going to do with these lists is create the outline and then the story board and script can be done either on paper or in your mind. But you must do the scripting so that the Universe knows what it is you really want.

Goals are tough and involve a great deal of preparation to achieve them. Resolutions? Well, they just don't work. I look at it this way – if you were to really want something that you're resolving to start going for on 1 January, you would already have started working toward it.

So, let's get started on your lists!



Everywhere you look there's lists - 7 ways to lose 20 pounds overnight, 10 ways to make your family comfortable during the winter, 3 steps to having the shortest wait in line....etc etc.

So here we have the 12 lists of Christmas. It doesn't matter that they are being done after Christmas. They can be done at any time you want to alter your course – you can even have a mid-year review – think of it as Christmas in July (or whatever month you want). Taking an inventory in this way is very helpful for you to start the new year off right.

These list ideas will only take you a few minutes to do but they will help you develop a great inventory and plan for what you want next year.

# 7 Gifts You've Received This Year

This first list is appropriate since Christmas is traditionally the day of giving gifts. But before you start receiving the gifts from friends and loved ones, take out a piece of paper and write down 7 gifts you've received this year.

Remember that a gift does NOT have to be a material one. It may be the gift of love, the gift of friendship, the gift of health, the gift of spiritual awakening, and on and on.

Put down the 7 most important gifts you were given the past year. After you've listed them, take several minutes to express gratitude for these wonderful gifts. Say it out loud if you are in a place where you can. If not, say your "Gratitudes" silently.

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# 7 Gifts You've Given in the Past Year



On This list you should record 7 Gifts you have given to others over the past year. Remember that these gifts also need not be material things. They can be of the same categories as we talked about but this time it's gifts you've given.

Express your gratitude for the people and circumstances in your life and all you have in your mind, your soul, your possession and in your heart!

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## 7 Things You've Learned This Year



Noe, take a few minutes to write down 7 things you've learned this year. They can be good things or even not so good things (knowing, though, that everything we learn can and should be turned into good).

I'm sure you learned many things this year but you should be focusing on major things you learned that have helped shape and reshape your life and how you approach it.

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## 7 Things You're Grateful For This Year



Take a moment and jot down 7 things you're grateful for this year. But do it right and really reach back to think about what happened last January, February, March etc...you get the picture. We tend to only remember what happened today or yesterday and maybe last week. I use a calendar not only for my schedule but to record what goes on each day. Some people use a diary but I find it difficult to remember to open up a calendar for the

scheduling and then later to open up the diary. Since 2006 I've used a software program (Anytime Organizer Deluxe) that has everything I need in it - a calendar, a section for notes, addresses and much, much more.

The point is to make sure you review the entire year and assess the ultimate outcome from something that happened. It is distinctly possible that something that appeared to be a negative happening at the time might have led to something very positive. For instance, someone might have lost their job but as a result either gotten a better job or met the love of their life at a new job. Gratitude is the most powerful force in the Universe! Take some time to write down these things today.

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## 7 Things You've Accomplished This Year



In this list you can brag...so to speak. I want you to dig deep, review the year and write down the 7 most significant things you've accomplished this year. It could be a goal you set for yourself; it could be something spontaneous that occurred out of the blue but you consider it an accomplishment; it could be something tangible or intangible; it could be personal growth; it could be health; it could be relationship oriented; it could be doing something you've never done before; it could even be taking something that you weren't really happy about and turning it into something positive.

Take some time on this. It's easy to quickly jot down 7 things but I want these lists to be

meaningful and reflect your entire being.

Enjoy the journey. What you learn from this list will continue to shape your script for the coming year.

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## 7 Major Events In Your Life This Year



Now you'll expand a bit on the deep thinking you did for the last list. Here you will list 7 Major Events that happened in your life this year. They could be tied to the 7 things you've accomplished or they may be separate. They don't have to be "good" things, just major. But if you have an event that is not a "good" one, declare it good as you write it down. If you haven't already seen the good come from that event, you will when you see it as good and tell the Universe that you realize it's good. That's why "I declare it good" is such a great,

impactful statement to yell to the Universe! Say it with feeling and mean it. That will definitely raise your vibration and things will turn around. Remember that this is another step in your inventory process. Just a few more items and you'll be on to new beginnings!

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## 7 People Who Have Touched Your Life This Year



The idea for this list came as a result of the massive house decluttering I've been doing this holiday season. As I was going through pile after pile, photograph after photograph, card after card, I realized that my life really can be

measured by the people whose lives I have touched and influenced (hopefully in a positive way).

Remember how we talk about thoughts are energy. Well, what people think about us is what's going to be our legacy - not all the "stuff" we have. No one really cares if you have a Mercedes or a bicycle. They care, perhaps, what you do with the vehicle. Does it take you to volunteer somewhere? Does it give someone else a ride keeping them from having to be out in the cold or the heat? How we affect other people is what's really important in life. Do we make them smile? Do we make them cry or shy away? Do we help them grow and sometimes even make them grow despite all their efforts?

This list will be all about the 7 people who have touched your life this year. But don't just write down their names. Write down HOW they have touched your life. You may not even know their names but you know "who" they are and what they did for you.

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## 7 Priorities For The Coming Year



We will now start to look at the coming year and where you want to go and what you want to focus on. You might be wondering why I would put priorities before specific items or attitudes. Your priorities are like the categories or chapters of your new book or episodes of your own personalized TV show. Once you have figured out what you want to be of greatest importance in your life this coming year, you can then look at details or specifics.

With that in mind, today you should pick out the top 7 priorities in your life for the coming year. Perhaps your health is a priority. What about relationships in general? Specific relationships? Getting organized? Getting a pet (even though this is specific it certainly could be a priority - but what would make it more valuable to you is to write down WHY you want a pet. Is it for companionship, to help a charity with a rescue, to make your kids happy and also teach them responsibility? Do you want to write a book? Do you have sports activities you want to be a priority? Maybe getting more rest is a priority or perhaps spending more time with your family. And so on. One of the reasons I am having you write out 7 priorities is that what's important in life is balance and if you just think about your life one priority after another you won't really achieve balance.

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## 7 Desires You Have For The Coming Year



Jot down 7 things you really want this year. Remember that the year is a lot of days. We always seem to want what we want and want it NOW. The Law of Gestation applies and the Universe is in charge, not you. You can guide the Universe by continuously monitoring your thoughts and keeping them aligned so that the Law of Attraction can bring you the results you want. Remember to be realistic too. Don't be jotting down "I want to make a million dollars this year" if your income is less than \$100,000

now. Your subconscious mind can't wrap itself around something that far out - especially in one year. This is not to say that you shouldn't be aiming to make a million dollars. You just need to be realistic about it and list either a smaller desire and put it down as a stepping stone "toward my million" for example. Or you could put down something like "I'm well on my way toward creating my million dollar lifestyle and income". Something that allows for progress but doesn't put specific limits on you in the next 365 days - that's a sure set up for failure.

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## 7 Attitudes You Want To Change In The Coming Year



In this list you should write down 7 attitudes you want to improve/change this year. Attitude really is everything! So, what better way to enter a new beginning than to define the attitudes you want to change?

This could be paying more attention to gratitude. Perhaps you can use the [Gratitude Journal Software](#) we created. Or, you might enjoy writing your “gratitudes” with paper and pen. Maybe you want to do it more often. Figure

out different ways to implement this attitude change.

Maybe you want to be less judgmental. Maybe you want to be more loving to strangers (or even to those you know). Maybe you want to be more patient - with specific people or with everything in general. Perhaps, you want to start thinking about "bad" things differently, embracing the good that comes from them? Maybe you want to stop worrying so much and believing more in the Law of Attraction. Once you do that, you'll learn why worrying simply brings you more things to worry about.

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## 7 Ways In Which You Want To Improve Your Life This Year



How do you want your life to change this year?  
Are you satisfied with where you are today?  
With all you've achieved? Or, do you want more  
- or perhaps, more in some areas that you've  
been neglecting to pursue others? Or maybe you  
want to be able to balance your life a bit more  
and put more attention on some and less than  
others.

Your job here is to jot down 7 ways in which you want to improve your life this year. Maybe you've written some of these before but this time it will probably be in category form. It might be specifics if you haven't listed them before but we want to start trying to program our GPS so that we at least know our destination for this time next year. You know where you are right now as a result of the inventory you did last week (that's the starting point for your GPS) and now you're getting your destination points in your GPS so the Universe can calculate how to get you there.

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You can get extra "credit" if you list 7 relationships that you wish you had improved last year.

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More "extra credit" goes for listing 7 relationships that DID improve last year:

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# Write Your TV Script

Although you can write scripts for every month if you want, that might be tedious and harder to figure out where you want to be each month. But, if you have a significant event in, let's say, July, you can write out your script for that month when you've completed that event. Or you can wait until the last episode and make that episode a "Walk Down Memory Lane" show. However it works best for you is what you should do. Some people like to write a lot. Others don't. So, here's an outline for what you should include in your last episode.

## Season Finale - My Walk Down Memory Lane

**I am (location)** \_\_\_\_\_

**I am with** \_\_\_\_\_

**My career is** \_\_\_\_\_

**And has improved to the point of** \_\_\_\_\_

**My health is** \_\_\_\_\_

**Every day (week, month, year, etc) I enjoy** \_\_\_\_\_  
\_\_\_\_\_

**My family and friends** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**My finances are** \_\_\_\_\_

**My mood is** \_\_\_\_\_

**I have accomplished and am so proud of** \_\_\_\_\_













## ***About The Author: Terrie Wurzbacher, D.O.***



Dr. Terrie Wurzbacher

Dr. Terrie Wurzbacher is the owner of Getting Unstuck, LLC and author of “Your Doctor Said What? Exposing The Communication Gap”. She has practiced metaphysics and the Law of Attraction long before “The Secret” brought these Universal Laws to the attention of the world. She has presented multiple teleseminars on practical metaphysics from 2006-2011 with Dr. Anne Kunath and since Dr. Kunath’s retirement she has continued to guide and coach people in the application of the Universal Laws to ensure that they achieve their dreams and desires.

She is a certified Dynamic Eating Psychology Coach (certified by the Institute of Psychology of Eating). She has realized that this really is her passion in life. To help others learn what’s really behind their weight issues – it’s not just about how much they eat or how much they exercise. There are a myriad of reasons for people’s struggles with weight. Some are easily solved and others take time. It’s so important for folks to remember that they didn’t gain the weight overnight and shouldn’t expect it to come off overnight either. Your weight is bringing you a message and it behooves you to explore that message. In her coaching practice she will walk with you and guide you along in your journey to overcome this struggle.

Dr. Wurzbacher graduated from Des Moines College of Osteopathic Medicine & Surgery and served in the military systems for nearly 40 years. Her book, “Your Doctor Said What? Exposing The Communication Gap”, exemplifies the fact that she is very forward and will not let you get away with anything. If you want a transformation, you’ll achieve that with her as your coach!