



Getting Unstuck
Live Your Life Without Limits



Dr. Terrie Wurzbacher

Your 12 Lists of Christmas

Presented by

Dr. Terrie Wurzbacher

Introduction

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!

Your Inventory 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.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____

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!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

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.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

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.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

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.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

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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6. _____
7. _____

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.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

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.

1. _____
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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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2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

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.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

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.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

7 Relationships You Want To Improve This Year



I love this one! We have so many relationships in our lives that we usually don't take enough time to cherish them or evaluate them. There are many relationships with people that fill our daily lives. But, there are also relationships with everything around you - food, your home, the weather, your city/town, your environment, money, religion etc.

So, your mission here is to make a list of 7 of your relationships that you want to improve this

year!

1. _____

Why you want to improve it:

2. _____

Why you want to improve it:

3. _____

Why you want to improve it:

4. _____

Why you want to improve it:

5. _____

Why you want to improve it:

6. _____

Why you want to improve it:

7. _____

Why you want to improve it:

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

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____

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

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____

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 retired from the Navy after 30 years of service and then worked in the Army Disability System since 2004. As a salaried employee since entering the Government Service system (GS) and after the death of one of her colleagues, she quickly became mired in the tremendous burden that continued to escalate as the war in Iraq and Afghanistan continued and then wound down. In 2011 she realized that spending all her time at work was preventing her from enjoying life – or from even finding out what life really was. So she set about to change that. With a team at her side and well defined goals, she has conquered the majority of the demons causing her to arrive at the office long before others and leave long afterwards (as well as spending most of her weekends there as well).

It is her passion to help others drag themselves from the quicksand so that they, too, can get a life and then actually experience life to its fullest.

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!