

The
STUCK STORY
SOLUTION



Discover the Stuck Story
THAT'S HOLDING YOU BACK

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Writing My Story



I woke up the morning of my 8th birthday as excited as... well, a girl on her 8th birthday!

I couldn't wait to see if I had a present waiting! Would my mom bake a cake? Would we go for a drive down the old dirt road by my house and play in the creek to celebrate?

The house smelled stale and of old cigarette smoke. The threadbare carpet under my feet as I walked into the living room felt rough.

I was well aware of the fact that my family was poor.

“Dirt poor,” as I was often reminded.

We lived in a tiny 3-room house, 4 if you count the kitchen that we had to go outside to enter. We weren't fortunate enough to have indoor plumbing or an indoor bathroom, and the fridge was usually bare.

As I walked into the living room, there was no birthday present or cake in sight. Just my mom, enjoying her coffee and morning cigarette.

That's ok, I thought. I'm sure they just want to surprise me later.

I went through my day – reading, fighting with my little sister, spending time playing in the woods beside my house, enjoying the hot August sun on my face. I could hardly stand the suspense!

As evening rolled around and the sun set, I started to get concerned. Where was my cake? I understood if there was no present. Honestly, I understood if there was no cake. But it was my birthday. Surely someone would say something.

As it was getting close to bedtime, I couldn't wait any longer. “Do I have a present?” I blurted out to my mom.

“What do you mean?” she said, clearly confused. “Why would you get a present?”

Surprised and with a hurt heart, I replied, “Well, it's my birthday.”

I'll never forget what happened next. My mom looked me dead in the eye, no emotion at all on her face, and said, “So?”

And that's the moment my story was written.

IT SIMPLY READ, “I'M NOT SPECIAL AND I DON'T DESERVE ANYTHING.”

*“I’m not special and I
don’t deserve anything.”*

A Visionary Victim

That day I became what I refer to as a “Visionary Victim”.

I had lots of great ideas about how to live a better life, change the world, and help others along the way (Visionary), but who was I to think I could make a difference? I wasn’t special and I didn’t deserve good things in life (Victim).

It took me years to rewrite my Stuck Story. And if we’re being honest here (this is a safe space, right?), I still have to go back and rewrite it from time to time.

We all have these stories.

And they keep us stuck.

And we can all rewrite them.

I’ll show you how using the Stuck Story Solution.

The Stuck Story Self-Coaching

What if you could rewrite history?

Your history is a powerful influence in your life. It determines how you think and the actions you take (or don't take).

Your history is simply a collection of stories bound together in our minds. And if you rewrite those stories, you rewrite history.

The Stuck Story Self-Coaching Method is a powerful tool that shows you how.

It can be used by anyone, anywhere to break poor habits, transform old beliefs, and finally get unstuck so they can create a life and business so good they're only jealous of themselves.

Let's explore how it works.

Introducing...

THE STUCK STORY SOLUTION

If you are human, then you tell yourself stories, both positive and negative. You've done this your entire life.

These stories make up your history.

You tell these stories consciously, but mostly unconsciously.

Stories can span a moment or a lifetime.

We're conditioned to use stories to understand ourselves and the world around us from a young age.

Stories provide knowledge and direction for moving through life and offer an explanation for our experiences.

When things happen in our lives, the first thing we do is tell a story about it. Stories give meaning and explanation to the events that happen.

For example, instead of simply saying, "I didn't get that promotion at work," we will often say, "I'm not worthy of being promoted." This, then becomes your story. Your belief.

We are all constantly telling stories, even if you don't realize it. Some are helpful stories. Some, not so much.



We tell stories about our jobs, our relationships, our bodies, our health, our children, our friends, our home, our success (or lack thereof), our faith, our freedom, our colleagues, and more.

The important thing to know is your stories create your reality. (record scratch) I get it, that's major.

Even more interesting is the fact that whether the story is true or not doesn't matter. (I know!)

Scientists have long understood that your mind doesn't know the difference between something that happens right in front of you and a story you're imagining. To your mind, those things are perfectly equal.

That's why your stories create your reality. (lightbulb moment)

And if your stories create your reality and you're not completely thrilled with every part of your life, then you have to learn to tell better stories.

More importantly, you must learn to rewrite the stories you've been telling yourself since you were a child because those are the ones that are creating your current reality.

In other words, you have to rewrite history.

Rewriting your history (aka your collection of stories) can give you a life where your wildest dreams come true and a world of possibility unfolds in front of you.

There is no doubt in my mind about this.

I believe it because I rewrote my way out of poverty, abuse, and a wildly traumatic existence to become a successful founder, loving mother, and devoted wife while advocating for mental health and supporting others on their journey to living the life they were destined for. I've helped thousands of others do the same.

Your story is your ticket out of the self-imposed prison you find yourself stuck in.

And as Rumi said, "Why do you stay in prison when the door is wide open?"

Ready to walk through that door? Your future is waiting.

Your history is simply a collection of stories bound together in your mind. And if you rewrite those stories, you rewrite history.

- cynthia garcia

The Stuck Story Self-Coaching Method

The Stuck Story Self-Coaching Method uses the acronym, STORY, to make it easy to remember.

To begin, what is your Stuck Story?

DESCRIPTOR

IDENTITY

You may have other Stuck Stories, but this one is the most prominent in your life right now. Pay attention to it and how it's holding you back.

Using the Stuck Story Self-Coaching Method, you will discover where that story came from and how it's creating your current reality so you can rewrite history and live a new life. And yes, it's as exciting as it

DON'T KNOW YOUR STUCK STORY? //

Visit www.cynthiagarcia.com/assessment to discover your Stuck Story and how it's holding you back!

ACKNOWLEDGE YOUR STUCK STORY //

Stuck Story

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S // Stuck

The first step is to get clear on what your Stuck Story is holding you back from. In other words, what do you really want in your life?

You know, the thing you would love to have but feel “stuck” when it comes to getting it.

Be specific here. If you want a partner, what kind of partner? If you want to make more money, how much more money and by when? The more specific you are, the more actionable you can be.

It's time to be courageous and honest. Don't hold back. And remember to focus on what you want, not on what others want for you or what you think you should want.

You could choose a better marriage, a promotion, a better relationship with your friends or family, weight loss, better health, a more successful business, etc. There are no limits. It's your life. You get to choose.

For example, let's say your one specific thing is that you want to make more money. Specifically, you want to make an extra \$20,000 in six months with your current career.



UNCOVER YOUR BELIEF //

The Belief

T

T // The Belief

The next step to getting unstuck is to uncover what belief is holding you back and keeping you stuck from having what you say you wanted?

Let's dive deeper.

Beliefs are the guiding principles in your life that provide direction and meaning. They are the preset, organized filters to our perceptions of the world. As such, beliefs create our reality.

Beliefs are different from thoughts. Thoughts alone don't impact us in a significant, lifelong way. I know, I know... you've heard, "your thoughts create your reality". While this is something people often post on Instagram, it's not true.

However... when deep emotions are attached to thoughts, they become beliefs. And your beliefs are everything. Thoughts don't create your reality. Beliefs do.

Some beliefs are powerful and move us forward in the direction of our dreams. And some hold us back. This type of belief is called a limiting belief. Not exactly rocket science, right?

Limiting beliefs are exactly what they sound like: beliefs that limit what you believe is possible for

yourself. They keep you from taking action to live the life you want to live.

Most limiting beliefs are formed in childhood, mostly during traumatic events. And remember, many things can be traumatic to a child and there are varying degrees of trauma. When these events take place, they create beliefs that are forever written in your mind. I refer to these beliefs as Original Beliefs.



Now let's pause for just a minute...

Limiting beliefs are not exactly ground-breaking. The thing is, most of us know they have self-limiting beliefs. We've read enough personal development books and even did the work around our mindset. But the "work" didn't work.

The problem with outdated life coaching and personal development is that it helps you become aware of limiting beliefs but doesn't give you a science-based way to change them for good. So you continue to suffer and struggle thinking it's somehow your fault.

In fact, most of what we call life coaching or personal development is just a distraction for deeply rooted pain and feelings of unworthiness.

Any solution that doesn't address your underlying feelings of unworthiness, shame, past trauma and the stories you've created to live with it is just a distraction.

To live the life you've imagined, you have to stop making excuses, and feeling sorry for yourself, and instead accept yourself exactly as you are. Only then can you become the highest, truest version of yourself without the need to apologize for your greatness.

That's where The Stuck Story Solution comes in. It makes it simple to discover the stories that keep you stuck and gives you a way to rewrite them that hasn't failed yet.

After all, if you want to grow your business, you have to grow the person running it.

Ok... back to beliefs...

Original Beliefs operate in our unconscious and run the entirety of our lives. They are the root of our identity and the source of all our judgments.

You might also have adopted beliefs from your family members or others close to you. They may have had certain expectations of you, or maybe you adopted their belief systems from simply observing their behaviors and responses to things in their lives. These beliefs can range from money to career to relationships to life in general.

For example, if you grew up poor, you may have formed the limiting belief, “Money is for other people but not me.”

Or if you had a friend that betrayed you, you might form the limiting belief that you can't get too close to people because they will cause you pain. In other words, you believe people can't be trusted. You get the idea.

The problem is limiting beliefs are like a skip on a record. They just keep playing over and over and over and over in your life. Same tune, different day. But we can change those beliefs.

To discover your limiting belief, you can simply use the Fill in the Blank Technique.

In the first step of the Stuck Story Solution, we used the example, “I want to make more money”. To use the Fill in the Blank Technique, you would simply say, “I can't make more money,” then add “because _____ .”

Get the idea?

Remember, we're not looking for facts here. We're looking for beliefs.

“I can't make money because I don't have a college degree” is a **FACT**.

“I can't make money because I'm just not good enough at what I do” is a **BELIEF**.

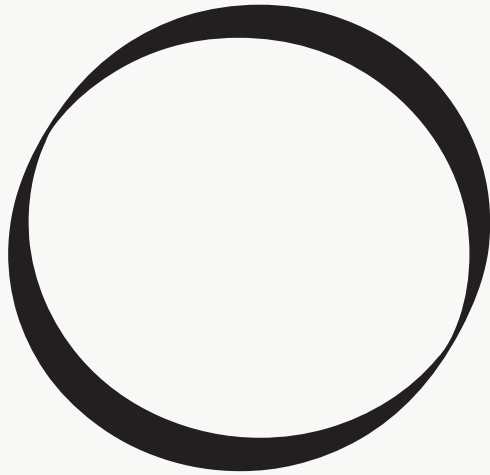
Be open, leave facts where you found them, and dive deeper to discover the real reason you think you can't have what you want – your belief.

So, let's say you fill in the blank with “I can't make more money because I'm not good enough at what I do.”

This is an example of an Original Belief.

EXAMINE YOUR MEMORIES OF THIS BELIEF //

Original Event



O // Original Event

Now that you've uncovered your belief as to why you can't have what you want, it's time to time travel to the place and space where that belief was created.

As I shared earlier, beliefs are often formed when we're young children, usually before the age of 8 and often with our parents.

When you experience impactful events as a child, you will typically feel a strong emotion and look for ways to explain them. You form beliefs – everything from “I'm not good enough” to “I can't do anything right” to “I'm not worthy” and more.

These beliefs follow you your whole life unless you find a way to deconstruct them and let them go. In fact, we form beliefs and then spend our lifetimes looking for evidence to back them up, to prove that they're true.

The good news is, beliefs follow a simple equation:

EVENT + EMOTIONS + EXPLANATION = BELIEF

And luckily, equations can be dismantled.

This means if you can provide a new Explanation that removes strong Emotion from the Event that took place, then the Original Belief no longer exists.

This is really exciting, because if you can change your beliefs, you can change everything! (cue the confetti)



THE STUCK STORY SOLUTION

So, now that you are aware of your Original Belief, when is the very first time you can remember feeling this way? What Event sparked this belief?

This is called the “Original Event.”

If you can't remember back to when you were young, start with the earliest memory you have of this belief and keep navigating backward, remembering earlier and earlier Events. Once you've arrived at the Original Event, let's use another powerful tool in storytelling – flashbacks.

Flashbacks are often used to recount events that happened earlier or to fill in crucial back story about a character. We're going to flashback to that Original Event. You can close your eyes if you wish and see it all again in detail – sights, smells, sounds, tastes, and touch. See the scene exactly as it took place as much as you can remember. Give yourself time to just be in this space.

Now, let's dive deeper. What Emotions did you feel during this Event? This is critical since research shows beliefs are simply thoughts until we put emotions to them. Then these beliefs become emotionally coded in the body and mind. As you recall these Emotions, know that you are safe. What happened then isn't happening now.

Finally, what Explanation did you give for what was taking place? In other words, what story did you tell?

We give meaning to events in order to make them real. In other words, we tell ourselves stories.

For example, the Original **EVENT** (the earliest event you can remember where you had the Original Belief you wrote down earlier) may have been that you brought home poor grades on your report card. Your parents sat you down and said they demand better. You must bring your grades up or else.

The **EMOTIONS** you felt might have included hurt or embarrassed.

The **EXPLANATION** you gave this event was “I'm just not good enough.” Sound familiar?

If we put this into the Belief Equation, we get...

PARENTS ADDRESSED REPORT CARD + SADNESS + I'M NOT GOOD ENOUGH = BELIEF

Event +
Emotions +
Explanation =

Belief

REWRITE THE STORY THAT'S HOLDING YOU BACK //

Rewrite the Story

R

R // Rewrite the Story



The interesting thing about breaking down beliefs is that you start to realize that you were the one who created these stories.

You are the only person that decided it was true based on your own filter of what happened.

And now you get to rewrite that story.

So... what new Explanation can you give the Original Event instead?

You see, once you create a new Explanation for the Event, the Emotions associated with that new Explanation will also change.

In the example we've been using, the Explanation that was given for the Event above was, "I'm not good enough."

But another possible Explanation for that Event is that your parents wanted a better life for you than the one they had. They loved you deeply and didn't want you to struggle like they had.

With that new Explanation, what Emotions do you feel? Probably something close to love and gratitude.

So now that you have a new Explanation and you experience new Emotions, the Event simply becomes your parents having a conversation with you and the Belief is now gone!

Breathe deep and let it go.

THE STUCK STORY SOLUTION

Let's go one step further in establishing a new Belief.

You've spent a long time looking for evidence to support your old Belief, now let's look for evidence to the contrary.

In other words, if your old Belief wasn't true, then the opposite must be. If the light isn't on, it's off. If the car isn't moving, it's stopped.

So look for evidence in your life (past or present) to support your current Belief. This will help your brain anchor this into your mind so that it makes it easier to release this old Belief for good.

Now... let's talk about something crucial here....

It's important to note that not every new Explanation is as positive as that last example.

In other words...

every story doesn't have a happy ending.

Let me explain.

Your Original Belief might stem from an Original Event that was painful or even traumatic, and you just can't seem to find an explanation that's positive. That's ok. The Explanation doesn't have to be positive. It just has to serve your need to rewrite the story.

This is your opportunity to break away and let go of the thing that's holding you back. If there's no positive spin to put on the Explanation, then call it like it is.

In the example above, your parents could have been hard on you for no reason at all. Maybe nothing you ever did was good enough and they constantly belittled you.

A possible Explanation is maybe they were doing the best they could with what they knew. Maybe they had been hurt or mistreated and they didn't fully know how to love you or give you the support you needed. Or maybe you just had shitty parents.

All of those Explanations are completely ok. The point here is to provide a new Explanation that allows you to dismantle your Original Belief. That's your only goal.

The thing is, you have nothing to do with anyone's choices except your own. People make their own decisions regardless of their history or their experiences. And ultimately, we are all responsible for our choices.

You can choose too.

I've been doing this exercise for almost two decades. When I had to write a new Explanation for being sexually abused starting at just 5 years old, I simply couldn't do it.

What Explanation could I possibly offer? I was only a child when it happened. I had no idea how to explain an Event like that. What kind of person could do such a thing? What possible Explanation could I offer that didn't just give them an easy way out? I was stuck. (I know, it's a familiar theme.)

Eventually, (after a lot of work) I realized that the Explanation for that Event simply had nothing to do with me. I wasn't even in it. I could have been anyone. I was just in the "right" place at the "right" time. It wasn't about me. It was all about the other person.

So you can choose to see that their decision had nothing to do with you. As the late Maya Angelou said, "Baby, you ain't even in it." And perhaps that's your Explanation.

We're not trying to solve the world's problems here or heal anyone else's pain. We're not trying to absolve others from things they did. We're just trying to understand what happened in our own lives and provide an Explanation that doesn't involve us taking on guilt, pain, or shame.



In fact, you can make something up! Remember, your mind doesn't know the difference in something that's real or something you've imagined. We're simply looking to rewrite your story, so use a story that serves that goal.

So, as I said... every story doesn't have a happy ending. But you get to choose your ending.

Even with the Explanation, "you ain't even in it," you can choose to release the emotions you were holding onto and move forward. So go with that if it serves you. Or choose something else that does.

THE STUCK STORY SOLUTION

Now, there's only one step left in letting go of these beliefs for good, and that's forgiveness.

So why is forgiveness so important? Forgiveness isn't easy or always pleasant, but it is always worth it. Forgiveness is about freedom and clearing space. As long as we harbor resentment, we are the ones who continue to pay.

It doesn't mean acceptance of what happened or what another person did. You can forgive a person without excusing the act. When you choose to embrace love and let go of ill feelings, you allow yourself to finally feel peace. You can truly move on from the event and move towards what you want to create.

We are afraid to forgive people because we are afraid it will somehow invalidate the event that transpired. That it will make what that person or people did ok.

And we want justice. We are hardwired to retaliate. We want them to feel what we feel.

But they can't and it honestly doesn't matter that they can't. By holding onto this resentment, we are only punishing ourselves.

Holding a grudge is like drinking poison and hoping the other person dies.

Forgiveness has nothing to do with absolving a criminal of his crime. It has everything to do with relieving oneself of the burden of being a victim - letting go of the pain and transforming oneself from victim to survivor and beyond.

Now here's the great thing about forgiveness. You don't have to know how. You just have to want to. And there's no "right way" to forgive either. You just have to be ready and willing.

If you get out of your head, open up your heart, and connect to something bigger than you, letting the Universe (or God or Source or whomever) know you're ready, you'll be guided toward exactly what you need to do. Ask, listen, and the answers will be given to you. (Even if you're skeptical, you owe it to yourself to give it a try.)

Once you've provided a new Explanation and dismantled this Belief, it's important to note that you still might be triggered by it.

That's perfectly normal.

However, unlike before where this Belief ran your life, you now have more awareness. So, you can simply become the observer of your own life and note, "Oh, this is me, referring back to that Original Belief again."

From there, you can move through the Stuck Story Self-Coaching Method again quickly, going back to the Original Event, providing a new Explanation, and feeling new Emotions. Then let the trigger and the Belief go. This will get easier and easier over time, and soon the trigger will disappear as well.

Once you identify and let go of the old beliefs no longer serving you, you can also let go of the Identity you've been carrying around as well.

As you let go of your Identity your story created, make sure you also note how it has also served you.

For example, when I was growing up, if a button came off, you learned to sew. That made me resourceful and scrappy. I still use that in my business today.

I didn't have a great mother figure in my life so I figured out how to nurture and meet my own needs. I became a problem solver who can handle anything. That still serves me to this day.

Often, the perceived weaknesses from your past are actually your greatest strengths.

Once you've taken the good from your story, you can let go of the Identity you've been carrying around.

Then all that's left of your Stuck Story is your descriptor.

In this example of the Powerful Procrastinator Stuck Story, when you let go of the Identity of "Procrastinator," all that's left is "Powerful." Instead of being a Procrastinator, you're now simply Powerful.

Now you can select a new Identity – the successful version of yourself you want to become. Let's do that next.



CREATE YOUR NEW IDENTITY //

Your New Identity

Y

Y // Your New Identity

Now that you understand where your Original Belief came from and you've created a new Explanation for the Event that happened and you feel different Emotions, your Original Belief is no longer valid. (deep breath, can we get some fireworks? Glass of sauvignon blanc?)

And now... it's time now to create that future you've been dreaming of by creating a new Identity! (This is where the magic happens!)

According to research by Dr. Daniel Gilbert of Harvard, people are really bad at predicting who they will be in the future. Why? It's simply far easier to remember the past than it is to imagine the future.

Here's what I know for sure... you're going to be a different person in the future than you are in the present. You can either choose who that person is or you can let your past do it for you.

Ready to choose?

Let's get back to the specific thing you said you want in your life. In the example we've been using, you want "more money." Specifically, you want to make an extra \$20,000 in six months with your current career.



Your next step is to create a vision of that life where you have exactly what you want.

Why? Because, when you create a new vision for your life, you immediately begin to see your whole life in light of that new vision. It changes the meaning of your life. It creates possibility.

A vision might be something like, "I'm completely capable of achieving any level of success I choose. I have enough money in the bank and I know more money flows to me easily. I am confident and become increasingly so each day as my income grows. I have put myself out into the world with no apologies and have become wonderfully successful as a result. I finally feel fulfilled."

THE STUCK STORY SOLUTION

Obviously, there are many, many ways to write a vision. This one is an overview – short and sweet. I encourage you to go deep, get detailed, use your senses to create a vision so powerful that it feels alive.

Once you do, share it with others. They will start to hold you accountable, and just sharing it will cause you to believe it more. Your words will become actions and your actions will create your future.

Then take it one step further and feel it. Feel what it would be like to be that person you want to be. Remember, your thoughts paired with Emotion form Beliefs.

Why am I asking you to feel yourself so deeply?

Because, according to research, once you put yourself in that new vision, your brain physically starts to change. You begin creating new neural pathways. These pathways get stronger and stronger, eventually becoming habits that are your new normal.

In other words, your brain will stop looking like the person you are and start looking like the person you are choosing to become. It will look as if your future has already happened.

While your vision is powerful, it's just the beginning. In order to truly create the life and business you dream of, it's critical that you adopt a new Identity.

Your Identity and how you define yourself is critical

to being, having, and doing everything your heart desires.

A well thought out Identity can help you bridge the gap between where you are now and your vision for the future, while still allowing you to enjoy the process.

So, ask yourself, what kind of person (Identity) would live the life you are choosing to live in your vision?

What kind of person would have what you said you wanted at the beginning of this Self-Coaching Method?

How would that person act? What would they say? When would they wake up? Go to bed? What would they eat? Not eat?

To be the kind of person who has what you want to have, you must have the same higher standards as that kind of person.



If you don't adopt a new Identity, chances are solid that even if you get the thing you said you wanted, you won't keep it.

One of the more interesting things I have observed in my work is people getting exactly what they want in life only to not create the Identity required to keep it. What ends up happening? They lose it all.

I've seen this clearly when an overweight person loses a substantial amount of weight. I've seen this on my work with The Doctors TV Show, Dr. Phil, and even Revenge Body with Khloe Kardashian.

They changed their habits, some even let go of their beliefs (many with my help using this same self-coaching method you are using now), but they failed to adopt a new Identity. And that was their downfall.

I've had so many of these people say to me, "When I look in the mirror, I still see a fat person." They still wear clothes they wore before, even though they are hanging off of them, and they still struggle on a daily basis to keep the weight off. They do not identify as a normal weight person. They still own the Identity of an overweight person.

I've had clients on these shows regain the weight and say to me, "I'm just not meant to be skinny. It's just not who I am."

And they are exactly right.

Because in that moment, they have assumed the Identity of someone overweight struggling to be slim. So that's who they become.

Here's the thing about Identity... you can change it in an instant.

It's simply a matter of seeing yourself as the person you want to become and making the decision to act as if you're already that person.

I'm not saying it will be easy or that you will always get it right. It will be challenging and you will mess it up. That's ok.

What would that successful Identity do if they messed up? I'm guessing they would get right back at it at their earliest opportunity. That's what you will do too.

THE STUCK STORY SOLUTION

You have to work to become the person you want to be and to live the life you want to live. Here's the harsh reality – your dream life will not be given to you on a platter. (I know!)

But the good news is that you are more than capable of having this and you can start today.

So, get clear. What exactly does your new Identity look like? What does it stand for? What is it against? What are the positive traits of this new Identity? What does it do when things go wrong? What does it eat? Drink? When does it go to bed? Get up? How does it manage its time? So on and so forth. Get clear. Become this new Identity. Live it every day.

If you need extra inspiration, pick someone who you look up to or who has the traits that you want to embody. Common choices include Oprah and Elon Musk but do what serves you.

You can even use traits of others to create a unique identity for yourself. Kobe Bryant morphed into the Black Mamba when he stepped onto the court. Muhammed Ali was the “king of the world”. And Queen front man, Freddy Mercury, was a rockstar in his own mind before he ever became famous. What Identity will you choose?

I'll close this out by saying that everyone has an identity. And since that identity is a key driver of human behavior, doesn't it make sense to choose an identity that is most likely to get the results that you want in life?

By rewriting your narrative, you can adopt a new identity that can lead you to live more purposefully and intentionally.

When you start making changes to live the life you really want and become the person you really want to be, do you know what happens?

You begin to build trust.

You begin to see past the limits of what you thought was possible for you.

You start to see new horizons of what you are capable of.

You start to appreciate the work as the path that leads you to the person you've so desperately wanted to become for so long now.

You begin to realize that this person does indeed exist inside you and that all you need to do is set them free.

Finally, many of us get caught up on the “how” when it comes to growing our business or living the life of our dreams. However, when you claim your new Identity and act as if, you become a new person. You'll see different paths to get to where you want to go. The “how” will be revealed to you.

No Apologies...

I deeply believe that everything is possible.

I believe you deserve to honor the greatness of who you are
and not apologize for it.

I believe that you can have the life of your dreams no matter
where you've been or what you've been through.

I believe that it won't always be easy (nothing ever is), but
it will always be worth it.

I believe you can rewrite history.

I believe in you.

You're only one story away...



roxo,
Cynthia