



*Life's transitions can become a journey of discovery when paired with the right mindset and a supportive partnership. A generation of lessons that can help you turn your own crossroads into opportunities for the life you've always imagined.*

## **You Are Unstoppable: A Life Coaching Workbook**

By Blake Archuleta

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CROOZ COACHING L.L.C.

*Presents*

*In the face of life's inevitable transitions,  
let's forge an extraordinary journey, transforming uncertainty  
into opportunity through the powerful synergy of curiosity, resilience  
and boundless creativity*

YOU ARE

UNSTOPPABLE



BLAKE ARCHULETA, MBA

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# **CHAPTER 1:**

## **DEFINE YOUR CURRENT REALITY: THE FOUNDATION OF GROWTH**

### **WHERE ARE YOU AT IN YOUR LIFE?**

Embarking on any personal or professional journey starts with understanding where you currently stand. This foundational step sets the stage for all future achievements. Understanding your starting point is crucial. Take a deep dive into where you are in your life and career. Recognize your strengths and the areas that need improvement.

### **WHAT ARE THE STEPS I NEED TO TAKE?**

Use the foundation section of this workbook to assess, analyze, and document your current reality. Focusing on your baseline will make the journey much easier. Keep the assessment where you can reflect on it throughout your journey. Create a backup and store it on an external hard drive. Your future self will thank you!

Embarking on any personal or professional journey starts with understanding where you currently stand. This foundational step sets the stage for all future achievements.

**What Are Inch Stones?** Inch stones are small, specific actions that move you closer to achieving a larger goal.

They simplify the decision-making process, helping to break down complex tasks into manageable steps.

Here's how you can break it down into manageable inchstones:

- 1) **Self-Assessment:** Begin by evaluating your strengths, weaknesses, opportunities, and threats (SWOT analysis) in your current role or situation. This honest appraisal will uncover areas that need development and highlight what you're already excelling at.
- 2) **Gather Feedback:** Seek input from trusted colleagues, mentors, or friends. Their perspectives can provide valuable insights you might have overlooked and help validate your self-assessment.
- 3) **Analyze Patterns:** Look for recurring themes or patterns in both your professional and personal life. Are there particular challenges you face repeatedly? Understanding these can give you clues about underlying issues or areas for improvement.
- 4) **Document Your Journey:** Keep a journal or notes of your findings. Writing down your observations helps solidify your understanding and serves as a reference point to monitor your progress over time.



- 5) Reflect on Achievements:** Acknowledge the milestones you've already reached. Reflecting on past successes can build confidence and motivate you to move forward.

### **CAN YOU GIVE ME A FAMOUS EXAMPLE?**

A famous example of defining your current reality can be seen in cases like Oprah Winfrey's early career. Oprah took a crucial step in defining her current reality before becoming the media mogul she is today. It helped pave the way for her future success. Here's how she did it:

**Early Career Assessment:** Oprah began her career in media at a time when there were few opportunities for African-American women. She started as a news anchor but faced challenges in that role. Recognizing her current reality, she took stock of her strengths and weaknesses in the media industry.

**Strengths and Passion Identification:** Oprah realized that her passion and strength lay in connecting with people on a more personal, conversational level rather than simply delivering the news. This realization was pivotal in her career trajectory.

**Strategic Transition:** By understanding her current reality and aligning it with her strengths and passions, Oprah transitioned from news into daytime television

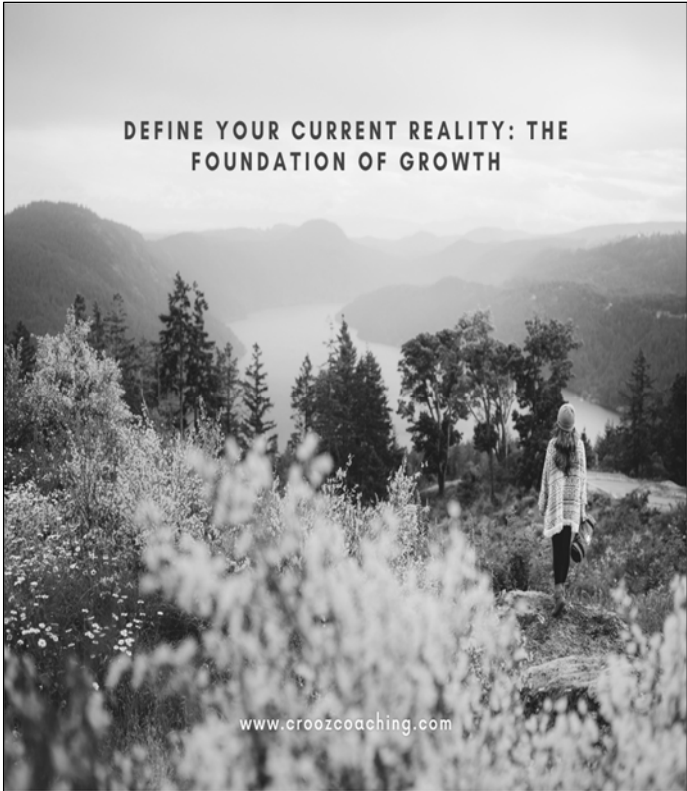
with "The Oprah Winfrey Show." This shift allowed her to create a platform that played to her strengths, offering empathy and connection, which resonated with millions.

This example underscores the importance of accurately assessing where you are, recognizing your strengths and areas for development, and using that understanding to inform strategic decisions for future growth. It demonstrates how getting real about your current situation can lead to transformative opportunities.

Remember, you don't have to have all the answers immediately. The key is to start with a clear, honest overview of your present circumstances. This clarity will empower you to set a compelling vision and take actionable steps towards a brighter future. Join us at [www.croozcoaching.com](http://www.croozcoaching.com)

<b>PERSONAL SWOT</b>	
<b>Strengths</b>	<b>Your Answers</b>
What skills or talents do you naturally excel at, and how can they be leveraged further in your current situation?	
Can you recall a recent success and identify what personal qualities contributed to it?	
What unique attributes or resources do you have that others might admire or find beneficial?	
<b>Weaknesses</b>	<b>Your Answers</b>
What areas do you find most challenging, and how do they affect your goals right now?	
Are there any habits or behaviors you feel hold you back, and how might you begin to address them?	
In which situations do you typically feel less confident, and what factors contribute to this feeling?	

<b>Opportunities</b>	<b>Your Answers</b>
What current trends or changes in your environment could you take advantage of?	
Are there emerging resources or connections that could help you advance toward your aspirations?	
Can you identify one area in your life where you can make improvements that could lead to significant positive outcomes?	
<b>Threats</b>	<b>Your Answers</b>
What potential obstacles might impede your progress, and how can you prepare to overcome them?	
Are there external pressures or challenges that could impact your journey, and how might you address them proactively?	
How do you foresee possible changes in your personal or professional environment affecting your plans?	



**SWOT ANALYSIS**  
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<b>STRENGTHS</b> <b>S</b>	<b>WEAKNESS</b> <b>W</b>	<b>OPPORTUNITY</b> <b>O</b>	<b>THREATS</b> <b>T</b>
● What are your personal strengths? _____ _____ _____ _____ _____	● What are your personal weaknesses? _____ _____ _____ _____ _____	● What are your best life opportunities? _____ _____ _____ _____ _____	● What are the threats to your best life? _____ _____ _____ _____ _____

## **CHAPTER 5: DEVELOP AN ACTION PLAN**

Break down your vision into actionable steps. Prioritize tasks that align with your values and goals, and commit to consistent daily actions. An effective action plan is your roadmap to achieving your goals, transforming lofty visions into achievable milestones.

### **TURN VISION INTO REALITY WITH INCH STONES**

**Understanding Inch Stones:** Inch stones are small, concrete actions that help achieve larger objectives. They simplify complex tasks into achievable steps, ensuring progress and preventing overwhelm. A well-structured action plan bridges the gap between ideas and execution, facilitating steady progress towards your vision.

- 1) **Clarify Specific Goals:** Start by clearly defining what you want to achieve. Break down your overarching vision into specific, measurable, attainable, relevant, and time-bound (SMART) goals.
- 2) **Conduct a Resource Assessment:** Identify the resources—time, finances, skills, and support—you currently have and what you will need to

reach your goals. This helps in planning realistically.

- 3) **Create a Step-by-Step Timeline:** Outline each step needed to achieve your goals and assign realistic timelines. A detailed timeline maintains momentum and tracks progress.
- 4) **Prioritize Tasks:** Determine which tasks are most important and impactful. Prioritize these to ensure you're focusing your efforts where they matter most.
- 5) **Identify Potential Challenges:** Anticipate obstacles that might arise and develop strategies to overcome them. This foresight minimizes disruptions and prepares you for contingencies.
- 6) **Schedule Regular Reviews:** Set up regular check-in points to evaluate your progress. These reviews help you stay on track and allow for adjustments as needed.
- 7) **Celebrate Achievements:** Recognize and celebrate each milestone reached. Celebrating accomplishments reinforces motivation and commitment to the action plan.



**SMART GOAL PRIMER**

What specifically do you want to accomplish?

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What measures of effectiveness will you use?

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What actionable steps can you take to make your goals achievable?

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How can you make your goals relevant to your vision from the previous chapter?

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Have you implemented a record keeping system to keep your goals timebound? When will you complete your goals?

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# Smart Goals

When setting goals, make sure it follows the SMART structure. Use the questions below to create your goals.

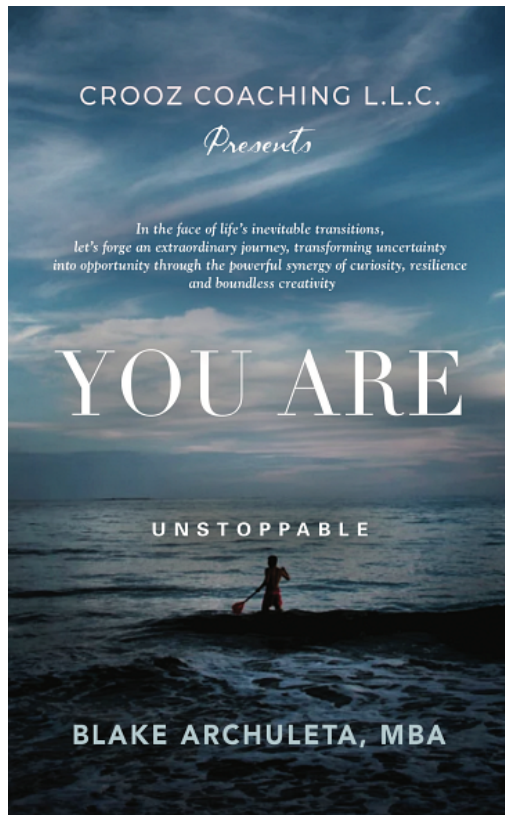
**S**      Specific  
What do I want to accomplish?

**M**      Measurable  
How will I know when it is accomplished?

**A**      Achievable  
How can the goal be accomplished?

**R**      Relevant  
Does this seem worthwhile?

**T**      Time bound  
When can I accomplish this goal?



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