



OUT OF THE FUNK

-Free Masterclass-

6 steps to getting out of LACK

(debt, fear, anger, bleh)

& into ABUNDANCE

(money, joy, ease, wahoo!)

Welcome to Out of the FUNK!!

In this Masterclass we are going to:

1. Witness and name what you actually feel funkadelic about
2. Help you apply the 6 steps to getting out of the FUNK and into a space of feeling better!

WHAT IS CAUSING THE FUNK?

Step 1 _____

Actually feeling the yucky feelings helps for us to know specifically what we want to release.

It also allows for us to acknowledge what we don't want, rather than stuffing it down and pretending that it doesn't exist (that monster always comes back hairier and scarier!)

(Guided meditation)

**WHAT ARE THE FEELINGS YOU ARE
ACTUALLY FEELING WITHIN THE FUNK?**

WHERE DO THEY "LIVE" IN YOUR BODY?

Step 2 _____

What is the TRIGGER for these feelings?

This one may require you getting really still and quiet with yourself- and this is part of releasing the FUNK...

The FUNK doesn't like intimacy with self... and gives you the excuse to avoid intimacy and stay in the funk through many ways: lack of motivation, knowing what would help but not being willing to do it, feelings of unworthiness, laziness...

**WHAT WAS THE FEELING, SITUATION,
MOMENT, MEMORY (ETC.) THAT
TRIGGERED THE FUNKADELIC FEELINGS?**

Step 3 _____

We have been trained to put our heads down and figure it out. We have been molded to believe that asking for help reveals weakness.

We actually CRAVE community.

We desire people who will both guide us and uplift us by reminding us of our brilliance.

We love being a part of sacred connection (to give and take).

We were never meant to do any of this alone.

**WHO CAN HELP YOU WITH THE SPECIFIC
FUNKADELIC FEELINGS? (SOMEONE
WHO BOTH KNOWS YOUR HEART AND IS
EXPERT.)**

-Step 4 _____

It's time to put your game face on.

You DO know how to help yourself. You DO have tools. You DO have a team. You DO have resources. You DO have the source energy of the entire universe at your fingertips. Personal pep-talk time! It's time to move!

**HOW CAN YOU START SPEAKING TO
YOURSELF THAT WILL GIVE YOU BACK
YOUR POWER?**

**WHAT CAN YOU DO THAT WILL FEEL
GOOD?**

Step 5 _____

If you want more abundance, you need to stop staring at the lack. Stop looking at your reality and BELIEVING it. Abundance lives on a higher vibration, in order to be a match for it, you need to raise your internal vibe! "It's on it's way and I am CELEBRATING the creation of it!"

**WHAT TOOLS DO YOU HAVE/ THINGS &
RITUALS COULD YOU DO TO RAISE YOUR
VIBE?**

Step 6 _____

Open up and take inspired action in this new, high
vibe, internally created state!

WHAT IS THE FIRST EXCITING STEP?

WHAT'S THE DEADLINE? WHY?

WHAT'S THE GOAL? (DECLARE, THEN DETACH!)

STATEMENT OF TRUTH

You are worthy and you are ready to live the life of your truth because
THAT FEELS GOOD!!

Love, Jillian

FINAL NOTES

-The FUNK does not define you.

-There is nothing wrong with you for getting in funky spaces- AND you have the power to get yourself out and feeling better whenever you want!

-If you don't WANT to feel better- ask yourself why?

-You are actually a miracle and the Universe is always laying out the path of least resistance for you- it's your job to stop funking up the trail (and you GET to de-funk it, when you pull a human and funk it up anyway! :-))

-There are MULTIPLE avenues to continually support you and make this process easier for you... which one FEELS the best to you?

-Said another way: What are you no longer available for, done with making excuses about, and ready to finally dive into with support, encouragement, and self-love guidance?

-You are worthy of getting Out of the FUNK!

Love, Jillian