

# What Happens When Our Family Doesn't Get Us?



When you feel misunderstood or triggered, by your family or others, it can cause a mental spinout and sap you of energy... energy and focus that would be better spent growing your business! Instead, get clear and intentional about what you want to create in your life and how you want to show up. Remember, you are always First Cause.

Listen to the [companion audio training](#).

1. List out with whom you're spending Thanksgiving (or any other time) and write out what frustrates you about them. Don't hold back. Be honest here. That's the only way this process works!

**Mother** \_\_\_\_\_

**Aunt** \_\_\_\_\_

**Father** \_\_\_\_\_

**Uncle** \_\_\_\_\_

**Sister** \_\_\_\_\_

**Cousin** \_\_\_\_\_

**Sister** \_\_\_\_\_

**In-Law** \_\_\_\_\_

**Brother** \_\_\_\_\_

**Other** \_\_\_\_\_

**Brother** \_\_\_\_\_

**Other** \_\_\_\_\_

2. What would the opposite of that behavior be or what you'd like to experience instead? What type of person would you like to spend your time with instead?

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3. In the process of acknowledging what's not working for you, we don't want to overshadow or ignore what is working and what is good. Acknowledge the traits in your family or friends that you are grateful for and appreciate.

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4. Evaluate the people you spend the most time with in your life and business. Are you being filled up with experiences that you desire and getting your needs met? Rank these 1 to 10 or Poor/Good/Great/Excellent/Extraordinary. *(Use what works for you!)*

- \_\_\_\_\_ **Team**
- \_\_\_\_\_ **Immediate family/partner/boyfriend/girlfriend**
- \_\_\_\_\_ **Friendships**
- \_\_\_\_\_ **Business Connections (Masterminds, Networking groups, Colleagues, etc)**

5. What can you do now to create the experiences and relationships you desire? These are actions you can take.

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6. What are your top 3 actions? When will you act on these? *(Think in terms of minutes, hours, and days rather than weeks or months.)*

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7. In order to turn around your triggers, you must roadmap for yourself how you want to show up.

If they \_\_\_\_\_, I will \_\_\_\_\_.

If they \_\_\_\_\_, I will \_\_\_\_\_.

If they \_\_\_\_\_, I will \_\_\_\_\_.

If they \_\_\_\_\_, I will \_\_\_\_\_.

If they \_\_\_\_\_, I will \_\_\_\_\_.

If they \_\_\_\_\_, I will \_\_\_\_\_.

If they \_\_\_\_\_, I will \_\_\_\_\_.

8. Star or circle the three that you will focus on.

☐ Check in... does your body react with constriction or openness?

☐ Play the movie, are there any niggles you need to solve for?

Master yourself to master money.

Learn more about [\*The Spirit of Wealth Mastermind and Masterclass\*](#) –business coaching to quantum leap your income and your entire life.





## Meet Amira

Amira Alvarez is the founder and CEO of The Unstoppable Woman, a global coaching company helping entrepreneurs, empire builders, athletes, creatives, and rising stars in all fields achieve their dreams and goals in record time.

As someone who has made a quantum leap (going from barely making 6-figures to making \$700k in one year, then onto 7-figures) and has lived to tell about it, she knows exactly what tactical strategies and mindset shifts are required to get out of your own way, live life on your own terms, and master the art of achieving any goal you set your mind to.

She uses these strategies to help her high-achieving clients, go for their "i'm-possible" dreams and achieve them in record time, whether that be reaching that million dollar mark, building a business empire, or making an impact in the arts, entertainment, or sports.

Amira is proud to have helped thousands of women (and a goodly number of men too) confidently break free of limitations and be unstoppable in pursuit of a life they are proud to have lived. When she's not helping others, she's continuing to say "yes" to her own growth and stays 100% committed to being unstoppable in her own life and business.

She also loves jammin' with female entrepreneurs in her [Be Unstoppable Facebook](#) group - so join her there!