

In Case of Emergency... Lean In!

There will be days, weeks, even months when your business and life feel very challenging. Sometimes guilt and shame come up around not knowing what to do or being in the situation you're in. This is the time to ***lean into the support of this community*** rather than retreat. Time and time again we have seen answers appear and opportunities come forward when someone leans in and asks for support and help.

Here's what to do...

- Post in the FB group*** Be vulnerable and share what is going on with you and you will receive support. When you share your truth, you tap into and add to the energetics of this powerful community. We are here for you—your SOW sisters will support you with their truth, with encouragement, information, and even accountability. What do you need?
- Reach out to your Collectives Group!*** These groups were created to give you intimate and direct access with your Program Coach and respective members. Reach out for support.
- Come to Office Hours*** even if you don't know what question to ask. Show up, let us know you're having a hard time, and we'll guide you through it.
- Take Action!*** #ActionIsABalm Don't overthink this. Just start on something. It can be small. Get into action immediately, even if you don't feel like it. Especially if you're avoiding starting that daunting task. It will feel so good when you do!

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- Immerse yourself in all things Unstoppable Woman** to change your perspective and get inspired. Here are some suggestions to the rich content and resources at your disposal to help you reset:
 - [Podcast](#)
 - [Past teaching calls](#)
 - [The Morning Mindset Club](#)
 - [The Science of Getting Rich](#)
 - [The Unstoppable Woman Mastery Program](#)

- Help someone!** This is a powerful activating formula for getting out of a funk! Not only does it take you out of your narrow focus on yourself (and your problems) and instantly connects you to the whole of life and the power of Oneness and love... When you selflessly, without expectation of anything in return, help someone else you are GIVING. Remember, **Giving is the First Law of Receiving.** You won't know where it comes from, but it will come.

- Book a call ASAP** with a [Program Coach](#):
 - [Courtney Intersimone](#)
 - [Heather Keith](#)
 - [Shannon Pawley](#)
 - [Wendy Schultz](#)