



In Case of Emergency

Sometimes you'll be jamming and firing on all cylinders, and sometimes you'll be struggling and running into the terror barrier.

Here's a quick checklist for what to do when you're challenged:

Book a call ASAP with a Program Coach

Post in the ***Facebook group***.

Your SOW sisters are here for you! They are a great resource for encouragement, information, and accountability! Interact in the Facebook group! Participate in the weekly accountability on Monday and check in on Friday. *It will pay off!*

Ask a question in Office Hours.

([You can pre-submit your question here.](#))

At the minimum, come to the call to shift your energy and perspective.

Reach out to one of your SOW sisters directly for support.

Take Action!

Don't overthink this. Just start on something. It can be small. Get into action immediately... It will feel so good when you do! #ActionIsABalm

Immerse yourself in all things Unstoppable Woman

to change your perspective and get inspired.

Here are some suggestions to rich content and sources 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!