

U N L O C K I N G Y O U R
R E F L E C T I O N S :

HUSTLING HARD AND LIVING
FULLER: REFLECTING ON
DRIVE AND PEACE

COMPANION BONUS MATERIAL FOR EPISODE 453

THE
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In this worksheet, we're diving into thought-provoking journal prompts inspired by our podcast [episode 453](#).

You will be exploring the interplay between hustling hard and living fuller, drawing insights from our conversations and your own reflection to spark introspection, growth, and actionable next steps.

These prompts encourage a reflective exploration of how you balance ambition with personal fulfillment, navigate internal and external pressures, and cultivate a life that resonates deeply with who you truly are.

CHOOSE ONE OR ALL OF THESE PROMPTS TO ANSWER.

FILL IN YOUR RESPONSES DIRECTLY ON THIS DOCUMENT OR TRANSFER YOUR THOUGHTS TO YOUR PERSONAL JOURNAL.

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1. Unraveling the Hustle

What keeps you tied to hustling hard? Take a moment to ponder the forces driving your relentless pursuit of success. Are they rooted in societal expectations or perhaps a fear of falling behind? Although our ambitions often serve us well, this prompt invites you to explore the deeper, shadow motivations behind your hustle.

2. Navigating Daily Pressures

Where or when do you feel pressurized energy during your day? How would you prefer it to feel? Identify the moments in your daily routine where pressure mounts and energy feels overwhelming. Whether it's during work meetings, rush hour traffic, or amidst various responsibilities, reflect on how you'd ideally like to experience that energy. Envision a state of calm, focus, or energized positivity as you navigate life's challenges.

3. Embracing Stillness

We talked in the podcast about the exercise of 10-Minutes of Doing Nothing. How was that experience for you? Recall your experience with the 10-Minutes of Doing Nothing exercise discussed in our podcast. What thoughts and sensations arose as you allowed yourself to simply be? Reflect on any insights gained and how this practice of stillness may influence your approach to mindfulness and presence in daily life.

4. Your Deep-Rooted Reasons for Ambition

Dive into the underlying reasons behind your ambitions and hard work. Beyond external achievements, what are you truly seeking through your hustle? Whether it's a sense of security, recognition, or fulfilling a deeper purpose, reflecting on your drivers can provide clarity and realign your efforts with your core values.

5. Reevaluating Success Beyond the Hustle

Although it feels great to be productive, consider how your sense of self might be overwhelmingly defined by your incredible ability to get things done. How has your upbringing and hustle culture influenced this? Is the way you are pursuing productivity leading you toward a fulfilling life, or is it time to redefine success on your own terms? Reflect on what a fulfilling life looks like for you.

6. The Joy of Slowing Down

Think about the last time you intentionally slowed down to savor a moment, experience, or feeling. How did this pause affect your mental and emotional state? Plan ways to incorporate more of these pauses into your daily routine.



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AMIRA ALVAREZ

Amira Alvarez, Founder and CEO of The Unstoppable Woman® and host of The Unstoppable Woman® podcast, is a celebrated entrepreneur, who inspires already accomplished women to achieve further financial wealth and success while leading exquisitely fulfilling lives.

After achieving a remarkable fivefold income increase in one year and building a multimillion-dollar company, she found harmony between ambition, spaciousness, and contentment. Unwilling to compromise her drive for success, she crafted a methodology for an exquisite life, allowing individuals to embrace their inner drive while finding deep fulfillment.

Her path guides high-achieving women toward a life rich inside and out, where they realize their dreams without diminishing their hard-earned successes. Amira challenges the notion that we can't have it all, leading a movement that redefines possibilities, potential, power, and ambition for women.

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