

# YOU'RE NOT STUCK YOU'RE UNCLEAR

**A 30-DAY GUIDED JOURNAL**  
to Get Unstuck,  
Stop Overthinking,  
Build Confidence, and  
Finally Take Control of Your Life

**MISS ROSE**

# WELCOME TO THE JOURNEY

Dear Beautiful Soul,

I'm so grateful you're here.

You didn't land on this journal by accident. Something inside you is ready. Ready for more. More clarity. More alignment. More courage. More *you*.

This isn't just a journal, it's a mirror. A map.

A place to remember who you are, what you truly want, and what you're no longer willing to settle for.

You might be holding this book with questions swirling in your heart:

*Am I allowed to want more?*

*Is it too late?*

*Can I really create the life I dream of?*

My answer is yes. Always yes. And not because everything will be easy, but because *you are worth it*. Because your voice, your vision, your gifts, they matter.

Inside these pages, we'll walk step by step together. You'll uncover your desires.

Rewrite your beliefs. Realign with your worth. Take bold, soul-led action.

And most of all, you'll start becoming the version of you who doesn't just *wish* for things... but *welcomes* them in.

Take your time. Be honest. Be messy.

You don't have to get it perfect, but you **must** show up and do your best.

And remember:

You're not asking for too much.

You're asking for the life you were always meant to live.

Let's begin.

# WHAT THIS JOURNAL WILL DO FOR YOU

***This is your turning point.***

You didn't pick this up by accident.

You're here because something inside you said:

**“There has to be more.”**

And you're right.

This journal will help you get clear on what you *really* want.

Not what's “realistic.” Not what you've been told to settle for.

But what sets your soul on fire.

It will help you release old stories, rewrite your worth, and start showing up as the version of you who no longer waits.

You'll stop overthinking and start moving, with purpose.

You'll build trust in yourself, even when things feel uncertain.

You'll remember your voice. Your gifts. Your reason.

This is where the shift begins.

Not someday, **now**.

Let's change your life.

Page by page.

Step by step.

Together.

# WHY MOST PEOPLE DON'T GET WHAT THEY WANT

Here's the truth:

Most people don't get what they want...

Not because they're lazy.

Not because they're not capable.

But because of four silent blocks:

- They never get clear on what they *actually* want.
- They don't believe they're worthy of receiving it.
- They wait for permission.
- They let fear make the decisions.

But the people who *do* get what they want?

They live by a different set of rules.

They're not waiting. They're not wishing. They're moving, clearly, powerfully, and with deep self-trust.

Here's what they do differently:

## 1. They Get Ridiculously Clear

You can't hit a target you can't see.

Saying "I want more money" or "I just want to be happy" is too vague. The universe, and your nervous system, need specifics.

Ask yourself:

- How much?
- By when?

- Doing what?

Write it down. Speak it. Visualize it.

*Clarity is a magnet.*

## **2. They Believe They're Worthy**

This is where most people quietly fall short.

They *want* more, but don't feel deserving of more.

And what happens? They sabotage it before it arrives.

Remember: the universe doesn't give you what you want.

It gives you what you *expect*.

Raise your standards.

Walk like it's already yours.

Because if you don't believe it, you'll never fully receive it.

## **3. They Act Like It's Already Happening**

Want to be a bestselling author? Then write.

Want more abundance? Start learning wealth habits.

Want deep love? Show up with love, not fear.

You don't wait for the breakthrough.

You *become* the version of you who already has it.

## **4. They Don't Wait for Permission**

No one is coming to crown you.

You don't need approval to chase your dream.

You need *commitment*.

Even when it's uncomfortable. Especially then.

Stop shrinking. Stop explaining.

*Stand in it.*

## 5. They Trust the Process, But Don't Wait Forever

Yes, the universe responds to energy.

Yes, timing matters.

But action moves things.

Clarity + Aligned Action = Momentum.

You have to move.

Even when it's messy.

Especially when you're scared.

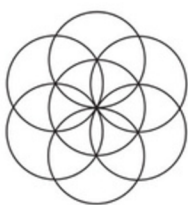
### Here's the shift:

Stop waiting.

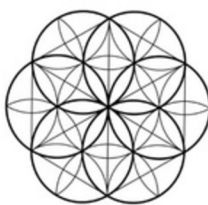
Start becoming.

That's how you get what you want.

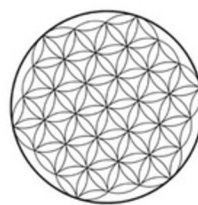
## THE FLOWER OF LIFE



Seed of Life



Core  
Flower of Life



Extended  
Flower of Life

# 7 THINGS THAT HELP YOU GET WHAT YOU WANT

*(That Most People Overlook)*

## **1. Decide. Fully.**

Not “I’ll try.” Not “Maybe.”

The moment you *truly decide* you’re doing it, no matter how long it takes or how messy it gets, is the moment the universe starts rearranging.

**Decision is the portal.**

## **2. Raise Your Standards**

You don’t rise to the level of your goals, you rise to the level of your

What are you no longer available for?

What level of love, energy, income, and alignment are you claiming as your *standards*.  
*baseline* now?

## **3. Stop Explaining Yourself**

You don’t owe anyone an explanation for dreaming bigger, working less, choosing rest, ending toxic relationships, or believing in yourself.

Other people’s confusion is not your cue to shrink.

**Own your choices without apology.**

## **4. Get Around Expansive Energy**

The fastest way to upgrade your life is to upgrade your environment.

Hang around people who normalize abundance, authenticity, self-love, and bravery. Their energy will make you expand just by being near it.

### **5. Don't Wait Until You're "Ready"**

Clarity doesn't come before the leap.

You grow into your vision by *starting before you feel ready*.

Confidence is built *by action*, not overthinking.

### **6. Embody It Before It Arrives**

Want the dream job? Start dressing, speaking, and scheduling your day like someone in that role.

Want to be deeply loved? Start loving *yourself* in that way first.

Your energy teaches the world what to bring you.

### **7. Be Available for Miracles, But Anchored in Action**

Yes, manifest. Yes, stay open to divine timing.

But take *aligned action* every day.

Miracles often walk in through the doors opened by effort.



# DAILY INTEGRATION WORKSHEET

## **Day 5 – Trust the Process**

Use this page to stay aligned with what you want.

Date: \_\_\_\_\_

Waiting until you feel ready is how dreams die.

No one ever feels fully ready. But action creates clarity and builds confidence.

The version of you who gets what they want isn't fearless... they're just willing to move forward anyway.

Even the smallest aligned step today shifts your entire trajectory.

Start now. As you are. With what you have.

Messy is better than nothing. And today, you choose momentum over perfection.

Mood Check (circle one): Energized Calm Neutral Low Stressed

**What tiny action would move me forward today?**

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**What resistance am I feeling, and what's underneath it?**

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**One sign that the universe is supporting me is...**

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**Even if it's messy, I will still...**

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**I trust that everything is unfolding as I...**

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**One powerful thought or affirmation I will carry with me today:**

**I trust the timing of my journey.**

**Even small steps are leading me forward.**

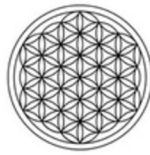
**The universe supports my aligned action.**

Now write your own affirmation(s):

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# DAILY INTEGRATION WORKSHEET

## **Day 6 – Get Ridiculously Clear**

Use this page to stay aligned with what you want.

Date: \_\_\_\_\_

What if the future you want is watching how you show up today?

You don't become the next-level version of yourself by waiting. You become them by practicing.

Every word, every choice, every move today is a rehearsal for the life you're creating.

When you embody that future energy, life begins to match your frequency.

Show up like the version of you who already has it.

Walk like it's yours, because it's on the way.

Mood Check (circle one): Energized Calm Neutral Low Stressed

**What do I *actually* want, beyond the vague “more”?**

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**What would success feel like, not just look like?**

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**How much? By when? Doing what?**

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**If I had 90 days to create real momentum, what would I focus on?**

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**What is one dream I've been afraid to admit?**

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**One powerful thought or affirmation I will carry with me today:**

**Clarity creates momentum and I choose both.  
I am no longer vague. I'm specific and unstoppable.  
My dreams are becoming visible and measurable.**

Now write your own affirmation(s):

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Before you scroll, send this to someone who needs this right now.

Not more pressure.

Not more “trying harder.”

More clarity.

More belief.

More aligned action.

If that’s you, this is your next step.

If these pages hit you, the full journal will change you.

**Start your 30-day transformation today**

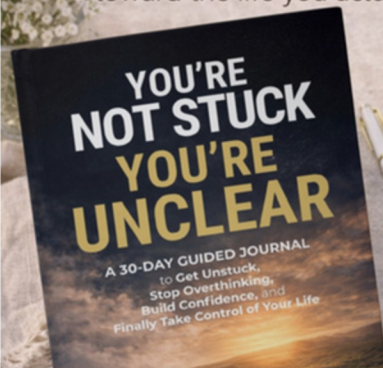


Scan to start your journey

[www.AuthorMissRose.com](http://www.AuthorMissRose.com)

## This journal changes that.

How to Get What You Want is a 30-day guided journal designed to help you get clear, shift your mindset, and start taking aligned action toward the life you actually want.



## In 30 days, everything can change.

- You can stop overthinking.
- You can trust yourself again.
- You can move forward.

Start your 30-day reset today.

