



The Bounce Back Blueprint

Your cheat code for lasting change.





Hey there,

I'm Jen, your Bounce Back Guide.

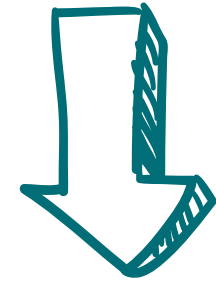
You came for a quick bounce back hit, right?

Here's the good news. You can have it. By following a few simple prompts, you'll reveal new possibilities for overcoming your current setback.

The bad news? You can't skip right to taking action. Doing so might feel good but you're bound to be right back where you started in no time. Trust me, I've done it a hundred times. It's why I created this guide for you.

♡ Jen

✓
But you need to
START HERE.



I Am.



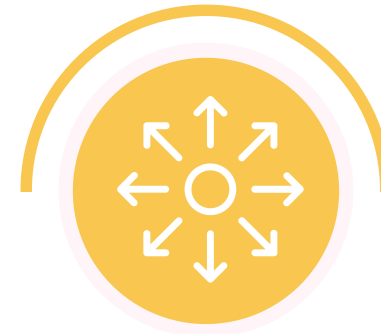
I Feel.



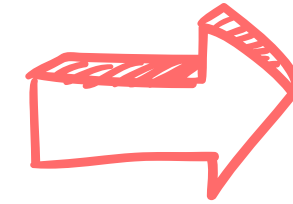
I Recognize.



I Could.



✗ You're probably used to
starting here.



I Will.



I Am.



My Bounce Back Blueprint

Stop short-changing yourself. **YOU DESERVE MORE**

Success is like completing a jigsaw puzzle. Each piece represents an effort, and as you put them together, you gradually reveal your full picture of success.

Let's get to it.

I Am.



- What's happening?
- Who's involved?
- What area of my life is impacted?

I Feel.



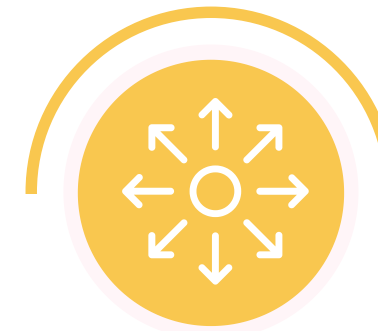
- What physical symptoms am I experiencing?
- What emotions am I feeling?
- Who have I told?

I Recognize.



- How are the details of this situation familiar to something else I've gone through?
- Who else do I know that's gone through something similar?
- How is my reaction to this situation familiar?

I Could.



- What actions could I take to improve my situation?
- Who could help me take this action?
- What would I do if I knew I couldn't fail?
- What would someone who knew nothing about this situation advise me to do?

I Will.



- What actions am I committed to taking?
- What's the first action I will take?
- By when will I take it?
- How will I check on my progress?
- Who will support me in being accountable?

I Am.



- Where am I now?
- What progress have I made?
- What new results are showing up?
- Where can I continue to focus?