

FIX YOUR LIFE

**GO FROM BAD PAST TO BADASS
FOLLOWING THIS OUTLINE**

If you are here, then chances are you experienced the "moment of clarity" where you thought "Enough is enough already. I don't want to do this shit anymore. My life is NOT supposed to be this way. Damn...Something gotta give".

And you know what? YOU ARE RIGHT.

So this is a simple no bullshit, no fluff outline to FIX YOUR LIFE.

Seriously, this shit is gold.

I wish I had this when I first decided to fix my mess of a life. It would have saved me tons of time, unnecessary stress, and backtracking.

These are the exact things that need to be done to go from bad past to badass. Think of it as the checklist for success.

Any questions. Email me at hello@unjunkiefied.com

You got this.

The Breakdown of What You Need To Do...

Make this your top priority: Read over this every single day so it is fresh in your mind of what you need to do. The steps you need to take to fix your life.


Hard work pays off: Nothing in life is going to come easy. Especially for us. Yes, you do have it harder than so-called "normal ppl" but who wants to be normal?

Get inspired + motivated: Pump yourself up. Do what you do to get into beat mode whether that be music, the right atmosphere, or a vision board. You know you need to fix your life, inspire yourself to do so.

Keep track of it all: Get a calendar, a planner, etc. You need a way to keep track of your accomplishments, successes, and important moments.

Check it off: Print this out, keep it on your laptop, phone, or tablet. It is interactive, click on the boxes to check them off and click on the links.

Go hard: You can receive all of the valuable information in the universe. If you do not take action then, it's pointless. No one can do this for you. This is your life. Don't you think it's time to fix it?

Little Skull Man: If you see this little dude  under a step with a link next to it. Then click on the link because it is a post or product that relates to the step.

1. RECOVER

Recovery is essential. Not only recovering from your main struggle but. recovering from your past in its' entirety.

- Start With The Basics:** You need to have all the basics in place so you can work on recovering from your past. This means food, shelter, sanitation, etc.



THE HOT MESS'S GUIDE TO GYST

- Healthy Relationships:** In order to maintain ANY type of recovery, you need to have positive influences in your life. Any abusive (verbal or physical) people in your life or who give off a bad vibe need to go.

- Sober is Sexy:** Do I really need to explain this? If you are in active addiction, get help asap. You can't move forward with your recovery if you are actively using. You can't fix your life if you are getting high.



SOBER STASH - ONLINE RECOVERY RESOURCES

- Get Your Mind Right:** Addiction and mental health go hand in hand. Drug use leads to anxiety, depression, manic episodes, etc. You must take care of your mental health to fix your life. No self-medicating!



BEST DAMN GUIDE OF ONLINE MENTAL HEALTH RESOURCES

- Take Care of That Body:** How's your physical health? When's the last time you had a physical? Stay active, exercise, eat right and make necessary appts. Doctors, dentists, eye doctors, etc. Chances are that you didn't take proper care of your body previously.

- Therapy & Treatment:** You are told to let go of your past, forget about it, and just get over it. Are you effing serious? Your past has a HUGE impact on who you are. The struggles you have been through, the things you have seen, and the things you survived. Get into therapy or treatment so you can OVERCOME your bad past. Put it into perspective so you can learn from it and not repeat it.



SAMHSA TREATMENT LOCATOR

- Fail To Plan, Plan To Fail:** This is so true and I SUCK at consistency. Yet, having a plan is something I force myself to do and now it's automatic. You have to have a plan moving forward.



BEST PLANNER EVER

2. DISCOVER (self-discovery)

After being down for so damn long, it's easy to lose your way, your purpose, + who you are all around. Now, you are free to find yourself and be the real you. Discover who you are from the inside out.

- Start Journaling:** One of the best ways to find out info about a person is through their innermost thoughts + feelings. I highly suggest you keep a journal. There is no better way to decipher the inner workings of your mind than by examining the things that are in your head. That is precisely what journaling does.



JOURNALS YOU NEED IN YOUR LIFE

- The Hated Self-Inventory:** People hate doing this and for good reason. When you have a past you are not proud of, you tend to list many more negative attributes rather than looking at the good. Yet, it needs to be done. Take a self-inventory, list all of the negatives and positives of YOU.



SIMPLE SELF-INVENTORY WORKSHEET

- Find Your Passion:** What is your passion at this very moment? Something you have extremely strong emotions for? The devotion and intensity you have for this brings about extreme emotions. Find your passion and discover what you can do with it.



FEMALE FURY

- Reason For Being:** Overcoming the past is remarkable. It takes courage, willingness, and strength. Not everyone can do it. Some simply give up. So why did you make it? Why did you refuse to lay down? Are there bigger things in store for you? Are you meant for greater things? What purpose do you have for still being here? Discover your purpose in life.

- Role-Model or Hero?:** Everyone has a person that he or she looks up to. A person who inspires you + motivates you to be the best version of you. Maybe you want to look like them, have the same success, or act the same way. Find your role model and break it down as to why this is your hero. Is it a good pick? What do you think it says about you? How will he or she help you fix your life? Most importantly, how could YOU be someone's role model or hero?



BE A HERO BY OVERCOMING YOUR HELL

- Create A Vision Board:** Hands down, a vision board is effing awesome. It is loads of stuff to inspire + motivate you continuously. If you don't have one then you need to create one. Hell, I have a whole wall that I use as my vision board.



USE PINTEREST TO CREATE A VISION BOARD OR USE IT AS INSPIRATION

3. GROW (personal growth)

Grow to develop + understand yourself so that you can slay your goals, reach your dreams, become your best self + live your best life by reaching your full potential.

Confident, Not Conceited: Having self-confidence is vital to achieving success. Being confident in your abilities and knowing your strengths will put you on a whole other level.

Don't forget where you come from: What I mean is have empathy. People have a tendency to put themselves on a pedestal once they are successful. Overcoming your past + living your dream is a badass success without question. Yet, don't shun those in active addiction. Remember what it was like. You were once in their shoes. What can you do to help?

Be Fearless: Being a fearless person does not mean you are not scared of anything. It is taking the leap despite being afraid. Don't be stupid about shit. To grow you must get outside of your comfort zone. Take chances that will enhance your success.



FEARLESS QUOTES

Have Resilience: A resilient person does not give up or back down. It is overcoming your problems with courage and confidence. It is knowing you will succeed and keep pushing forward and trying no matter what.

Ears Open Mouth Shut: Learn to listen more and only chime in if you have something valuable to contribute to the conversation. As my husband would say, don't talk so much. Don't offer pointless information when someone is giving you nuggets of gold. Know what I mean?

Show Yourself Some Love: If you do not love yourself, full and completely then how can you expect someone else to love you like you deserve? Love yourself, even the flaws. Know your worth and what you deserve.

Knowing What You Want: Are you aware of everything you want in life? Self-awareness is essential to your success. You have to be aware of everything about yourself. Your strengths, weaknesses, what you thrive in, and the areas that need improvement. Know yourself inside and out.

Growth Mindset: Know the difference between having a growth mindset and a fixed mindset. You want a growth mindset. The willingness to improve, change, and make adjustments



MINDSET FOR SUCCESS

4. CHANGE

Beating your demons and growth has led you to make positive changes in your life. Change to be your best self and reach your full potential

Adjust If Needed: Be real and adjust where needed. Example - you always dreamt of being a nurse. Your past addiction led you to be a convicted felon. Nursing can't happen so adjust. You like helping people, be a life coach or a mental health specialist. You can do that. Don't give up on your dream of helping people. Adjust accordingly. You have options.

Physical Appearance: The process of fixing your life is a big freaking deal. The biggest. While you are handling your business and got all this stuff going on, you might neglect taking care of yourself. Take a look in the mirror? Are you getting enough sleep? Hygiene good? Are you happy with what you see? If not, change it.

Eliminate The Extra: The first step was recovery. Here you got rid of the people, places, and things from your past that was not good for you. Did you really though? Did you hang on to a person, refusing to let go? Or stay in the chaotic lifestyle bc you don't know anything else. If so, eliminate the bullshit. Seriously, you can't move forward and be a success with the "extra" still around. Unnecessary baggage will drain you of your chance at happiness. You have to give up all the bad stuff, not pick and choose.

Goal Time: Go back over your plan for success. Do you have any new goals? Does something need to be changed? As you grow, your goals, your dreams, and your life are going to change. It's ok. You are changing for the better.

Routines/habits: Is something not working out for you? Do you feel overworked, overwhelmed, and stressed the fuck out? Take a look at your daily routines and habits. Change a routine or drop a bad habit. It will make a difference.

5. SUCCESS

This isn't the end of the road. This is when all the bullshit is gone and life is positive. Handling issues is no problem and dreams become a reality. This is where life begins.

Original Problem: In the first step, you had to recover from that problem. Success in that area means you have steered clear of that problem. Hoorah!

- Relationships + Support:** The only relationships in your life are those of value. Not meaning that you physically benefit from it but, emotionally benefit. Support, love, connections, and companionship. Plus, relationships that were broken due to your past are in the healing process. You know who your true friends are.

- Long-term Recovery:** It's nice to be clean and serene. As a person, you glow through happiness + satisfaction knowing that you did it. Relapse is something you don't even ponder. There are so many good things going on in your life that you wouldn't even dream about fucking it up.

- Establishing A Career:** When discovering your passion and purpose, you got a clue as to what you wanted to do with your life. Finding a career path despite past issues can be challenging. Once you know what you want, make it happen. Whether you are continuing your education, doing an internship, technical school, or already working in this field. You are doing the damn thing. Be a badass success.

- In the System:** Due to your past, you very well may be in the legal system. If you have been in NO new trouble or haven't been to jail since you began to fix your life. Then Amen. You are a success. And if you are completely off of paper then, you are an inspiration to others. It can be done, I personally know. And you will do it with ease.

- Family Matters:** To piggyback off the last statement, your struggles could have made you lose custody of your little ones or have involvement in family court. You handled your business. You have a happy family right where they belong. Together.

Remember...

This is not going to happen overnight. You can't complete each step in one day, one month, or even in one year. Well, not if you actually put effort into it and get down to business. Which you should. This is your life. No one can fix it but, you.

If you don't like something the way it is then change it. Point blank.

As you grow, you change, and you set new goals. There will never be a day in life where you should have nothing to work towards. Even tiny goals.

I completed these steps over a 2.5 - 3 year period of time.

I am a success because I am happy. My life is completely different than it was several years ago. Take a look at the about page and you will see what I mean.

Does that mean I'm done? Hell no, I'm off to bigger and better things.

BTW - My passion is helping people recover from their bad past. To help those who are in the situation that I was once in.

Know that you can always reach out to me. Always.

*Always
Fearless.
Natasha*



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