

A silhouette of a rock climber is positioned in the upper right corner, scaling a vertical rock face. The climber is wearing a helmet and a harness, with ropes visible. The background is a dramatic, cloudy sky.

THE

UNSTOPPABLE

Overcomer

ULTIMATE CHECKLIST

chrisseykirkman.com

DESIRE TO CHANGE

Everyone can identify at least three things they'd like to change in their life... and most people have a BIG list.

We spend time dreaming of how it would look and feel if things were different, but sometimes the thought of taking that first step is enough to send us into an absolute meltdown!

I know. I've been there.

It's so easy to feel stuck, overwhelmed, and unsure how to fix it.

Many times we experience that initial fear and start to freak out. We think back to the past when we've tried to change, made progress, and then slowly fell back into our old ways. We lie to ourselves and say we're okay with the way things are when deep inside, we know we aren't. We pretend our "comfort zone" is actually comfortable and go back to what's familiar because it's easier than being vulnerable.

And just like that, we don't change.

We continue dreaming without action. We watch other people pursue and live their dreams and we determine it's not meant for us. We settle, yet all our heart desires is to overcome.

ARE YOU READY?

Adversity happens in life. We are constantly being influenced. We are bombarded daily with temptation of all kinds. No matter what we're faced with, WE get to choose how we'll respond to everything.

This journey is yours, as are the decisions that come with it.

The Unstoppable Overcomer Ultimate Checklist is designed to help YOU determine how important these changes are and how much you really want to overcome.

As you read through the checklist, take time to evaluate each statement. Think about where you are in your life and where you want to be. How much do you *really* want the changes you dream about? How much better might things be if you stepped away from what's familiar, felt the fear, and made progress toward your dreams? How much do you desire to overcome?

Using The Unstoppable Overcomer Ultimate Checklist

Place a check mark in the box next to each statement you agree with and are ready to commit to!

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- ☐ I don't want to stay stuck.
- ☐ I want to move closer to the life I dream about.
- ☐ I desire to change more than I desire to stay the same.
- ☐ I am worthy of living the happy, fulfilled life I dream about.
- ☐ I am ready to use my past as a learning tool to propel me forward
- ☐ I will no longer allow my past to hold me back.
- ☐ I acknowledge that my "comfort zone" is not comfortable.
- ☐ I will define my dreams and use them as my "progress fuel".
- ☐ I will not strive for perfection. I know that's unrealistic.
- ☐ I will forgive myself and others for mistakes made.
- ☐ I will hold myself accountable for excuses that keep me stuck.
- ☐ I will work on having patience during slow progress.
- ☐ I will remember that slow progress is still progress.
- ☐ I no longer want to live with the results of my own inaction.
- ☐ I understand that making no decision is a decision.

That wasn't so bad now, was it?

I understand how it feels to take a hard look at reality and be honest with yourself about where you are and what it will take to overcome.

It was only when I committed to these statements I started seeing substantial progress and watched dream after dream come true. Chasing dreams became a new, positive habit I never want to break! I now constantly strive to be a better version of me. Although my life is far from perfect, it's so much more than I thought it would be... and it keeps getting better!

If you were able to mark even one check box today, it's an indication you desire to discover your dreams and make some changes. You took a step that's brought you closer to the life you desire to lead!

That's a really big deal and I'm so proud of you!

So, are you wondering where you go from here? Let's stay in touch so I can help you ignite the flame and keep it burning!

CONNECT

Join me in my exclusive Facebook group '**Unstoppable Overcomers**' by clicking [here](#) to engage with me and others who are ready to punch fear in the face and elevate to the next level, getting unstuck to forge their way to the life they dream of!



Life is hard. It's full of obstacles, challenges, and decisions. When you make the decision to change what you don't like, it can be tempting to quit. My '**Unstoppable Overcomers**' group is designed to connect driven, motivated, like-minded overcomers so we can encourage each other and grow together!

I'm so honored to help you in your journey by supporting you, praying for you, and cheering you on!

Let's connect on social media!

[Facebook](#)

[Twitter](#)

[Pinterest](#)

[Instagram](#)

[Google+](#)

Finally, please reach out to me with any questions you have by e-mailing me at coachchrissy@chrissykirkman.com. I respond to each one and I would be honored to support you in the journey to achieving your dreams.

Thank you so much for downloading **The Unstoppable Overcomer Ultimate Checklist!**



A person is climbing a dark, craggy rock face. The climber is silhouetted against a lighter, cloudy sky. The climber is wearing a helmet and a backpack, and is using a rope and carabiners. The rock face is on the right side of the image, and the climber is positioned about halfway up it. The sky is filled with soft, white clouds.

NEED MORE CLARITY? I'D LOVE TO HELP!

Contact me to book a free
'Discovery Session' or consider
enrolling in one of my online
eCourses!

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