

ARE  
YOU  
YOU



YOU KNOW  
WHAT TO DO —  
SO WHY AREN'T  
YOU DOING IT?

**THE TRUTH BEHIND YOUR  
STUCKNESS, AND HOW TO  
SHIFT FROM THE INSIDE OUT**



# Welcome

This is not a strategy guide.

This is not a fix.

This is a gentle invitation to start listening to your system — the part of you that's been working overtime to keep you safe by keeping you stuck.

If you're here, you've already begun.  
There's no pressure to do it perfectly.  
You don't have to finish it all.

This is a soft place to land.

What if?

*Let's Start The Practice*

**“NOTICE. NAME. SHIFT. SHOW UP”**



*How To Achieve Stillness and Listen  
To Your Intuition and Move Forward*



Hi!

I am...

Maris Saar – a neuroscience-based hypnotherapist, coach, and mom to a neurodivergent teen. My journey has been anything but straightforward. I've worn many hats and chased many dreams.

Now, I help others do the same. I guide deep, lasting transformation through neuroscience, subconscious reprogramming, and nervous system-based tools. I also train coaches and therapists to better understand and support neurodivergent people. All while raising a beautifully complex teen and slowly healing from burnout.

Right now I wish to guide you to start your own journey. So let's start!



## STEP 1: NOTICE

When you think about the thing you want to do — but somehow never do — pause.

Close your eyes.

Scan your body from head to toe.

Ask yourself:



*“What happens in my body when I think about doing this?”*

Write one sentence:

“Right now, my body feels...”



## STEP 2: NAME

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What story comes up when you try to take action?

What's the belief beneath the freeze?

Write what feels true:

"If I do this, I'm scared that..."

"This reminds me of..."

This is your subconscious doing its job: protection.

*How OLD are  
you REALLY in  
that feeling?*



## STEP 3: SHIFT

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Breathe in for 4...

Hold for 4...

Breathe out for 8.

(Do this 3 times.)

Now place your hand on your chest or belly.

Say this out loud or in your head:

“This story kept me safe. But I’m safe now. I get to choose differently.”

Finish with:

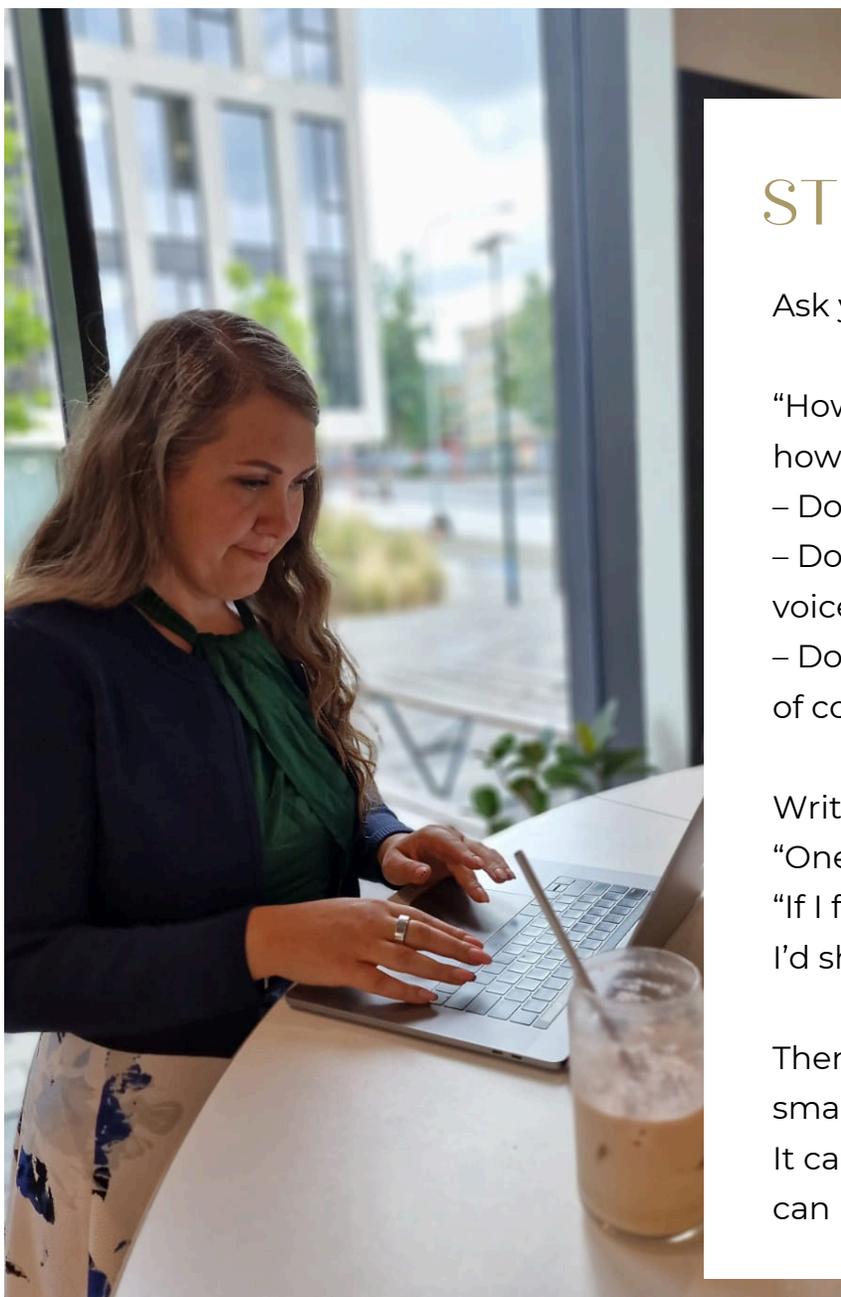
“Right now, I choose...”

*Be Gentle With Yourself While Trying To Shift.*

*Usually Our Bodies Do Not Feel Safe To Move Forward. The Trauma, The Stuckness Is Safety.*

*But That Is Our Inner Child-Version Being Stuck In The Old Story.*

## *Slowly Showing Up Is Unsafe For Your Body. Give Yourself Time.*



### STEP 4: SHOW UP

Ask yourself:

“How does this pattern show up in how I express myself?”

- Do I shrink when I write?
- Do I edit the truth out of my voice?
- Do I hide behind strategy instead of connection?

Write:

“One way I shrink my voice is...”

“If I felt completely safe, here’s how I’d show up today...”

Then — if it feels safe — do one small thing from that last line. It can be private. It can be messy. It can be enough.

# CHOOSE YOUR COMPLETION

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- I journaled it out.
- I just sat with the questions.
- I'm saving this to come back when I'm ready.

Even reading this with your whole heart is a step.  
You showed up.  
You noticed something.  
You softened.

That's not nothing —  
That's the beginning.

If You feel a calling to start working together - reach out!  
I am here on this earth for you!

*Maris*



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