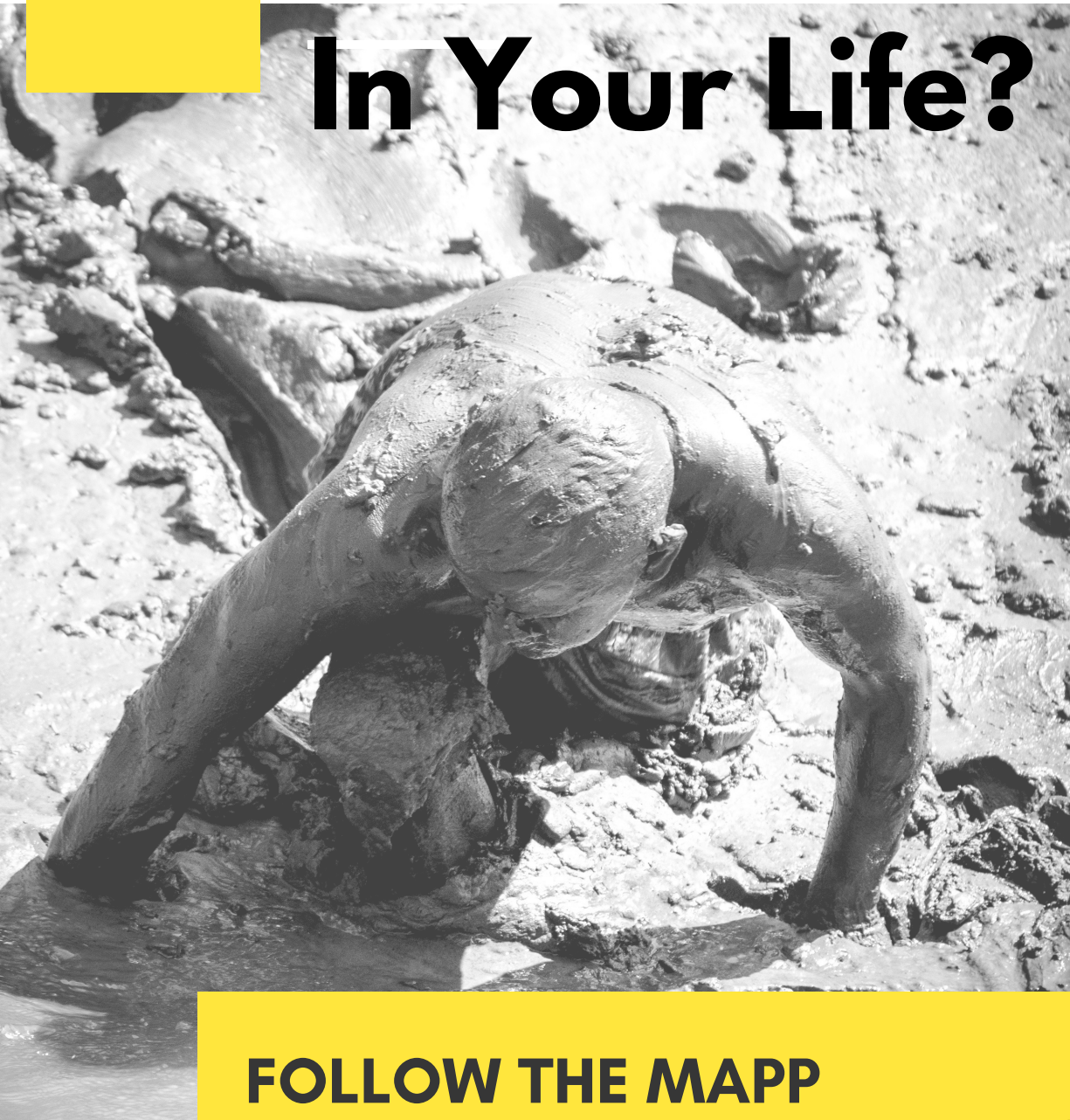




# DO YOU FEEL STUCK

## In Your Life?



**FOLLOW THE MAPP**  
& unstuck Yourself

**Your Inner Heroine Awaits...**



[blaisehunter.com](http://blaisehunter.com)

# Heroine (Brave Woman)

Embrace Your Flaws & Own Your Awesome



- M** Identify & Remove the Masks
- A** Accept & Embrace Yourself
- P** Infuse Passion & Love
- P** Change Your Perception NOT the Image

## **M: Identify & Remove the Masks**

We tend to apply mask after mask in attempt to feel strong, confident, and pretty. We need to get back to authenticity. Since we have hidden the real for so long, we don't even know what is authentic anymore. We are consumed by fakeness because we have never been okay with the real. What we don't realize is, there is such power in stripping away those layers and allowing yourself and people to see the real you. Ask yourself the tough question, "What is my mask?" It's different for everyone and can change throughout our lives, but we all have them. And discover "What is my why?" The why is so important in this process. Let's toss the masks and allow our true selves and vulnerabilities to shine. Allow bravery to win over fear. If we aren't good enough without the masks, we will never be good enough with them.

## **A: Accept & Embrace Ourselves**

We need to be naked and exposed and learn to accept who we are. After we strip away the masks and layers we have been hiding under for so long, we are left with reality. We need to accept and embrace every part of ourselves, including the flaws. There's freedom in acceptance. Give yourself a hug and say out loud, "It's okay to be me." When we learn to accept our lives, we release the feelings of frustration. Acceptance is balance.

## **P: Infuse Passion & Love**

Now that we are exposed, we learn it is safe to be ourselves. There is a whole other world of wonder in embracing ourselves. This begins by having passion and love for who we are and living with that passion. It's not enough to just accept who we are. We need to challenge ourselves to love every single part. Love yourself and live with intention, desire, and purpose. Inspire yourself and inspire others. Be a mother of purpose and birth your destiny. Be a conduit of dreams and be fertile in your life. Be your own heroine and make an impact on this world. Your legacy will be determined by how much love and passion you lived with.

## **P: Change Your Perception, Not the Image**

We don't need to change our actual image to be happy. We need to change how we perceive it. We can lead such a rich and "heroine-esque" life when we simply adjust our perception slightly. People that are obsessed about being perfect never seem to arrive at their destination. Let's change our way of thinking and gain insight to what we are, perfectly imperfect. When we take pictures on our phone, we add a filter. Swap out the filter in which you are seeing yourself in. We can't control our circumstances but we can control how we look at them. When we take steps forward, we are brave. Arriving at heroine = Brave Woman.