

5 SIMPLE REVELATIONS TO GET

unstuck

STRESS LESS, LIVE MORE

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BROUGHT TO YOU BY
HEY U HUMAN

WELCOME TO UNSTUCK

This workbook will guide you through the five revelations that will help you live a life free from stress, burnout, and limitations.

Get ready to embrace a new perspective and take control of your well-being.



Feeling STUCK in life isn't normal.

It's not a 'regular part of life.' It's been sold this way... But why??

This world makes everything so much harder than it needs to be. You and everyone else have been intentionally kept from the truth about how life works, how to find your power, and the magic that lives in you.

This has created a life full of stress and anxiety, has kept you feeling stuck, and has made life more complicated than it needs to be.

In this training, I am going to share my 5 simple revelations that changed EVERYTHING in my life.

These are the five things no one has told you that you **MUST** know if you are going to kick the stress, find your magic and finally start **LIVING**.

MEET YOUR HOST

Hi, I am Melissa Mellor!
Nice to meet you :)

Once upon a time...

THERE WAS A WOMAN WITH A DREAM...

A dream where a woman could be, do, and have everything her heart desires without burnout or feeling exhausted.

Ya, RIGHT (said the universe)...

After the birth of my 3rd child, I found myself feeling stuck. Restless. Wondering: IS THIS IT? IS THIS MY LIFE?

I knew there was more to life than the autopilot groundhog day I had been living. But I didn't know how to create it. I didn't even know what I was looking for.

Until I stumbled upon Hey U Human (and I loved it so much that I now work for them).

To be honest, some of the things I learned with Hey U Human were so simple, it was hard to believe that the rest of the world didn't know these things.

So, I made it my mission. And that's how and why you are here with me today.



I don't want to know who I would be if things didn't shift.

Too many of us are settling. Too many of us are playing small. Too many of us are wasting our potential simply because we don't know what's next or how to shift.

And that changes for you, NOW.

REVELATION

#1

REVELATION #1



Your body is a _____
with a _____ amount of space.

Most of us are emotional hoarders, and we don't even know it.

You are probably somewhat aware of this – you probably feel like you're at maximum capacity a lot. You probably wake up already feeling behind, you probably feel like you are scrambling or don't totally have your shit together like you'd like.

No wonder you often feel ill-prepared, stressed, and exhausted. It's like cramming an entire circus into a tiny car. You're constantly operating at maximum capacity, and when even the tiniest thing pops up in your life (like asking your kids to get ready for school for the 10,000th time), you feel like your suitcase is about to explode.

Through understanding this revelation, you will start to understand the simple mindset shift that you need to make to feel light, free, and hopeful!

CURRENT ISSUE #1 _____

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REVELATION

#2

REVELATION #2



You are not talking to the _____
_____ of your human.

Uncover the power of your non-conscious mind in this revelation.

Learn about the mind-blowing capacity of your brain and how the majority of its processing happens behind the scenes.

Through this understanding, you'll discover how to tap into your non-conscious mind and align your conscious and subconscious thoughts.

Unlock your true potential and unleash your innate decision-making authority.

CURRENT ISSUE #2 _____

NOTES



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REVELATION

#3

REVELATION #3



Stress doesn't _____.

You _____ it every single day.

Explore the idea that stress is not caused by external factors but is created internally.

Through self-reflection and mindfulness practices, you'll gain insights into your internal triggers and learn strategies to shift your response to stress.

Take charge of your stress levels and discover the path to a stress-free existence.

CURRENT ISSUE #3 _____

REVELATION

#4

REVELATION #4



The cost of _____
is _____.

Have you ever felt like, no matter what you do or try, you just can't seem to tap into the life you truly want? It's not about the physical actions; it's about the underlying feeling.

We've tried doing all the things, checking off tasks and goals, and yet, the more we do, the more stuck we feel in our lives.

True freedom is not about doing more or relying on external factors to make us feel better.

But here's the truth: when we carry baggage, we find ourselves dealing with the same recurring issues or themes in our lives. Until we let go of that baggage, we'll never experience the freedom we desire.

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REVELATION

#5

REVELATION #5



Be more like a _____
than a _____.

We hear that the only choice we usually have is how we respond to those storms. Now, here's the important distinction: we usually don't have a choice in how we naturally respond to those storms.

Our body's response is instinctual and influenced by our subconscious thoughts. Remember, our body is a vessel constantly processing an overwhelming amount of information—over 10,999,950 thoughts per second.

So, no, you don't have a choice in how you innately respond. However, you do have a choice in how you react to your body's visceral response. Many of us spend our lives running away from stress, anxiety, burnout, sadness, frustration, and disappointment. But here's the catch—it keeps piling on. Why? Because our bodies are stuffed with baggage (remember, the cost of baggage is recurrence). Simply put, we can't outrun these issues. The only way to truly overcome them is by hacking our subconscious thoughts and changing our instinctive visceral response.

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FINAL THOUGHTS

HEAL YOUR SH*T. FIND YOUR HAPPY.

Is this the end?... or just the beginning?

Thank you so much for participating in the Unstuck event! We know that your time is valuable and that it can be challenging to get to the end... but YOU DID IT!

And we want to invite you to continue along with us inside the [Happy Human Membership!](#) This is your premier place to clear your emotions and start living STRESS-FREE (among other wonderful perks).

If now isn't your time to join us, please continue to hang out in our free community, continue to attend our free events, and emote, release and heal alongside us all.

It was our privilege to host you this week! We hope to continue to get to know you inside the free community OR the [Happy Human Membership.](#)

xo,
the **HEY U HUMAN** Team



Rio
The structure and guidance is SO helpful! I went deeper, faster, and cleared so much!

Becky
Get in the membership. It's amazing self work! And it brings FREEDOM
💜💜💜🔥🔥🔥

Tara
This is magic! I have issues I have been working on for several years. I am someone who wants to work through things and move on. RRT gets you to the core of the issue and you are not really sure how you got there. I have discovered a number of things that were core wounds over the past 6 months that I didn't know how to work through. The healing inside is so important for life and for one to be a better person. The manifestation comes from that. I have seen little things start to come from my manifestations. Others have had big things happen. It is so lovely to be in the group and watch everyone grow. DO IT!!!!!!

Deborah
I can't believe how quick things changed once I started tapping into the old 'baggage' in my life, Things I didn't even know where there were released and my life was instantly better. MIND BLOWN 🤯🤯🤯. I wish I knew this sooner!!

Elsie
I absolutely love it all each, every program digs in deeper. This community is nothing like another group. I love being apart of this, the more you do the work you grow so much.

Davis
I've been in courses and personal development for YEARS. This is the only thing that made EVERYTHING CLICK. And I mean EVERYTHING. Things I was trying to create and overcome 10 years ago suddenly locked in to place. My mind was BLOWN within weeks of doing this work. HUH Is the real deal! It's so easy it's hard to believe that it's so effective. The best type of work 😊😊

Jean
If I am being honest, for a long time I always felt like I was failing... failing my kids, failing my husband, failing at work. I'd forget things or miss things... like everyone else had their shit together but not me... 🤔🤔 Within weeks of learning what Hey U Human teaches, I became a totally different person in the best way. More energy, more happiness, more fun. It's crazy how simple it is - but SO GOOOODDDDDDDDDDD ✨

Ricca
Since doing this work, my stress and anxiety is virutally GONE 🤯 I can't believe it. Money issues, family issues, kid issues.... GONE 🤯🤯 I actually have energy to live as opposed to just being exhausted.

Aja
It's REALLY amazing! Just a space where you feel completely accepted even with your dark bits!
Like · Reply · 2m

Hollie
FOR ALL WHO ARE QUESTIONING....TAKE THE LEAP!!! I have been with Hey U Human 4 months now and the changes are phenomenal!!!!!! DO IT FOR YOU!!!!!!!!!!
Like · Reply · 2m



**HAVE A NICE
DAY EVERY DAY**