

The Locked-In Moment™

Why You Feel Stuck Even When You Know
What To Do!

**A gentle guide to understanding how one
moment from your life may still be
shaping how safe success, money,
visibility, and change feel in your body.**

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What Is a Locked-In Moment?

A Locked-In Moment is a moment in your life when you experienced something emotionally significant.

In that moment, your brain tried to make sense of what happened, and a belief formed.

Not through logic – but through emotion. Your nervous system captured the moment and stored the meaning.

That meaning can quietly become a rule your body lives by.

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**These Moments Can Shape how you feel
about:**

- Success
- Money
- Visibility
- Relationships
- Rest
- Responsibility

For example, a child might watch a parent constantly stressed about money and unconsciously form the belief: **Money causes stress.**

Or a child might see a parent cancel family plans because of work and interpret it as **Success means sacrificing family.**

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My Own Locked- In Moment

My parents were visiting my grandparents in Florida when a big storm hit here in Buffalo.

Water was getting into people's homes, and my dad's construction business phone started ringing off the hook and, the answering machine was filling up with messages.

My parents called to check in from Florida and asked how many messages were on the answering machine.

I said 9.

He ended his vacation early and booked a return flight home that night.

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**What my younger self absorbed in
that moment was this:**

- Success means you have to leave your family.
- Success means you can't rest.
- Success means work always comes first.
- Success means vacations get interrupted.

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This is why telling someone 'Just Do the Thing' Doesn't Work.

If a Locked-In Moment taught your nervous system that success, money, visibility, or risk isn't safe, your body may quietly resist moving toward it.

Not because you're lazy.

But, because you're protecting yourself.

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And until that belief is seen and understood, your nervous system will keep trying to keep you safe.

Your nervous system see's safe as staying where you are currently.

No matter how much you don't like where you are. It's comfortable there. This is your comfort zone.

Predictabilty = safety to your body.

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To help you discover one of your Locked-In moments, I've created an exercise for you to take action on.

This is the first step to uncovering what is keeping you on the hamster wheel of your life.

Please, be gentle with yourself.

I know for me what came up immediately after I discovered my Locked-In moment was “Why didn't I notice this sooner?”

Friend, we uncover what we're meant to uncover in exact Divine timing. You've done absolutely NOTHING wrong!

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It's time to take action:

Reflect and/or journal on these questions

Reflection Questions:

- What word or situation creates resistance in your life right now?
- What comes to mind when you think about that?
- What meaning might you have created from that moment?
- Is that meaning true for you?

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Take your time with these thoughtful questions.

They are meant to help you discover the hidden habits, rules, patterns, and beliefs that are running your life and keeping you stuck.

If you would love to have support with this work, schedule a complimentary call and chat with Laurie directly by clicking [here](#).

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