

AWAKEN YOUR INNER GAME

What Is Blocking You?

WORKSHEET

This worksheet is designed to help to identify your limiting beliefs and blocks that are holding you back in your life right now. This is getting you ready to shift and clear these next week. I want you to bring your baggage here. Don't hide stuff and make yourself look good. Be present and 100% honest with yourself, because that is how you are going to get the most out of this week's training.

Write down your main goals/actions that you identified from last week that you want to achieve at the moment:

What thoughts come up when you think about achieving those goals? ie. "I always fail", "I'm never going to be able to do that", "What will people think of me?", "Yeah right!"

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Areas of your life



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SALES PEOPLE

RELATIONSHIPS

- My Partner

- My Parents

- My Kids

BEING HEALTHY

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LAST QUESTION! What are the 3 limiting beliefs that you feel are having the biggest impact on your life right now?

1.

2.

3.

CONGRATULATIONS! You've made it to the end of the workbook. Well done because this has been a very deep and reflective session. Remember it is a good thing if you have brought lots up to the surface. Don't bear yourself up, we all have these limiting beliefs that hold us back. We are going to work on clearing and shifting these next week, although you may notice some of them already shift by then and I will tell you why that is next week.