

breakthrough your blocks MINI-MASTERCLASS

PERSONAL REFLECTION

DATE:

HOW DO YOU TYPICALLY APPROACH A CHALLENGE? WHAT MINDSET DO YOU HAVE? WHAT BELIEFS OR OPINIONS? PHYSICAL REACTIONS?

WHAT'S SOMETHING CURRENTLY BLOCKING YOU? HOW ARE YOU ADDRESSING IT? DOES THIS ALIGN WITH THE ABOVE?

WHAT ARE SOME OPTIONS/SOLUTIONS FOR THE ABOVE?

WOULD IT HELP TO TURN THE PAGE OVER AND DOODLE, DRAW, GRAPH ANYTHING OUT? >>>

WHEN YOU THINK OF THIS BLOCK, HOW DOES IT FEEL? WHAT SHOWS UP? IT COULD BE A PHYSICAL FEELING, A SOUND, AN IMAGE, ETC.
