

Mindset Blocks - Implementation Guide

List down all the paths/endeavors you've invested in and use this chart to help you identify the purpose it has served. Write down how these experiences are serving the new path you're committed to, then express your final gratitude.

What path/endeavor have you invested in?	What purpose has it served?	How is it serving the new path you're committed to?

Identify the goal you are anxious about and then answer the empowering questions below. You may use this worksheet repeatedly for different goals.

My goal is _____

What if's (worries) _____

Empowering questions:

What is the best thing that can happen?

How can I make it work?

How do I know I can and will be successful?

What will my future self say 5-10 years from now?

Why is this important to me?

Make a list of all the things you are grateful for and concentrate on this EVERY DAY. The more you focus on what you are grateful for in life, the more things you will seek out to be grateful for.

Personal Activity:

Train your brain to ask these questions! Do this whenever you're having a difficult time moving past your mindset blocks.

I'm allowing myself to _____

I'm becoming _____

Example:

I am allowing myself to believe that the perfect opportunity is waiting for me.