

What's Holding Me Back? Worksheet

Ahh, challenges. Everybody has them. Everybody. In this chapter, you will learn the tools that you can take with you throughout your life to overcome obstacles as they come up. And they will come up. Life has ups and downs – that's what makes it life. Some days will be good, and some will be not so good, but overall, it's about how you handle these challenges.

Your Thoughts Govern Your Life

Thoughts are running through our head every day. The brain is the beginning of creation, giving birth to new ideas thousands of times per hour and also creating everything in your environment. Your thoughts are powerful – so powerful in fact that they have the ability to lift you up or tear you down. When you give in to other people's ideas and thoughts, you give up your power. Other people's beliefs can now lift you up or bring you down.

Example: Suppose I said to you the following:

What's the matter with you? You aren't that smart. You don't have the education you need. What makes you think that you can get to the next level?

How does that make you feel inside? _____

Now suppose I said this:

You are terrific. You know, the most successful people aren't really all that smart, but they know how to get the education that they need to take it to the next level. Even if you don't know exactly what needs to be done, you are taking action and that's great. I believe in you.

How does that make you feel inside? _____

Can you feel the negative and positive energy in those statements? Concentrate on where you feel that energy in your body. Often, negative energy will show up as a "gut feeling" or a heavy heart, and positive energy will feel light and airy. Notice how these things work in your body – it will be a very good indicator of intuition and a decision barometer in the future. Your mind always knows what is right for you and you will receive signs in the form of feelings in your body. Listen to these signs and you will not make mistakes.

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Your Personal Choices, Decisions and Subconscious Mind

YOU ALWAYS HAVE A CHOICE. No matter what the circumstances, situation or issue at hand, there are always at least two choices that can be made. Think hard about this when you have the need to say, “well, I didn’t have a choice”.

Name a situation where you felt you didn’t have a choice: _____

Now, knowing that you DO have a choice, what could you have done (or do, if the situation presents itself again) to honor your right to choose? _____

Making the Decision for Achievement

Successful people make a decision to have success. They don’t leave it to chance. They make personal choices that are in line with their value systems, their goals and their own personal truths. They break through limiting beliefs and realize that there is always a choice.

Before you can move forward, you must make a decision to have success. This comes in very big and very small ways in your life. Notice I did not say “how” it will come to you, but you must give yourself the permission and the willingness to do whatever it takes to achieve your goals. Be open to alternate routes – there is a much larger force at work to help you and you don’t know all there is to know. Right now, we are going to write our own personal statement of decision to have success. Put it on a piece of paper and tape it to your mirror if you have to.

I, _____ have made the decision to have the success in my life that I deserve and set out to achieve. I will meet obstacles head-on and choose to get through them in whatever way is necessary. I let go of my need to control the details and I allow myself to focus on the end result of my goal, knowing that I am meant to be successful in my endeavors.

Practice in everyday life. Start with small decisions, like getting a parking space in the front of the mall...

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Your Subconscious Mind at Work

Garbage in, garbage out...is an old computer term. But it is also a great analogy for your brain. Thoughts and images occur in our conscious mind, but it's really our subconscious mind that gets to do all of the work. Your subconscious mind never sleeps, never rests and is full of good energy to do your bidding. It's up to you to tell it what to do. Hypnotists use the power of the subconscious to make people think that a chair is hot, that they are freezing, etc. You can tap into this awesome power, even in your sleep.

Remember: YOUR SUBCONSCIOUS MIND EXISTS TO CARRY OUT YOUR THOUGHTS. PUT CHALLENGING THOUGHTS IN THERE!

What's Holding You Back?

You were meant to be successful, but maybe you're not exactly in the place you'd like to be financially, personally or professionally. Let's examine the beliefs, fears, doubts and self-esteem issues that really hold us back in that area.

Your Money Beliefs

Take a few minutes and examine your beliefs in this area: On a scale of 1-5, with 1 being disagree and 5 being totally agree, rate the following statements:

- ___ Rich people are greedy
- ___ I may be poor, but at least I'm honest
- ___ Money is evil
- ___ I don't have enough money
- ___ There isn't enough money to go around
- ___ Money is hard to manage
- ___ If I'm rich, then my friends won't like me
- ___ It's righteous to be poor
- ___ It's not about the money
- ___ "Money doesn't grow on trees"

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Your Personal Doubts

- I'm too _____
- I'm not _____
- I'm not good enough
- I'm not ready
- I'm not smart
- I don't know how to do it
- _____
- _____
- _____

Knowing what you know now about the subconscious mind, think hard about what these beliefs are sending to your subconscious mind and how your subconscious mind is making sure that your beliefs come true!

Examining Your Beliefs and Doubts

From the exercise above, take your biggest money blocker and your biggest personal blocker and write them here:

My Biggest Negative Money Belief

My Biggest Personal Doubt

Where did these come from? **SOMEONE GAVE YOU THESE BELIEFS!** Who? Let's examine a bit further. Did your negative belief come from your parents, teacher, aunt, uncle, sister, brother, other loved one?

My Biggest Negative Money Belief came from _____

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My Biggest Personal Doubt came from: _____

YOU DO NOT HAVE TO ACCEPT SOMEONE ELSE’S BELIEFS!

Breaking Through Fear

Fear is a real and important part of our lives. It can be one of the most exhilarating or scary parts of our life mission. Fear exists to keep us safe. Basic fears, such as the fear of falling or fear of loud noises, are there at birth. They are the self-preservation mechanisms in place so that we don’t jump off buildings to see what flying feels like.

But fear can also manifest terrible situations in our imagination and hold us back from achieving what we really want in life. That’s right – we are holding OURSELVES back – nobody else is doing it for you!

Let’s examine some common fears: Put a check mark next to the fears you’ve already identified in yourself.

- Fear of Failure
- Fear of the Unknown (“what if”)
- Fear of Rejection
- Fear of Success
- Fear of Humiliation or Ridicule
- Fear of Loss
- Fear of Making a Mistake
- Fear of Losing Control

I have a very simple, 3 step process to discover and deal with your fears.

1. Determine the EXACT source of the fear.

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2. Ask yourself – is this really my TRUTH right now or am I making it all up?
3. Take action in small steps

Determine the exact source of the fear

When dealing with a fear, just like dealing with a goal, you first need to brainstorm with yourself, no matter how silly it seems. Write down your secret thoughts, the ones you worry about.

My situation surrounding my biggest fear is:

Ask yourself, is this the TRUTH or am I making it all up?

What actions can I take to continue on my path and push past my fear?
