

Day 1 Assignment- Self-Assessment

Questions to ask yourself- Answer them with pen and paper in a notebook, yes it must be a pen. Absolutely No Erasing!

For this exercise we are going to work on trying to identify a few limiting beliefs that are keeping you from attaining one of your big goals. If you answer the questions honestly, even when there is a little twinge of discomfort, we can expose not only the limiting beliefs, but possibly identify the core psychological rule that the beliefs are founded on. If this becomes too difficult. Stop and start over with a less emotionally charged belief. We can always come back to the deep ones later when we are more skilled and comfortable with the process. No worries, I understand that it may be a little scary the first couple times. The key is to work with a limiting belief in this process, it does not matter which one.

1. What is something you have always wanted to accomplish, but there is always something getting in the way?
2. What is making me feel that I cannot achieve this goal?
3. Why can't I overcome the challenges in my way?
4. What is holding me back?
5. Specifically, what are the challenges in my way?
6. What unhelpful pattern am I falling into?
7. How do I see the goal? As possible, or out of reach/too big?
8. What am I saying to hold myself back?
9. Am I doing anything to hold myself back?
10. What excuses am I coming up with?
11. Why do these excuses hold any weight?
12. These excuses mean what?
13. What do these excuses do for me?
14. These excuses keep me from what?
15. Is this goal too hard, or just a stretch?
16. What is stopping me from achieving this goal?