

## Day 2 Assignment- Digging Deeper

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

In this exercise we are going to take the goal from yesterdays assignment and dig deeper into the reasons we were not successful. Answer the questions honestly and do not judge your answers. Just let the answers come out onto the paper. Do not re-read or proofread your answers yet. Just open your mind and let the words flow. The devil is in the details. The little things you do not think matter, are the clues that indicate your limiting beliefs. Most times your limiting beliefs are hiding just below the surface of your consciousness. So, we look after we are absolutely finished, for indicators of them.

1. Do I tend to blame others, and what for?
2. What do I often find to complain about?
3. Do I have any rules keeping me from this goal?
4. What do I see as negative about reaching this goal?
5. What do I think others would say if they found out I was working on this goal?
6. Do I have any shared beliefs holding me back?
7. What do I want to happen?
8. What do I think will happen?
9. Why are those different, what is the difference?
10. Are my standards too high, should they be lowered?
11. Are my standards too low, should they be moved up?
12. Do I have any values that conflict with my goal?
13. What do I believe about these values?
14. How do I describe myself?
15. What do I tell myself about what I should or should not be doing as I work toward this goal?
16. How do I think others describe me?
17. What stories do I tell myself about myself as I try to accomplish this goal?
18. What do I think should or should not happen regarding my accomplishing this goal?

When you have completed this assignment, you are to close the notepad you wrote your answers on and not look at it again until after the last day. I will give you a handout that will help you uncover some of the limiting beliefs you have hiding. Take a deep breath. You deserve to be congratulated, this was not an easy task, but it will be worth far more than the discomfort it cost.