INVESTIN YOURSELF. IDENTIFY WHAT HOLDS YOU BACK (WORKBOOK VOL.1)

Lesson #1: Invest in Yourself: IDENTIFY WHAT HOLDS YOU BACK Workbook

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Free Writing/Journaling

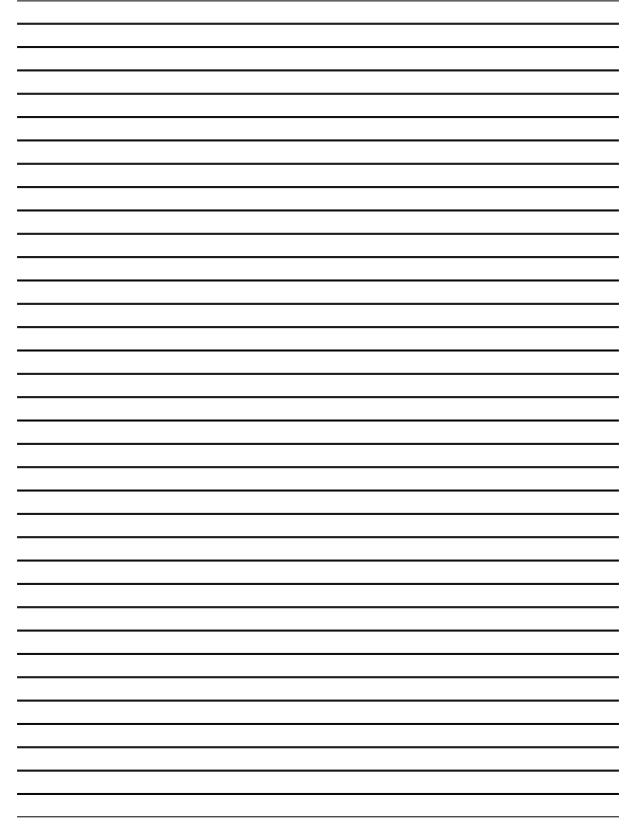
Identify Obstacles

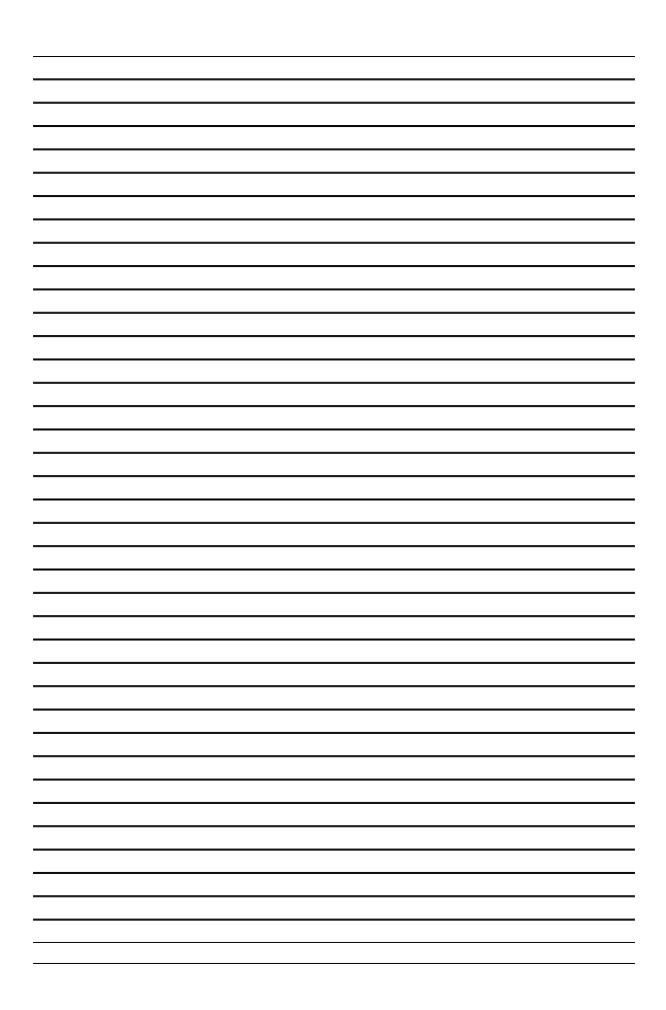
Are you guilty of making excuses? They will only ever hold you back.

List all the excuses you make

List all the limiting beliefs you have about yourself

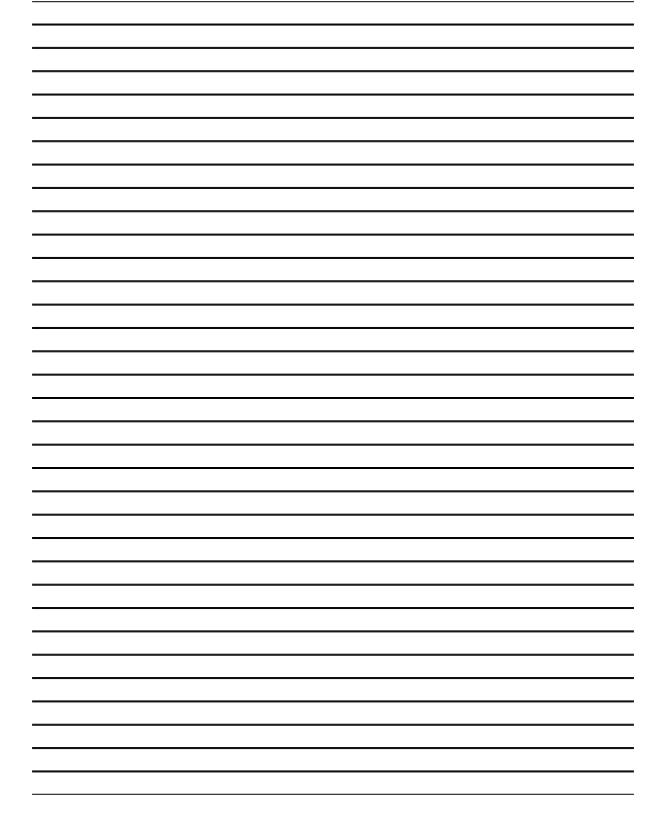
A limiting belief is generally influenced by a circumstance, situation, or event that left you feeling powerless. Both excuse-making and limiting beliefs can hold you back and hinder you from making progress.

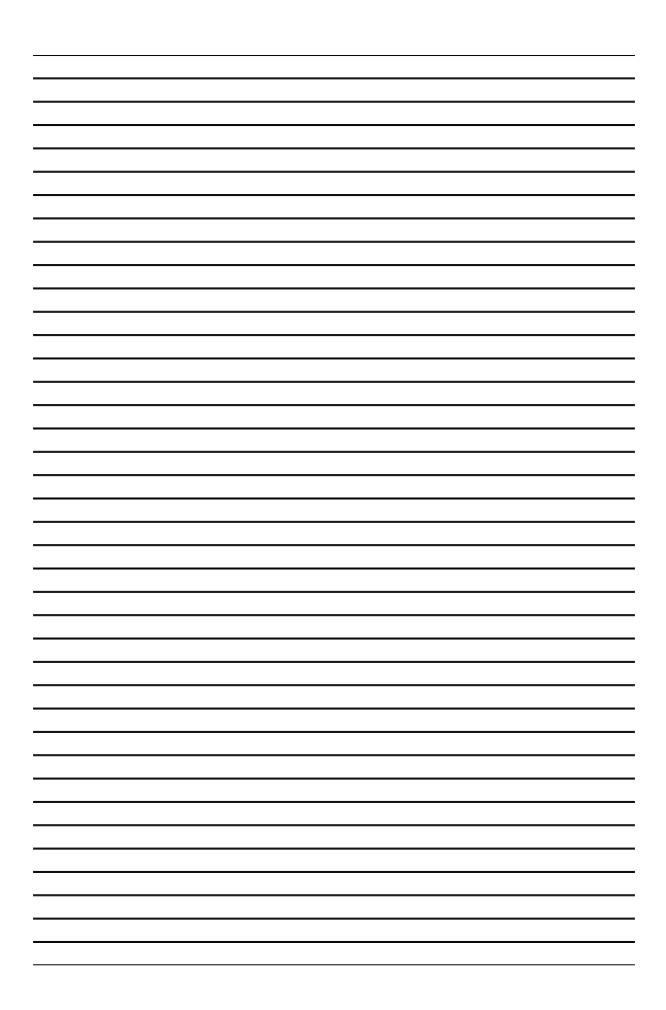


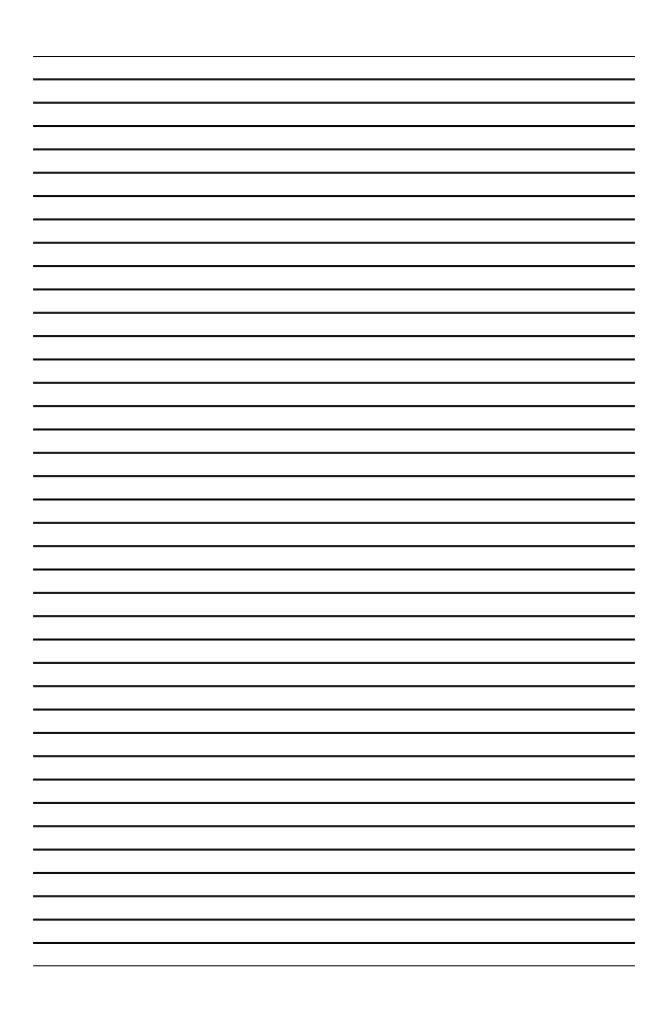


Write about those experiences that you feel have molded your limiting mindset

Pervasive negativity, and trauma throughout life can tarnish your mindset as to what you can achieve or do in life and who you can make yourself into.





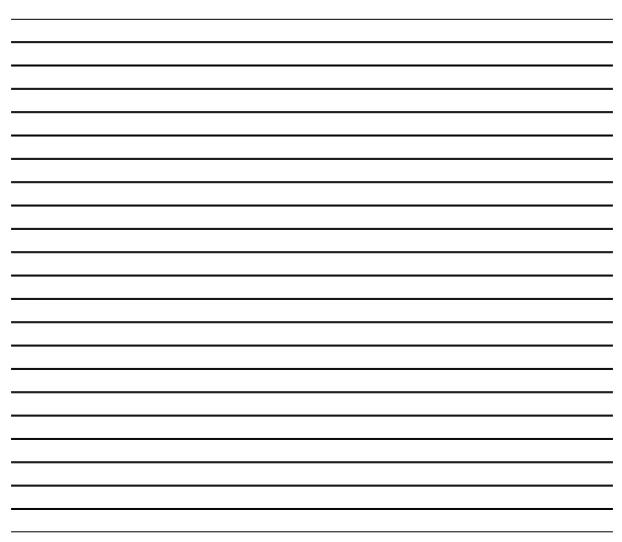


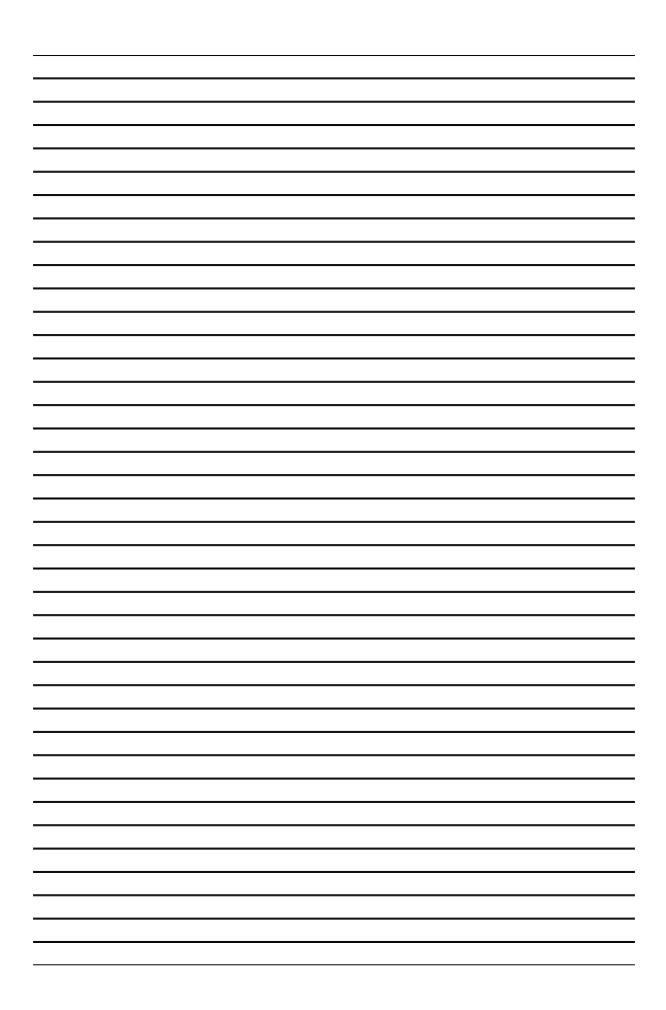
Working Through Excuses And Limiting Beliefs

What do you want?		

Why don't you have it? What's stopping you?

Dig deep, go beyond the surface. Search your soul for these answers. The only way to create the future you deserve is by working through what is blocking you.

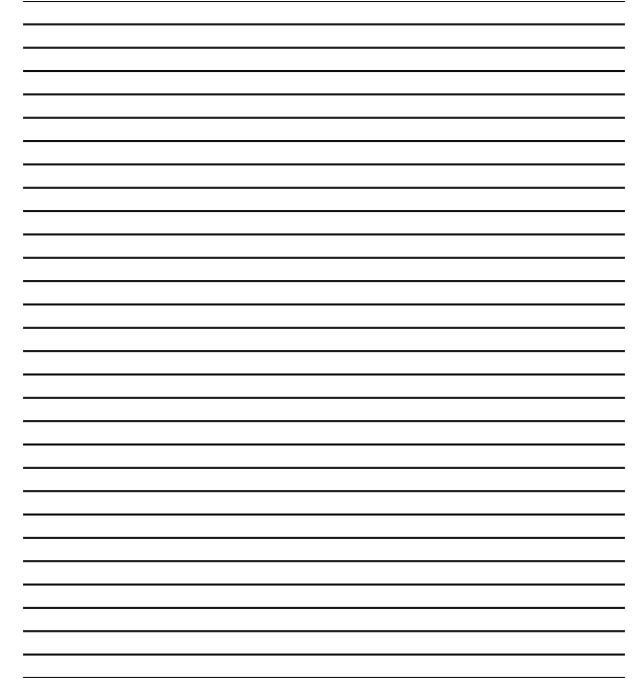


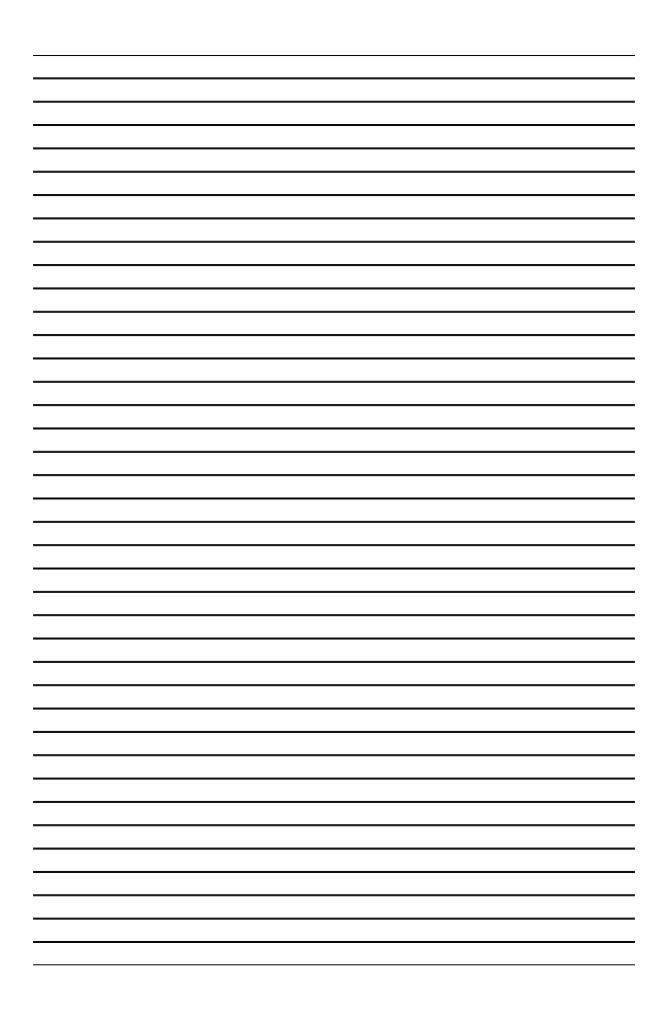


Opportunities

When opportunity knocks you have to be ready to take the call.

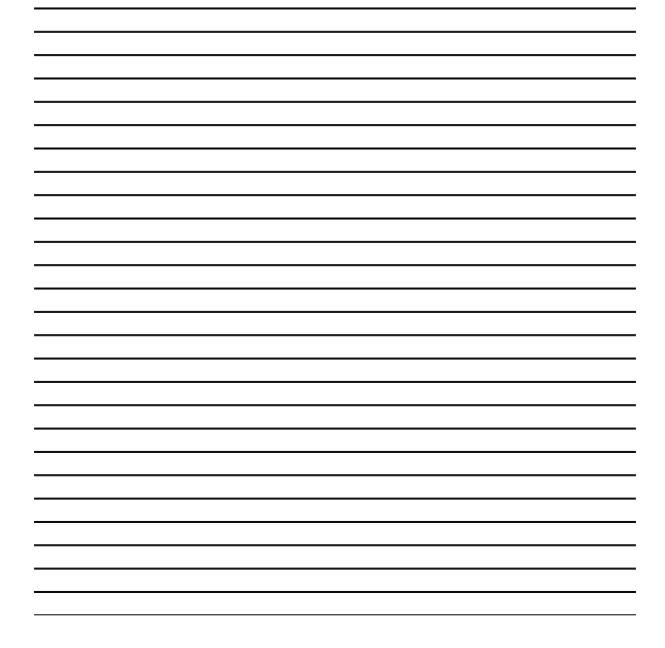
What opportunities have you missed out on because you thought that you were unworthy, incapable, or undeserving?

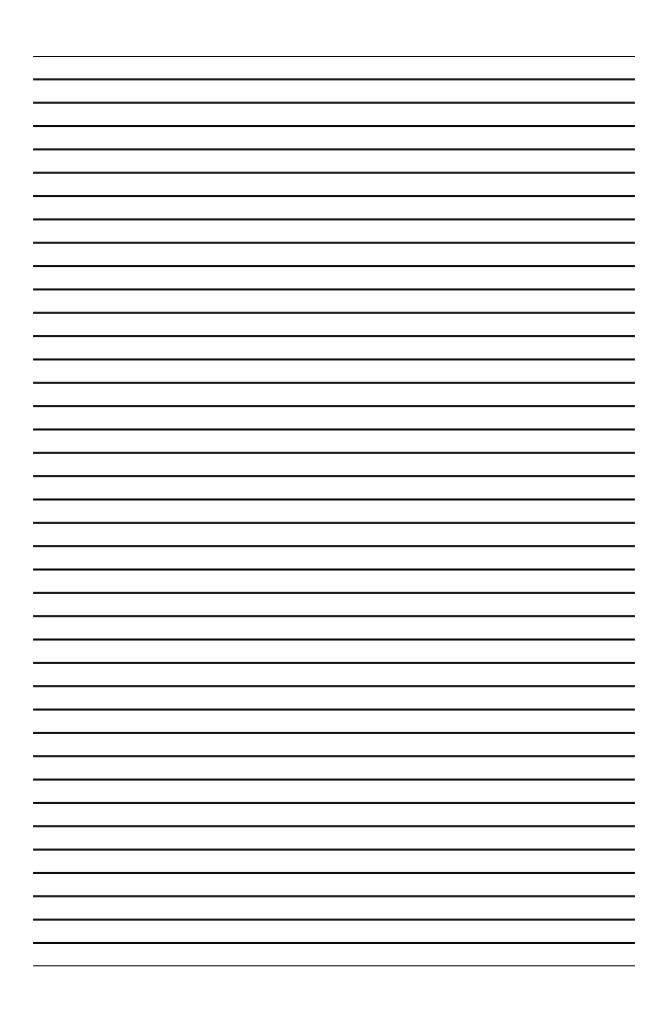




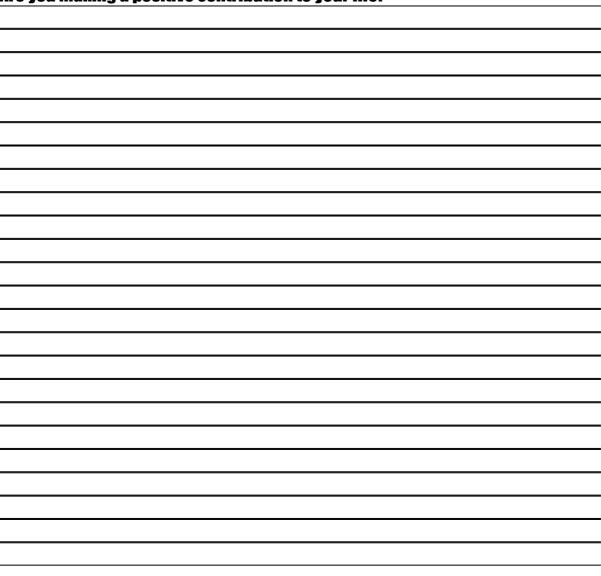
Can you think of something you desperately wanted, but instead of going after it, you decided the safest bet would be to dip your toes in just to test the water first?

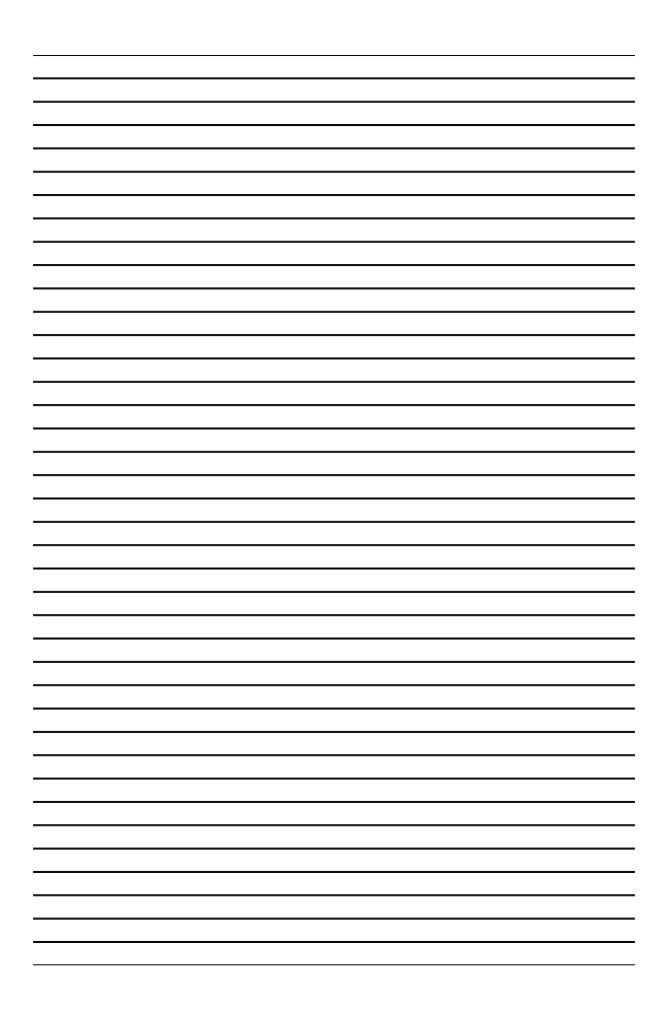
An obstacle is a milestone, it's an opportunity to endeavor beyond to overcome. You wouldn't run into any obstacles if you weren't making progress. So, when you run headfirst into a challenge or an obstacle, remember it's only natural to run into resistance when you're making strides. Enough of this dipping your toes in, you're either in or you're out.





Are you making a positive contribution to your life?



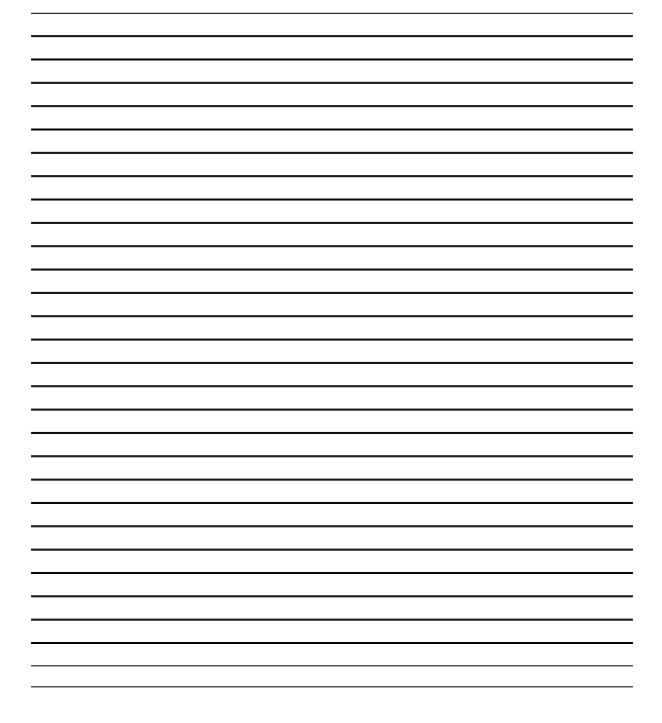




Thought Examination

List Your Skills

How you think about opportunities (and yourself) directly align with your results. If you believe in your abilities, skills, and yourself, then you will be able to create results.



You have to make a conscious decision to examine your thoughts and correct the negative ones that crop up. Replace the old one with a new, positive one, and retrain yourself until you root it out.

Your Negative Thought #1

Positive Replacement

Your Negative Thought #2

Positive Replacement

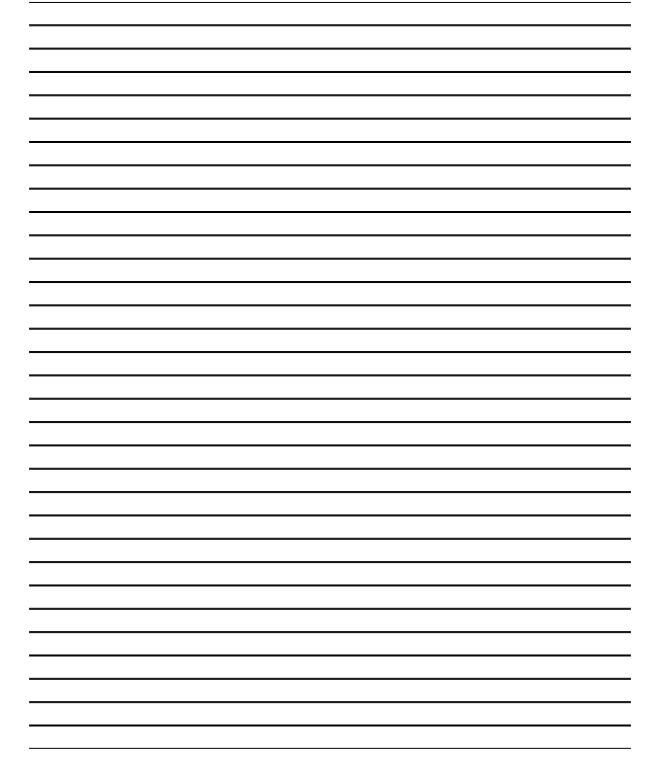
Your Negative Thought #3

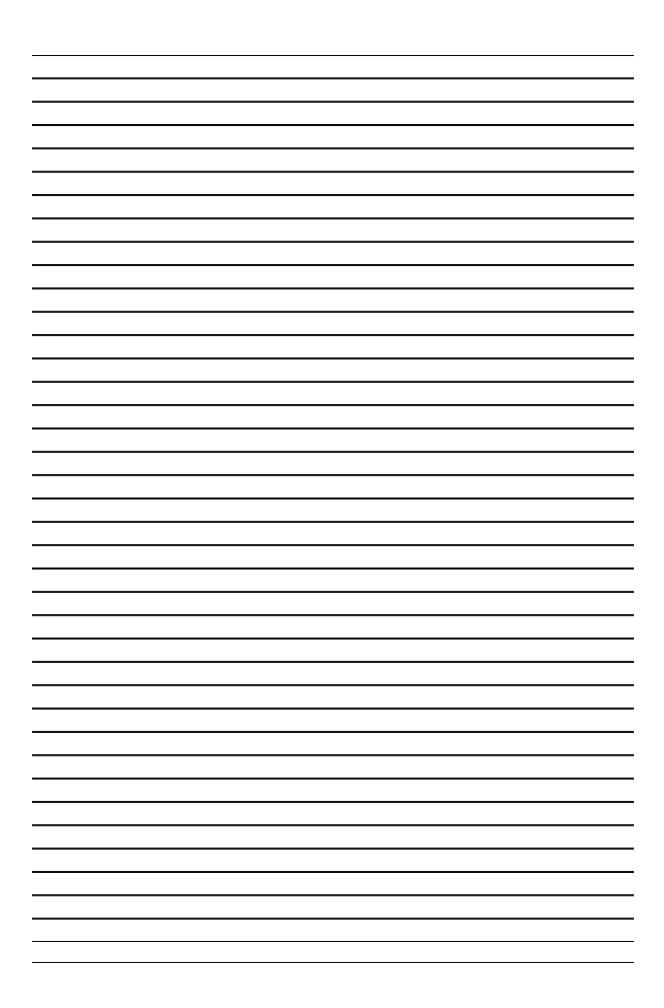
Positive Replacement

Seeking Clarity

Having clarity allows you to invest in your future, confusion only causes stagnation. Create a safe environment or habit that allows you to fully clear your mind to seek clarity. Make it a habit.

Outline what you really want. Imagine there are no limits, no roadblocks, the world is yours. What do you want?





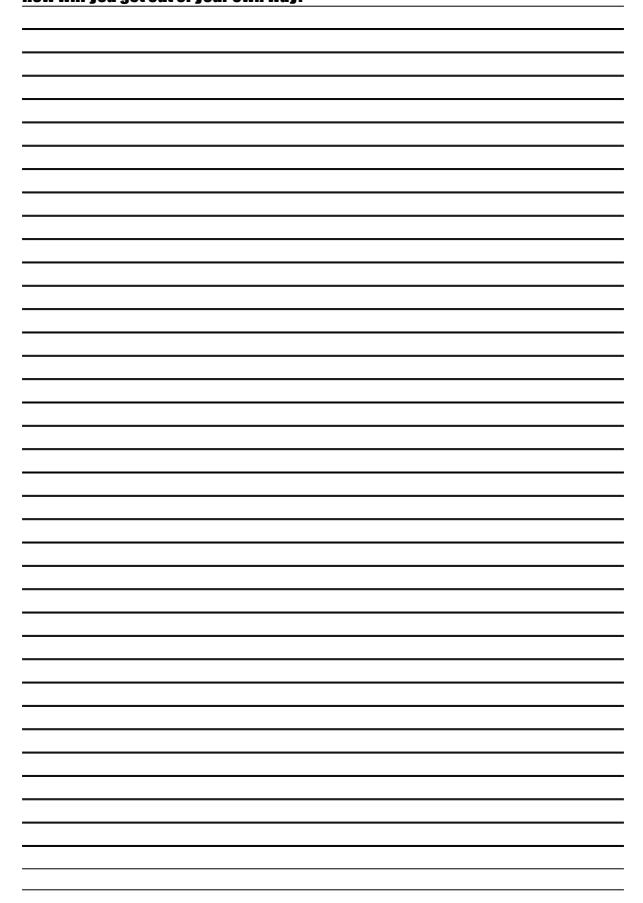
Habits, Actions, Choices

What habits can bring you what you want?

What actions can bring you what you want?	

What choices can bring you what you want?	

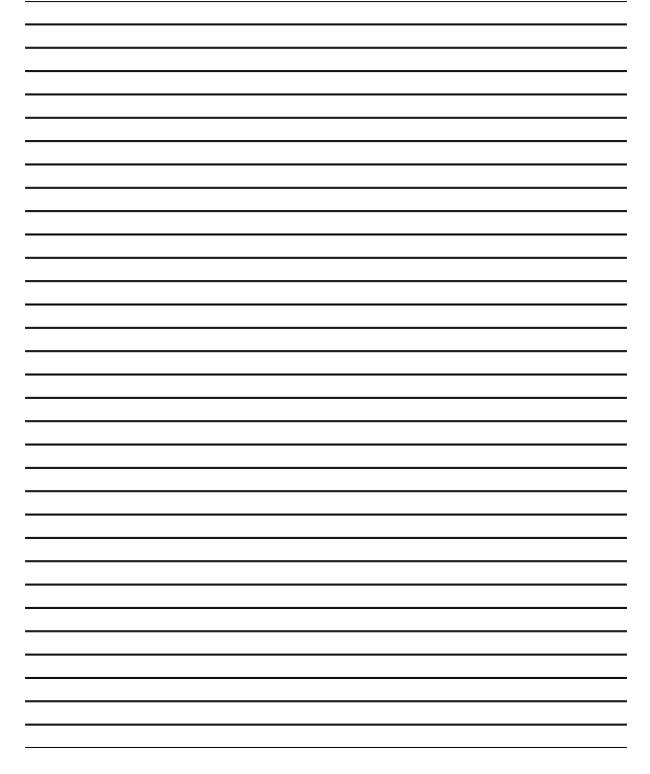
How will you get out (of your own way?
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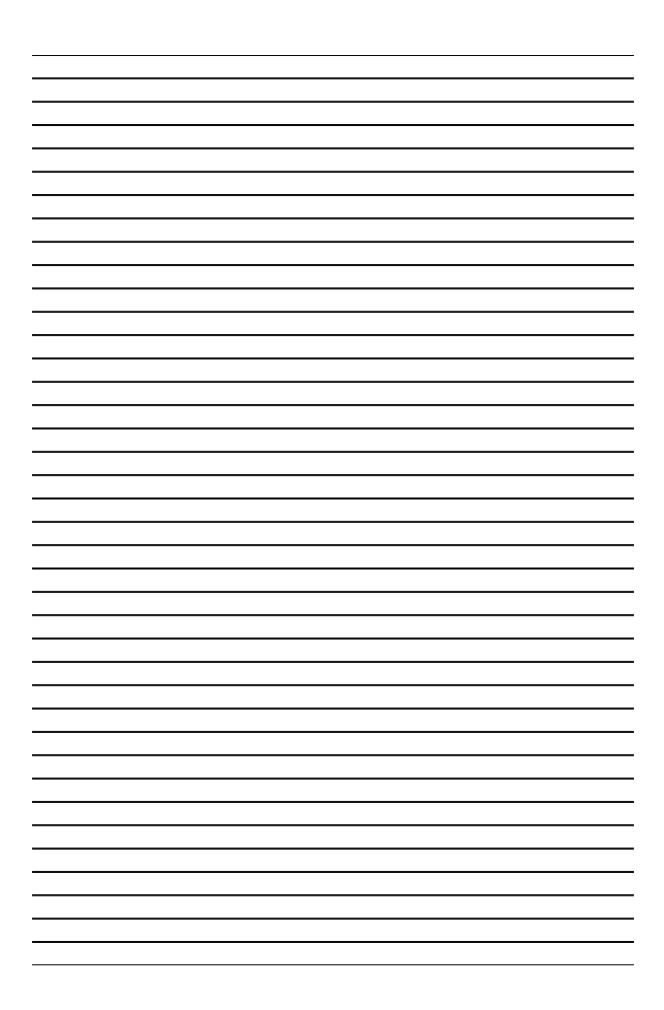
No More Blame

Take responsibility

Unless you are prepared to be fully accountable for your results you will always fall back into the blame game. When you blame others (whether it's people, circumstances, or situations) you paint yourself as a victim.



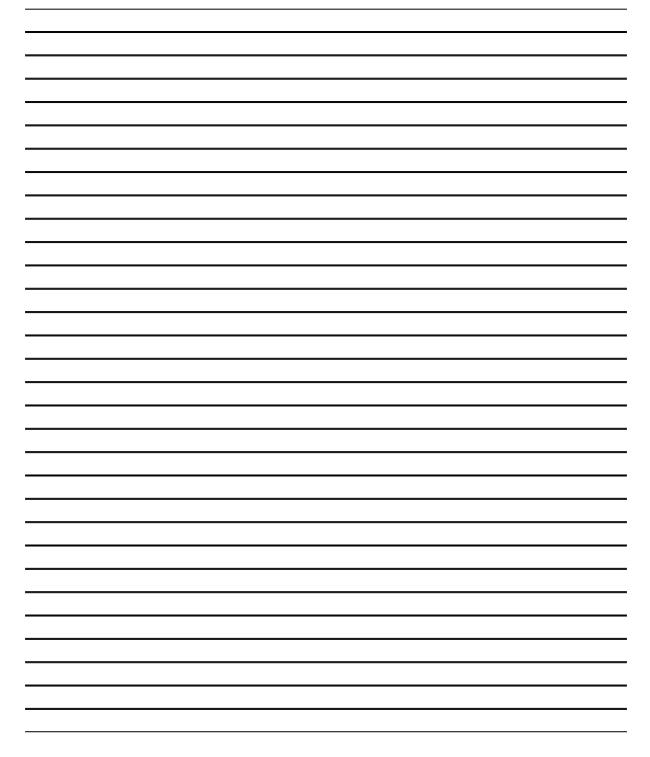
What is your responsibility in where you are today versus where you really want to be?

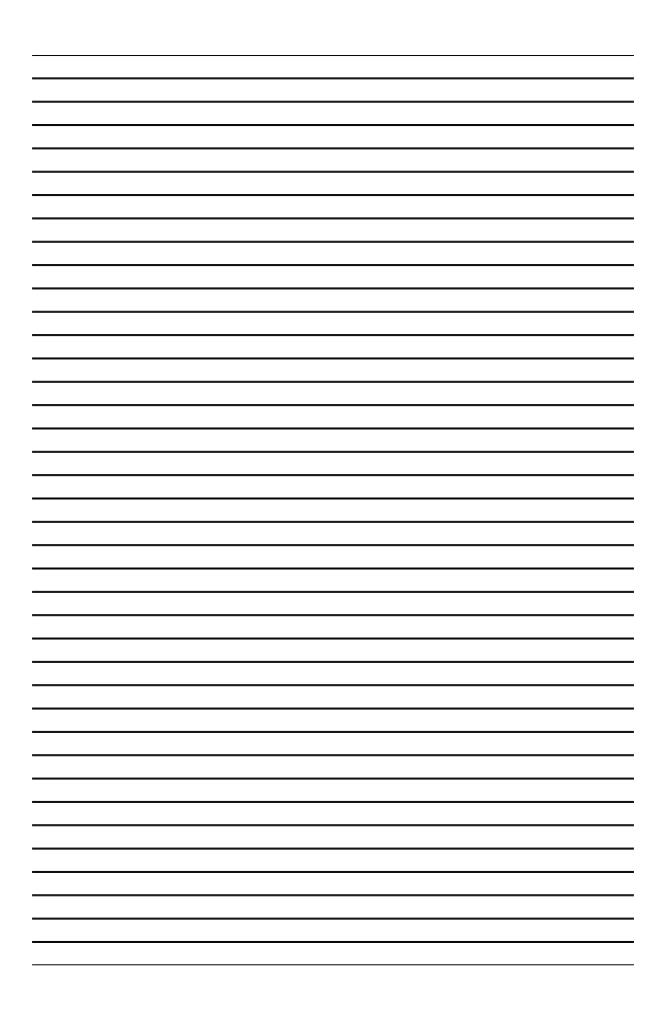


Self-Reliance

When you know what your goals are you have to think about what it will take for you to achieve those goals. Then you have to rely on yourself to get the job done.

Write a statement to yourself about self-reliance. Be detailed and describe how you will rely on yourself to get what you want

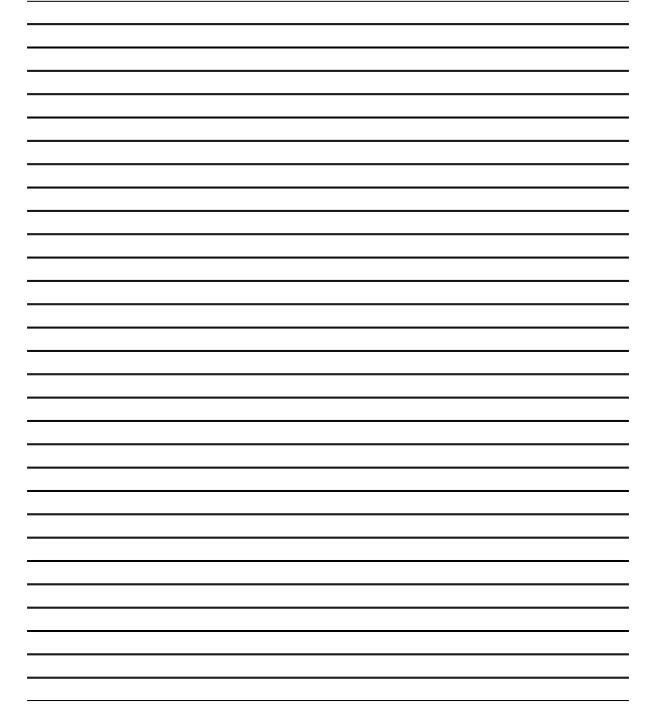




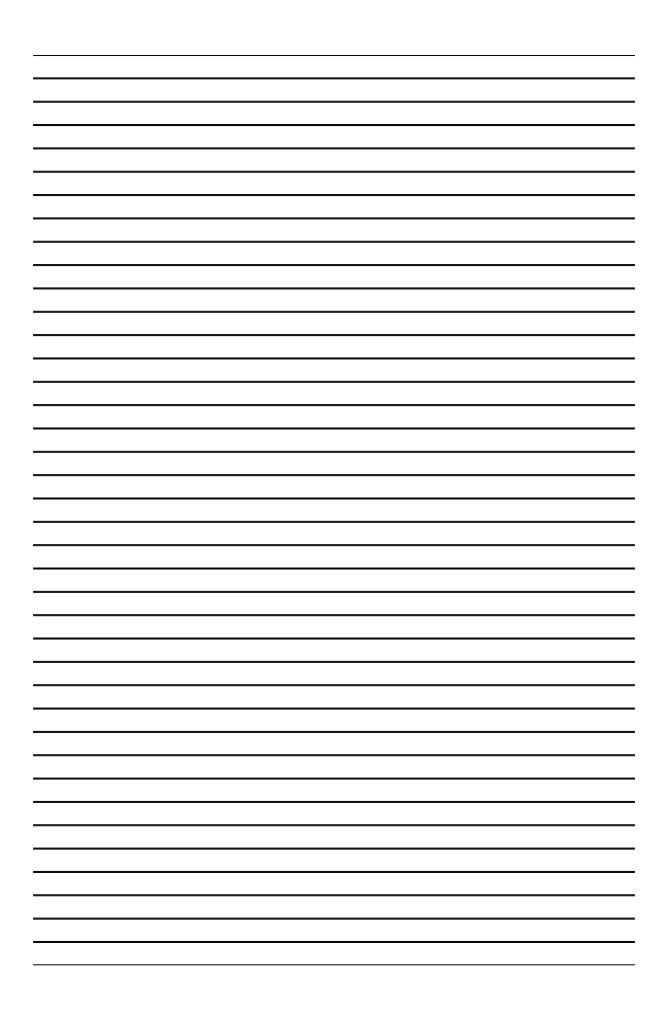
Develop Knowledge

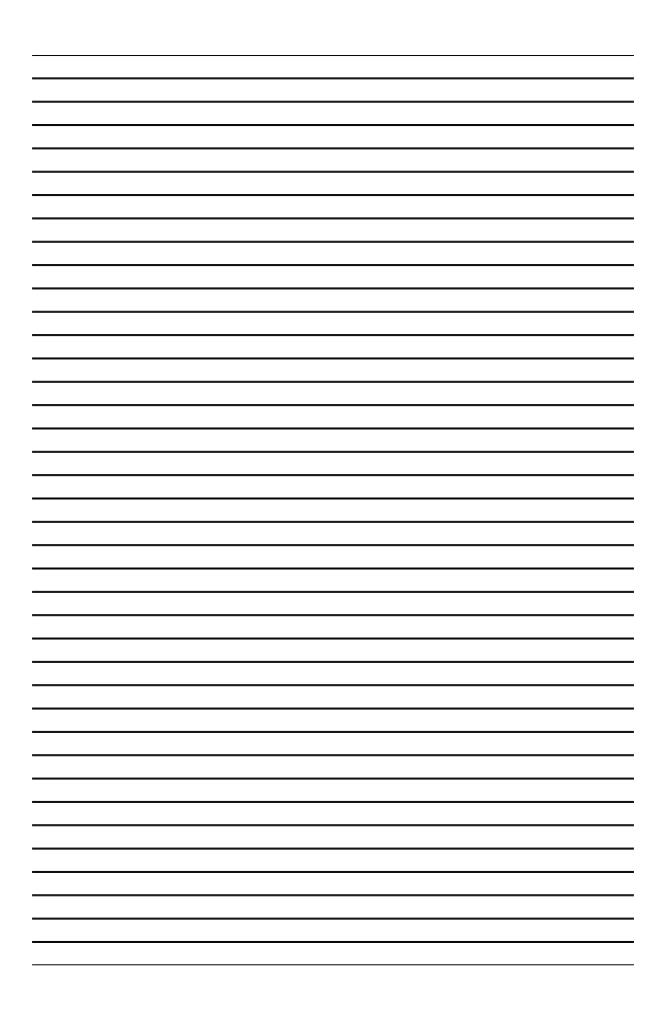
Knowledge and education are valuable tools and something you should consider if you want to move forward in your life.

List what knowledge you need to get what you want



Create a plan on how you will attain this knowledge

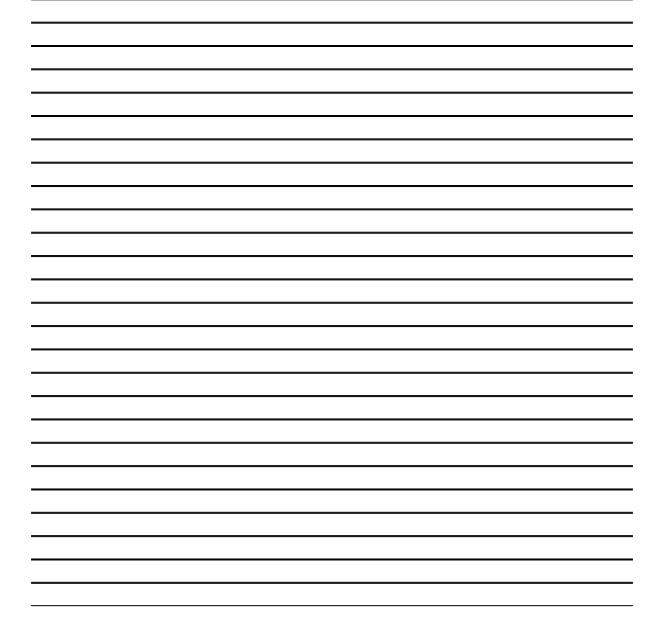




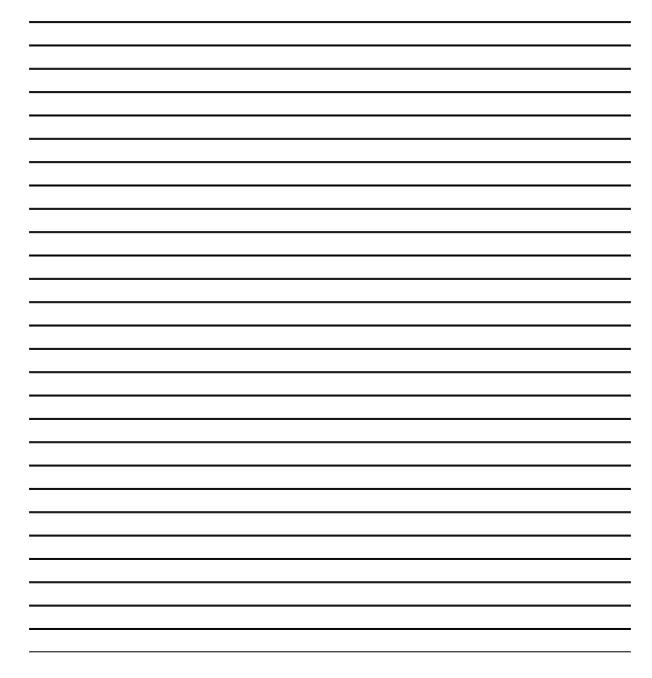
Looming Failure

Fear is paralyzing. It can prevent you from investing in yourself in a way to allows you achieve your greatest goals and desires. Where there is a fear of failure, pain, and humiliation, there can be no forward momentum.

List your fears



Is facing the fear really worse than the alternative, where you never try, grow, and move forward within yourself and your life?

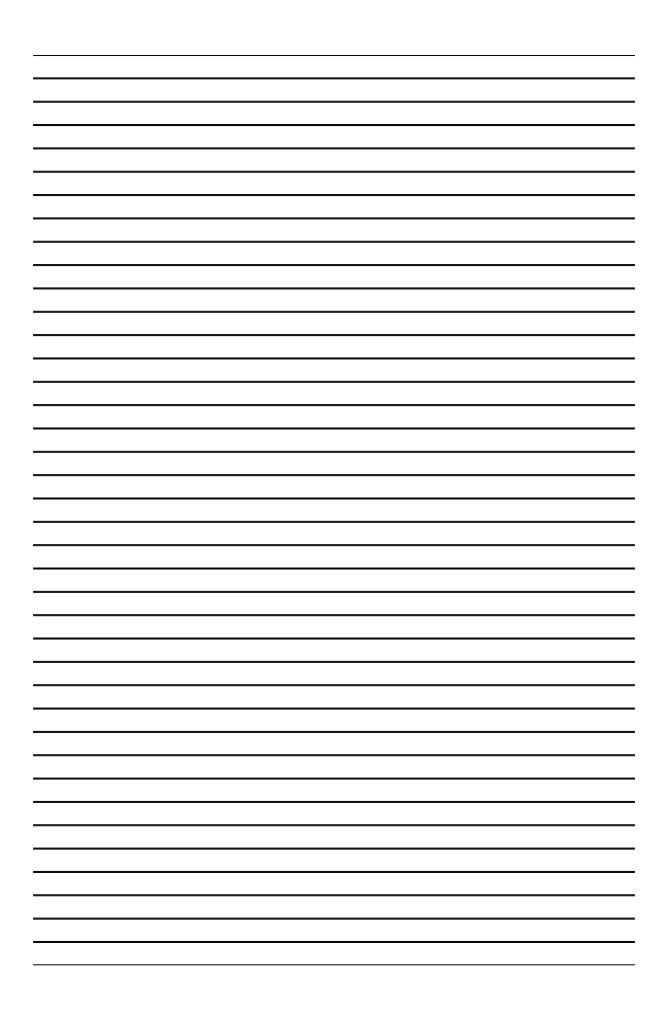


Getting To Grips With Limiting Beliefs

Let's circle back to those limiting beliefs because that is going to be the biggest obstacle for you to overcome. Let's get to work overcoming those limiting beliefs. It's time to take control back and start investing in yourself to move forward.

What challenges are you facing?

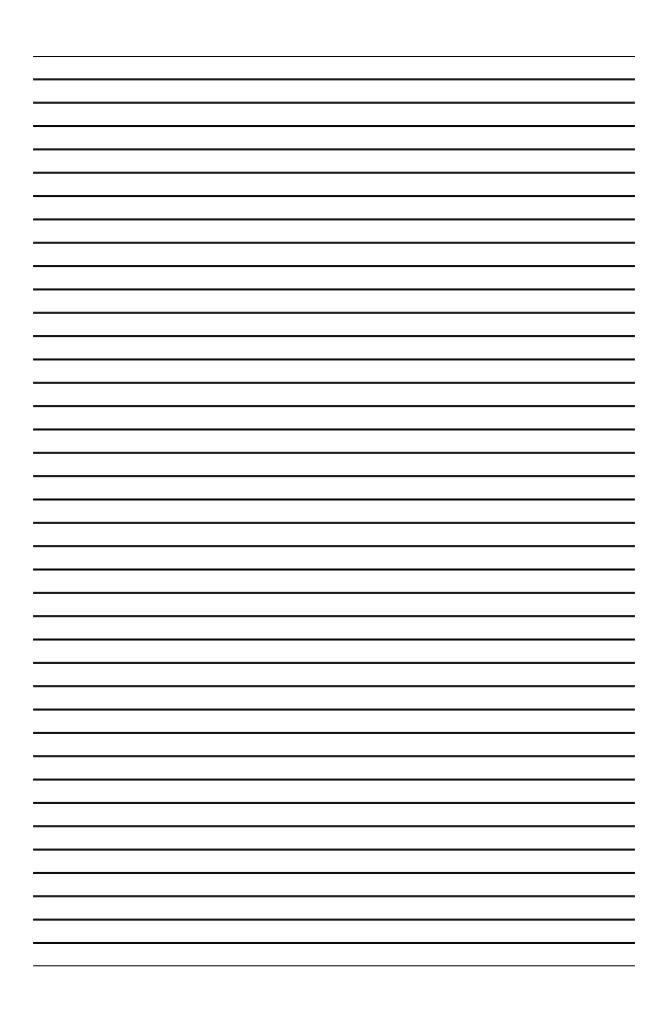
What stories have you been telling yourself in regard to the challenges or chasing what you want in life? How might they be holding you back?



What exists behind those stories? Fear? Anger? Stagnation? Self-Sabotage?

Which stories are real?

Which stories are imagined, untrue and made up behind your fears, low selfesteem, limiting beliefs and lack of hope?



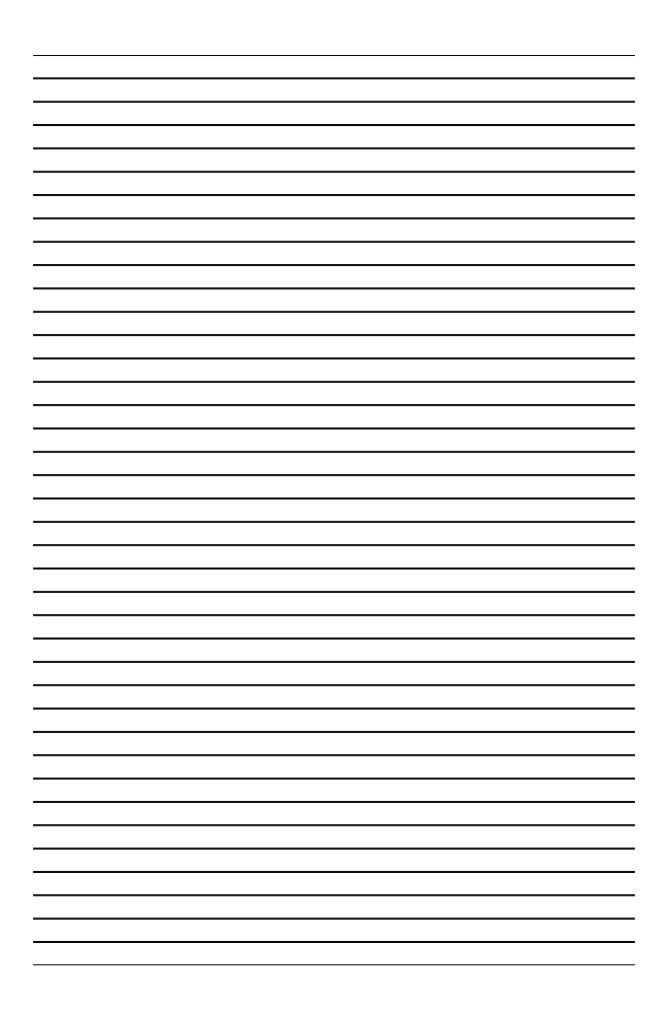
Take Back Control

The times when you feel at your strongest are generally the times when you feel the most in control. You feel in control when you believe that you have a) a choice and b) the influence to determine what comes next.

Describe a time when you felt strong and able to be decisive?

What areas of your life do you feel in control over?

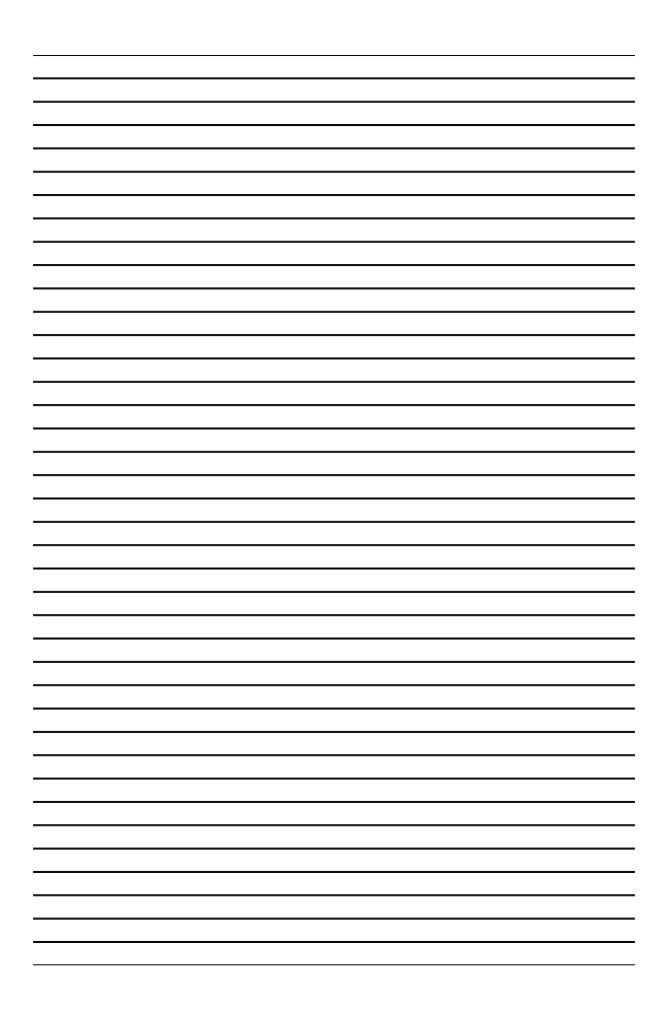
How can you use this power in the areas where you have limiting beliefs?



The Confidence To See Things Differently

When you are faced with difficult news, challenging situations, or trouble, I would encourage you to ask yourself some questions before you lose confidence and control of what's happening.

What control do you have in this situation?



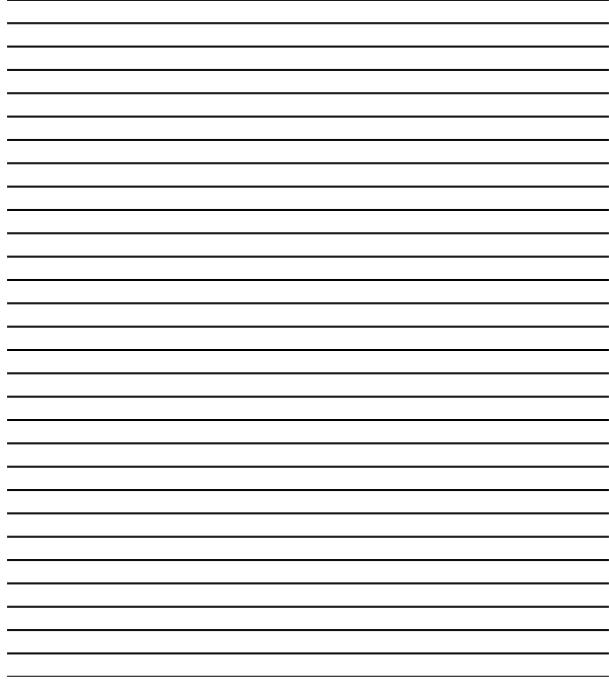
What can you do about this?

Where can you seek additional information?

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Who can you turn to for support and guidance?

What will you need from the people around you?



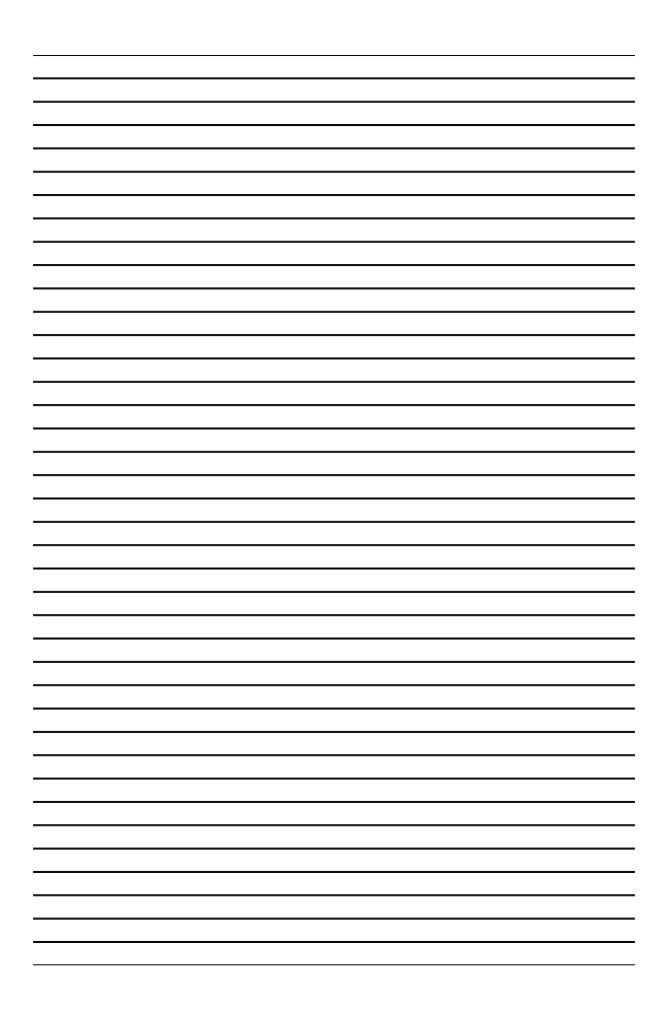
What lies outside of your control?

Generalization

We are often guilty of drawing conclusions and making general statements about ourselves that are deeply embedded in our mindset and therefore drive our motivation and decisions, for example, "I am never good at making decisions."

What generalizations do you make about yourself?

How do these harm you?



Are these statements really true? Or something you have convinced yourself of and therefore manifested that reality?

Write out affirmations that oppose the generalizations, for example, "I am capable of making solid decisions that benefit me."

The What Ifs

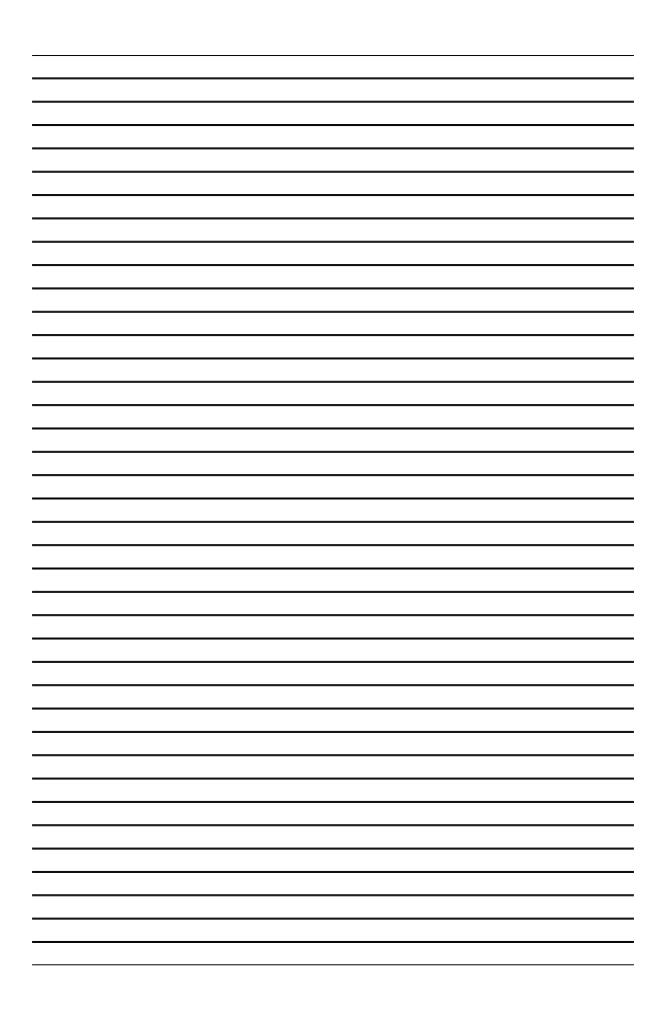
You're standing at the crossroads. You can see your biggest challenge looming large, written on a sign in front of you. As you read the challenge you notice the arrows pointing down different roads, the arrows pointing to the many what-ifs that are unfolding. They may be what-ifs that lead to better outcomes, perhaps they are what-ifs that lead to worse outcomes. The more you think about the what-if the more what ifs pop up. Suddenly, you are faced with so many different arrows and roads that you don't know what to do. That's all what-ifs do for you. Remove the what-ifs and focus on the realistic choices that you have, relieve your pressure, and battle the stress.

What 'what ifs' pop up for you when you consider your future and how you need to invest in yourself to manifest that reality?

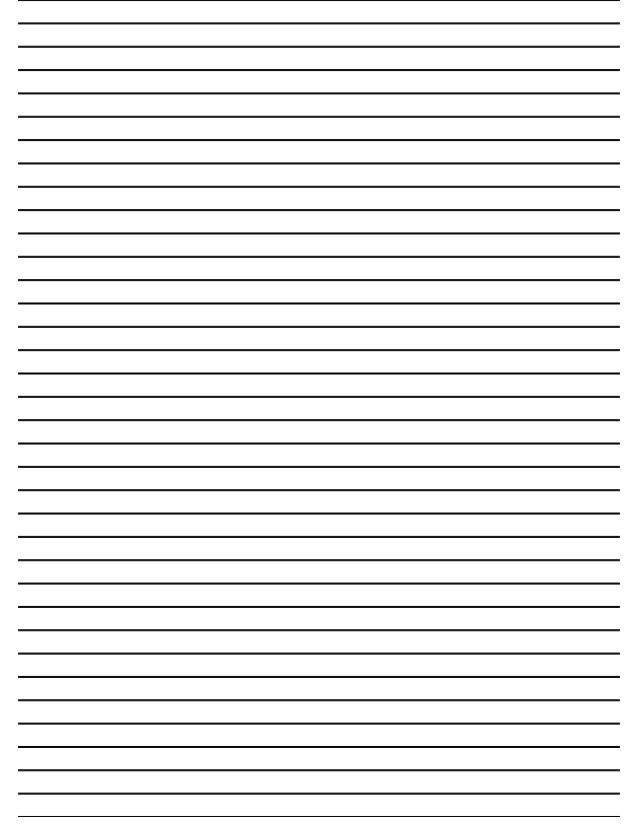
List your greatest strengths

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Write about your resilience



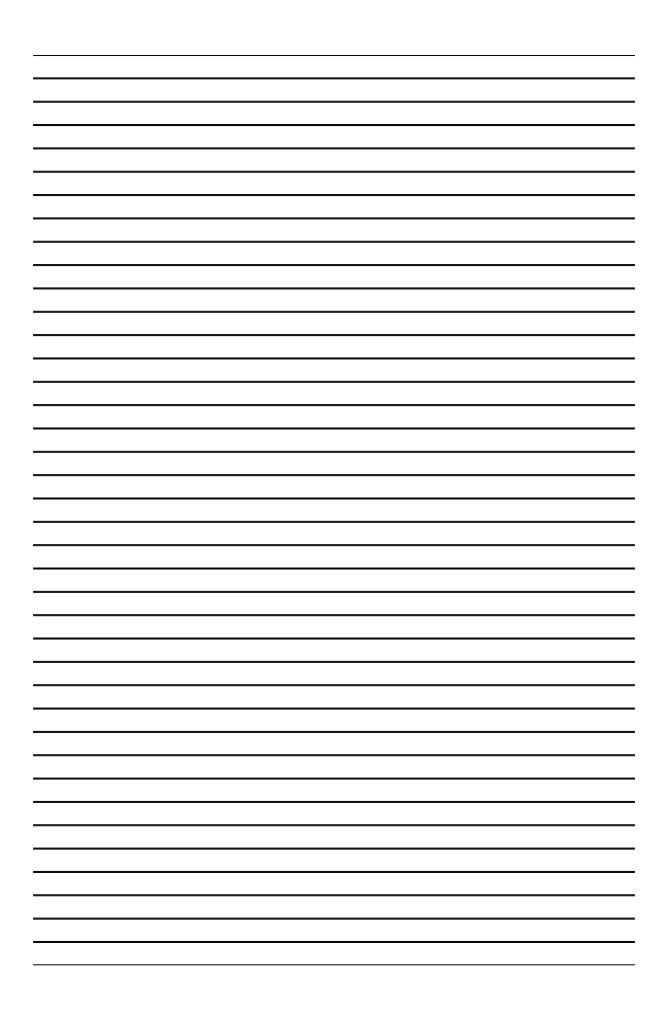
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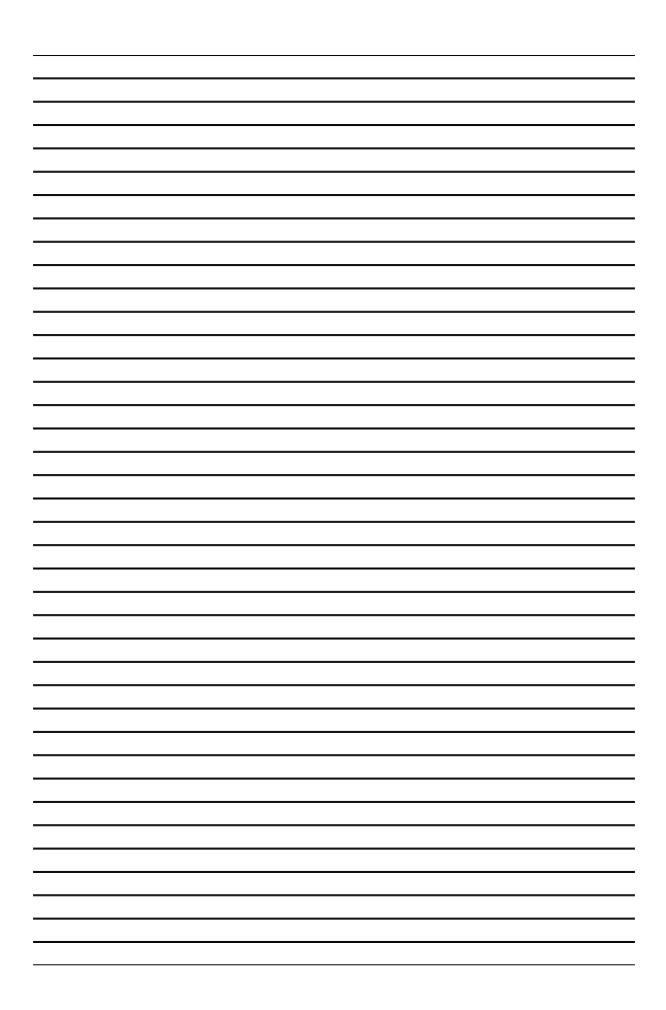


What Do You Want And How Will You Get There

You're the hero in your story, reader, and the outcome of your life is entirely in your hands. If you want to invest in yourself and chase success, then you have to identify what holds you back. Think about that as you choose what stories to tell yourself and believe. It's within your power to rewrite it where necessary. It's within your power.

What do you want? How will you get there? How will you eliminate those limiting beliefs that hold you back?





Free Writing/Journaling

