

OBSTACLES

four day challenge



YOURSELF

What is an obstacle? A thing that blocks one's way or prevents or hinders progress.

What do you think is "preventing" you from achieving success with yourself?

Example:

Write down 5 reasons that you feel you haven't made progress.

- 1.
- 2.
- 3.
- 4.
- 5.

Write down your beliefs about today's topics results -

Example:

NOW IT'S YOUR TURN:

- 1.
- 2.
- 3.
- 4.
- 5.

Let's change your thought - and see where your results are. New thought = New results:

Example:

- 1.
- 2.
- 3.
- 4.
- 5.

