



AWAKENING YOUR POTENTIAL

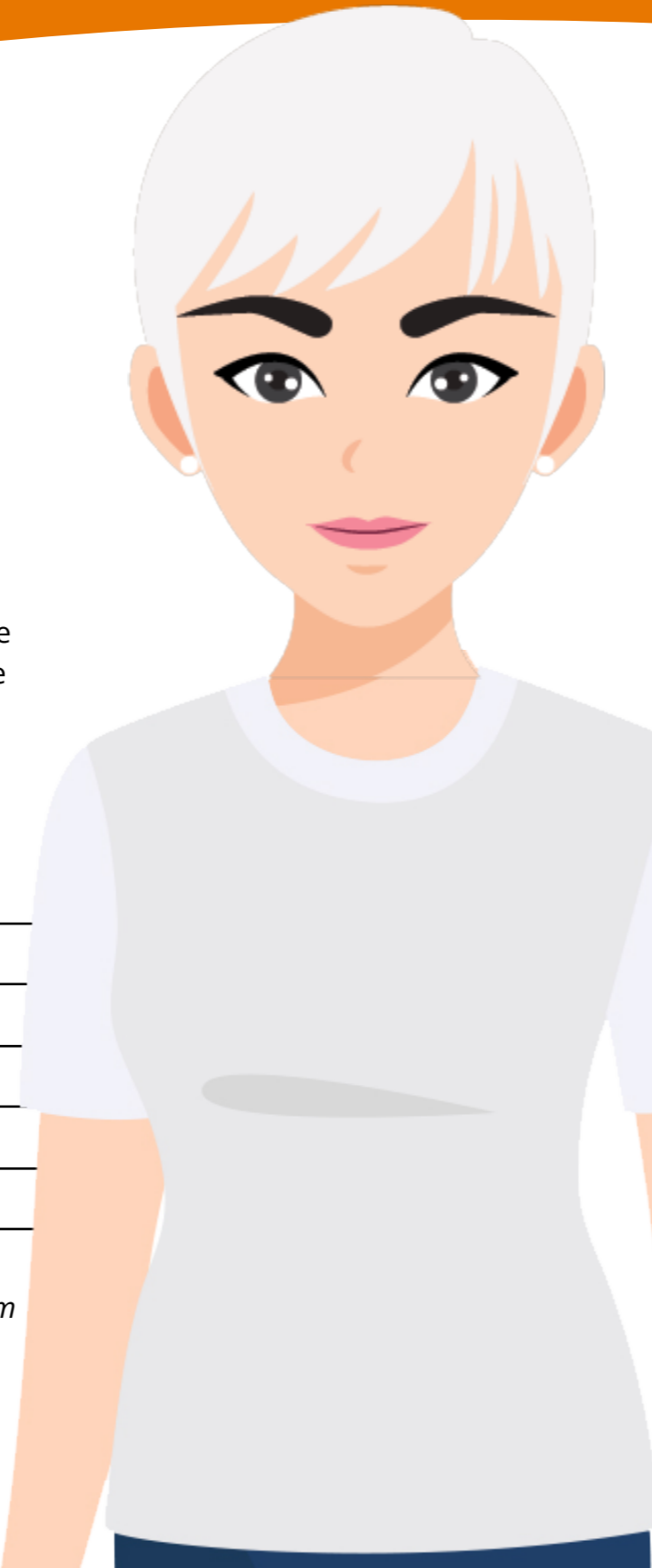
POSSIBILITY BLOCKS

Inherited beliefs, tendencies of thought, and habituated patterns of perception can block our potential for the fully-realized happy and fulfilled life experience we all deserve.

Review the five types of Blocking Factors to the right, then...

Select a type of Blocking Factor and use the space below to articulate how that type of block may be keeping you from your best life.

- Limiting belief
- Subconscious blockage
- Distracted intent
- Deficient motivation



The Four Types of Possibility Blocks

Limiting Belief

A conscious belief that something is not possible for you to achieve.

Example: "True and lasting love is just not in the cards for someone like me."

Deficient Motivation

A chronic deficit of the energy and focus needed to engage in the activities or practices needed to create a well-nourished and joyous life.

Example: "I just don't have the discipline to meditate every day."

Distracted Intent

A habituated tendency toward diversions that interferes with a consistent investment in one's well-being and evolution.

Example: "I can't go to yoga, American Idol is on tonight."

Subconscious Blockage

A subconscious belief or narrative that sabotages success by driving inaction or inappropriate action aimed at intentional sabotage.

Example: "I feel like there's this invisible hand holding me back in life and I can't figure it out."

Extra credit: Consider how you might break free from the influence of this block and step into the radiant life you deserve.