

January Jumpstart Success-exercise
Session 3

Removing Obstacles

Write down specific reasons your internal Doubter gave you about why you cannot reach your Big Juicy Goal. List each one as a separate "obstacle." Examples: *"I am not smart enough."* *"I don't know enough about the subject."* *"I can't afford it."*

After listing each obstacle, choose whether it is logistical, external issue that requires a strategy OR if it is a "limiting belief" (an internal issue). If you believe it has BOTH elements, check BOTH boxes.

OBSTACLE	Limiting Belief	Strategy
Example: I don't deserve this.	X	
Example: I have never done this before. I don't know enough about it to succeed.	X	X
Example: Nobody will buy my (service or product)	X	
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