



Get to the Root of What's Stopping You

and pull it out like a weed!

Name _____

Date _____

What if being free of limitations in any area of your life were as simple as weeding a garden?

What are the biggest challenges in your life right now? List as many as you can think of.

What is your dominant emotional state?
(The feelings you have most of the time)

Common core-wounding experiences

- 1
- 2
- 3
- 4
- 5

Signs of core wounds

- Stress
- Reactivity
- Fear/Anxiety
- Masks/false self
- Difficulty living in the present
- Behaviors not changing, even though you try
- Breakthroughs not happening even with a lot of work
- Procrastination
- Not taking action
- Excuses
- Feel unlucky
- Lack of confidence
- Upper limits
- Sabotage
- Disconnected from feelings
- General discomfort in the background
- Continual pain/suffering
- A sense of life not working without understanding why
- Same challenges year after year
- Beating up on yourself
- Judgment
- Lack of self care
- Compulsive/addictive behavior
- Never enough

Some beliefs at the root of my challenges