



Module 3 – Removing Road Blocks

Recognizing Your Road Blocks

What Things Holding You Back? (Top 3)	<u>Road Block 1</u>	<u>Road Block 2</u>	<u>Road Block 3</u>
Is it Mental, Emotional, Physical, or Spiritual?			
Where does it come from?			
Why am I choosing it?			

Pros and Cons

What are the Benefits of Keeping This?	<u>Road Block 1</u> PRO: CON:	<u>Road Block 2</u> PRO: CON:	<u>Road Block 3</u> PRO: CON:
Am I Willing to Give This Up? (Yes/No)			
What is Scary About This?			

How do You Feel About Change? Why?

Recognizing Your Road Blocks

What Jobs / Things Are Holding You Back? Why? Solution?

(Put you thoughts below)

<u>Block</u>	<u>Why</u>	<u>Solution</u>	<u>Change</u>
1.			
2.			
3.			

