

EXERCISE 4 | SECOND CHOICE

Next we want to identify your “blockers”; the thoughts and feelings that come up from your subconscious operating system which either help or hinder your creating success in this area of your life.

SECOND CHOICE	BASELINE
POSITIVE	NEGATIVE
Thoughts, experience/skills, attributes, feelings, emotions, things that WILL help you to get there,etc. things that WON'T help you to get there,....etc.

***** KEY: Don't filter your thoughts or words, let them speak for you! *****