

Show Up More Vulnerably and Authentically

1) Where are you hiding out, playing small, or not showing up fully?

2) How would this situation, interaction, or experience be different if you were to show up fully?

3) What are three action steps you can take to start being more honest in everything you do?

Perceived Obstacles

WORKSHEET

Perceived obstacles are the things that we manufacture in our heads. *"I'd have to go back to school and get a degree... I'm too old to switch careers... I have no idea how to start a business... I don't have enough money... I don't have enough time..."* etc. While they are most certainly hurdles (being too young/old is NEVER one, by the way), they are not impossible! As my mentor always says, everything is figure-outable. And I do mean EVERYTHING.

Perceived obstacle: _____

Is this true? _____

Can you absolutely, 100%, know that it's true? _____

How do you feel when you believe this to be true? What happens? How does your mood shift, your treatment of yourself and others, or your belief in possibilities change?

Who would you be without that belief? How would you act? What could you achieve?

Create THREE positive affirmations that are the opposite of your perceived obstacle.

For example *"I'm too old"* can become *"I'm the perfect age to achieve all that I want, age is just a number and nothing more, I have all the wisdom necessary to make things happen."*

1. _____

2. _____

3. _____

Repeat these ANY TIME your perceived obstacle pops up and get back to work!

Real Roadblocks

Real roadblocks are the unexpected bumps in the road such as severely spraining your ankle while training, having your business license or permit delayed or denied, your computer crashing, etc. These are REAL tangible blocks. They are not, however, reasons to quit or give up on your dreams! Just the same as perceived obstacles, roadblocks are simply a bump in the road to help navigate you into a new way of thinking or doing things.

Goal: _____

Real Roadblock: _____

List out FIVE ALTERNATIVES for achieving this goal despite the roadblock. Get creative:

For example *"my computer crashed"* can produce the following alternatives: *"I can work at the library, I can borrow my friends computer on X week days, I can ask my boss if I can stay late to use the company computer off hours, I can write it by hand, I can find a way to fix mine."*

"I sprained my ankle" can produce the following alternatives: *"I can work on my upper body strength, I can switch to another marathon, I can swim, I can do light yoga, I can spend extra time reading about proper nutrition."*

1. _____
2. _____
3. _____
4. _____
5. _____

Now, get back to work on your goal using some or all of the alternatives you've created!

Reasons

Everyone has reasons why they can't accomplish something. While similar to perceived obstacles, reasons go more like, "I try to eat healthy but my family likes fast food so I can't seem to lose the weight." Or, "Well I tried to train regularly but it just kept raining so much." These aren't actually good reasons, they are EXCUSES, nothing more. Just because your family likes fast food does not mean you have to eat it. You are capable of picking up a salad for yourself or even rallying your family around the idea of eating well and supporting you. Similarly, rain is no excuse to not run. Ever heard of a hoodie? A gym and treadmill? I thought so.

Take some time to list out all of your reasons for being unable to achieve your goals:

Next, a trick I learned from my mentor... take a big red sharpie and write BULLSH*T over all your reasons above. Because that's what they are! Bullsh*t excuses and nothing more.

Now, for every reason you had, write THREE ALTERNATIVES for making it happen.

For example, *"my friends don't eat healthy and pressure me"* can become, *"my friends suck at supporting me and I shouldn't spend time with them, I can stop eating out at unhealthy places, I will stop caring what my friends think because my HAPPINESS is more important."*

Bullsh*t excuse: _____

Alternatives:

1. _____
2. _____
3. _____

Repeat using the next page, then get back out there and get to work!

Reasons

Bullsh*t excuse: _____

Alternatives:

1. _____
2. _____
3. _____

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