

REMOVING BLOCKS

Created with Love and High Vibes for your Success
by Violette de Ayala

LET'S GET STARTED:

Think about your goals. What are three goals you haven't accomplished yet?

- 1.
- 2.
- 3.

How long have you been wanting to achieve these goals?
Note them here:

What are the reasons why you haven't achieved these? Be specific.

Let's pretend the reasons you noted above are blocks. Noodle on where these blocks stem from. What's the underlying story you share internally?

ACTION PLAN : It's time to put all of the above into action. Here is your homework:

- Take the first goal/block and journal about when this block started, the details of the story you tell yourself, and how it's been holding you back.
- Re-write the story from a new perspective and a point of strength. Release the story that's been holding you back all this time.
- Surrender and forgive yourself for having this block. Recognize how wonderful you are and how you are about to move forward in a beautiful and magical way.