

# WHAT HOLDS YOU BACK ?

The purpose of this worksheet is to help you figure out what is holding you back from leading your ideal life and living your Overall Why. Be honest and patient with yourself when answering these questions. You may need multiple copies to fully express yourself.

What in your life is making you feel sad/ unhappy/ unfulfilled?

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Is this something you can change? How?

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If not, are there things that can be done to make the situation better? What are they?

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Why haven't you acted on this yet? What is holding you back?

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When you think of your ideal future what stands in your way of living it now?

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What changes or habits have you tried to make and failed? Why?

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