

Overcoming Obstacles

With every great challenge, especially a life-changing one, there comes a point where you feel like you've hit a wall. It's certainly not getting any easier and you're just about ready to give up. Don't! This is the time for deep reflection. Think about what's holding you back. Do you have limiting beliefs?

1. What's holding me back?

2. What patterns or limiting beliefs are at work?

3. How can I reframe my limiting beliefs into more positive and supportive statements?
