BREAKING BARRIERS

MY LIST OF BARRIERS TO EXERCISE

List every barrier to exercise that you can think of. No barrier is too small. In the next column give a 1 to temporary barriers and a 4 to permanent barriers. You may also use a 2 or 3 if it falls in between.

Barriers to success	1 - 4



THINKING SESSION

Let your own brain find the answer.

1. If I'm hurting, what would the opposite of hurting be right now?
2. What would happen if I chose to answer my problem or question right now?
3. What would I do if I knew what to do?
4. What if I answered this question like my life depended on it?
5. What would my future self (who has already succeeded/conquered) tell me to do?
6. How is this issue FOR me, rather than against me?
7. What would I do if I knew it wasn't impossible?
8. What is my current belief system that I'm living under? What do I want it to be?
9. What are 10 awesome ideas or possibilities for this?
10. What other questions should I be asking myself?



11. If I was my own mentor, what would i tell myself to do?