

# DARE TO DREAM

Mastermind Coaching Experience

## Clearing Unconscious Blocks

Get present to what your goal(s) are for the program.

Choose one at a time.

1. One fear I have around my goal for the program is \_\_\_\_\_. Sit with it, it's there...

Ex: If I am in a relationship, I will lose my freedom and destroy my career/relationship again.

2. Find out where this old belief was originally planted. Get curious and ask yourself: "Given my past, where might I have started to believe that?"

Ex: : I remember my mom started unleveling her success, and then that's what caused relationship problems between she and my dad. I don't believe one can successfully have both a great career and a great relationship.

3. Give your block a voice. Let it speak directly. Don't talk about it, talk from it, as if it were a younger child version of you speaking directly to you and out loud now.

Ex: I'm afraid that once I start working harder I won't have any time for me, or that if I start dating someone else I'm going to start slacking or failing at my career.

# DARE TO DREAM

Mastermind Coaching Experience

4. What's the deeper intention this block has? What does it really want for me?

Ex: It wants to make sure that I stay happy and free and not hurt anyone and not hurt myself.

5. Forgiveness: "I forgive myself for buying into the belief that..."

Ex: I forgive myself for buying into the belief that if I were more successful, then I would have to sacrifice my career or my success in my relationships.

6. Find at least 5 genuine examples for why this misunderstanding isn't true. The truth is, there have been many times that I've been more successful and have had more fun + connection. One of those was when I was so busy working and studying at the same time, but felt so alive and happy about my life!

1.

2.

3.

4.

5.