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Questions

To self-discover what's blocking your success!

Before we start – remember that there is no right or wrong answers to these questions - only valuable information and the first thing that comes up is usually more accurate!

1

What's my *honest* relationship to money?

Simply scribble down anything that springs to mind. Include anything that comes up around the idea of having money.

- Are you a spender, or do you keep to a strict budget?
- Do you know exactly how much is in your bank account, or do you avoid it like the plague?
- What kinds of things do you associate with “being rich”?
- If money were a person, how would you describe them?

2

How successful were my parents/caregivers in their careers?

Most of how we view our world comes from what is perceived in our childhood.

- What were your parent's views of money and success?
- Did they view themselves as successful?
- Did you consider them successful as a child?
- Looking back now, how do you view the career-success level of your parents?

3

How do I speak about my achievements vs failures?

This is so important, and probably one of the hardest questions to answer with total honesty, because most self-talk is so deeply ingrained in us that we are rarely even aware we are doing it!

- Think about the last time you were proud of a big accomplishment; did you allow others to celebrate with you and accept the compliments that came your way?
- Did you downplay it when others tried to give you praise?
- Now, consider a time when you felt defeat. Did you beat yourself up?
- Did you take yourself to task for not doing something differently?

4

Who are my supporters?

This one is a lot more easier to answer...

- Who is cheering you on from the side-lines?
- Who will have the biggest genuine smile and celebrate with you when you inevitably get everything you want?

5

When I visualise achieving my perfect success, what's emotions do I feel?

Answer as many of these questions as you can using any or all of your senses and note down anything that comes to mind.

- How are you dressed?
- What's your overall attitude?
- How are you standing or sitting?
- Where are you?
- What are you doing?

As long as it is safe to do so, take a minute and do the following...

Close your eyes

Take a few deep breaths

Imagine yourself in a dimly lit cinema or theatre. Can you already hear the rustling of sweet wrappers and the smell of popcorn?

Imagine in your minds eye that you are watching the movie of your ultimate success, whatever success looks like to you.

Imagine you are at sat in a seat of your choice as the movie of your ultimate success unfolds on the screen

Try and discover the most prominent emotion that comes up for you. (You may have many emotions at the same time, but there is always one that is more prominent).

Try and pinpoint that emotion and write it down first.

Now take a look at all your answers that you have jotted down. Take a look at all the information that you've gathered on yourself.

What have you learned?

What is your biggest mental block?

Now, write it down. e.g. **The feeling of.....is blocking me from success**”.

Once you have recognised what your biggest blocks to success are, you are then able to start releasing what ever is holding your back. If you need a helping hand, contact Jen jen@corepotential.co.uk and start discovering what you're made of.