

Journal Exercise

Identify the #1 area you are most challenged by in life right now.

Prioritize the areas below from 1-10.

1=most challenged, 10=least challenged

- Creativity
- Spirituality
- Career & Passion
- Finances
- Health
- Home Environment
- Relationships
- Romance
- Social Life
- Other

State the exact result you would like to have in that area:

I want

List all the reasons you can think of why you can't or don't have the results you desire in that area. List at least 5 or 6 reasons:

I can't because

I can't because

I can't because

I can't because

I can't because

I can't because