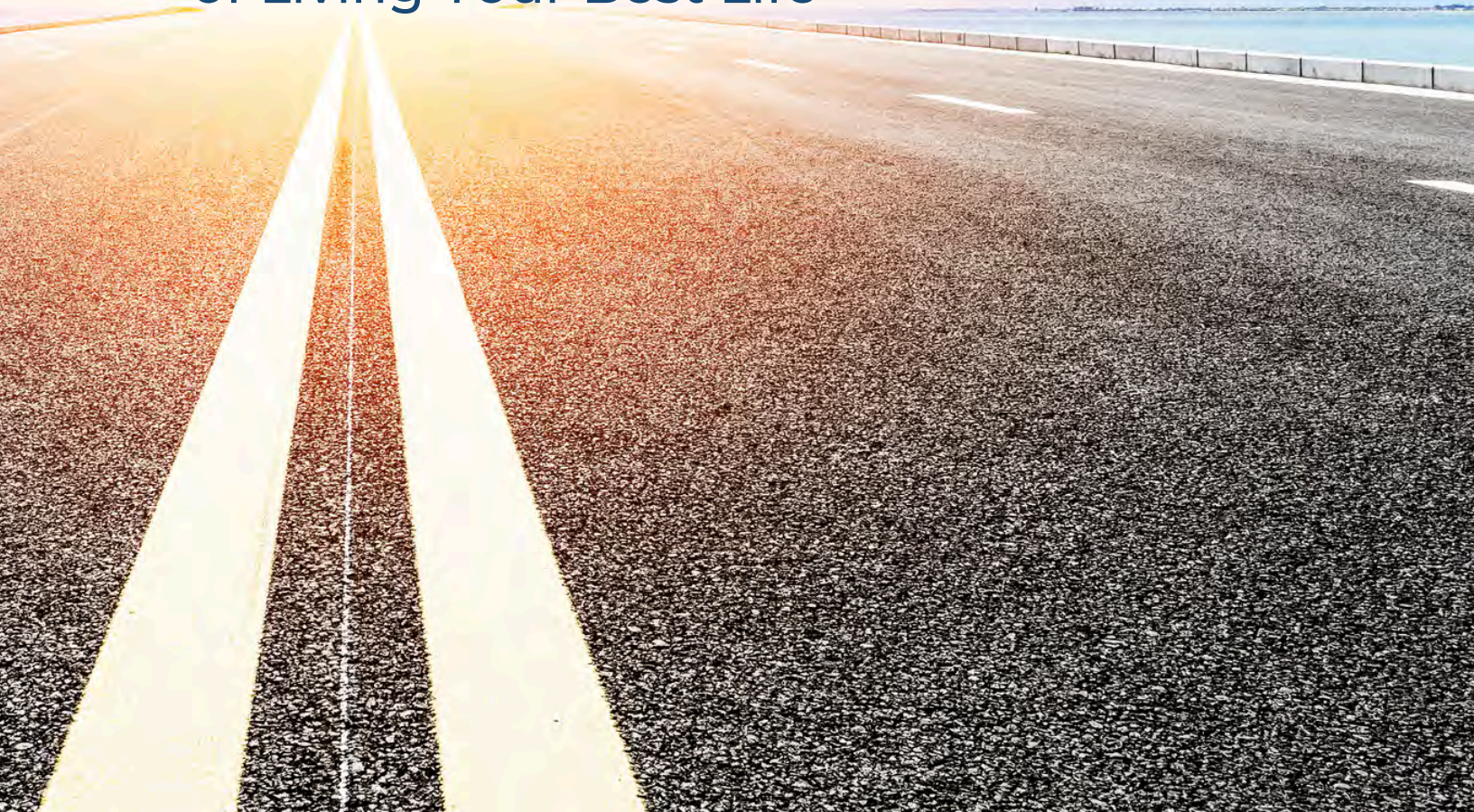




BREAK *FREE*

with Jack Canfield

A Powerful Free Training to Dissolve the
Emotional Blocks Standing in the Way
of Living Your Best Life



Identifying & Removing Blocks Worksheet

An area of my life where I feel stuck, blocked, or I'm having a hard time creating what I want is: _____

The feeling I feel when I focus on this is: _____

Where and how that feeling manifests itself in my body is: _____

The early experience I went back to is: _____

The limiting decision I made or the limited belief I took on is: _____

The coaching I gave to my younger self is: _____

My new belief is: _____

My new affirmation is: _____

The coaching that my wise, enlightened 85-year-old self gave me is: _____

I now feel: _____