

Gain Clarity on What's Holding You Back

TO EDIT YOUR OWN COPY: FILE > DOWNLOAD AS

You're stuck. I get it. I was too.

For years!

Drowning by putting effort in the wrong places.

Not having the work-life balance I needed.

It felt like every day was a replay of the one before, each with its own set of disappointments and setbacks. I kept pushing, but the real breakthroughs?

They seemed miles away.

Then, it hit me.

The real problem wasn't the effort...

it was where I was directing it.

I was fighting battles that didn't align with what I truly wanted or needed. My work-life balance was a mess because I hadn't defined what balance meant to me.

I started peeling back the layers, questioning my routines, my goals, and most importantly, my mindset.

That's when things began to shift.

I discovered the power of focus and the strength that comes with true conviction. Suddenly, I wasn't just moving; I was moving in the right direction.

Now, I want to share that clarity with you. Because you deserve to break free from the cycle, to find your balance, and to chase goals that light you up inside.

Let's uncover what's really holding you back and, together, map out a path that leads you to the life you've been dreaming of. Your breakthrough is closer than you think.

Introduction: This worksheet is designed to help you identify and understand the barriers preventing you from moving forward in your life or career. By gaining clarity on these obstacles, you can begin to devise a plan to overcome them and unlock your full potential.

Step 1: Identify Your Goals

- **Prompt:** Write down one major goal you're currently working towards but feel blocked in achieving. If you have the SUMO worksheet, that's a great goal to use!

Your Goal _____

Step 2: Feeling Stuck

- **Reflection:** Describe how you feel when you think about pursuing this goal. What emotions or thoughts consistently arise?

Step 3: External Barriers

- **List:** Identify any external factors (people, circumstances, etc.) you believe are hindering your progress.

Step 4: Internal Challenges

- **Examine:** Reflect on any internal challenges (beliefs, fears, habits) that might be holding you back.

Step 5: Patterns of Avoidance

- **Insight:** Notice any patterns of behavior or avoidance tactics you use when facing these challenges.

Step 6: The AH-HA Moment

- **Realization:** Given your reflections, what's one insight or "AH-HA" moment you've had about what's truly holding you back?

Step 7: Small Steps Forward

- **Action Plan:** Based on your realization, list one small, achievable action you can take to start overcoming this barrier.

Step 8: Support System

- **Support:** Identify one person or resource you can turn to for support as you work on this action.

Reflection

- **Forward Thinking:** How do you feel about your ability to overcome this barrier after completing this worksheet? What has changed in your perspective?

Closing Thought: Discovering what's holding you back is the first step toward freedom. With this new clarity, you're better equipped to face your barriers head-on and pave the way for success. Remember, every step forward, no matter how small, is a victory in your journey of growth and achievement.

This worksheet aims to bring about a moment of clarity and insight into the personal and external barriers that individuals face, encouraging a proactive approach to overcoming them and moving closer to their goals.

Did you find this information helpful?

I am on a mission to reach more audiences, book time with me:

<https://calendly.com/kristingutierrez/strategy>

Kristin Gutierrez is one of the most sought-after speakers on leveraging action to combat imposter syndrome. She is a two-time Stevie award winner, bestselling author of “Be A Better Sales Leader”, Vice President of Sales & Marketing at Language Network, and international keynote speaker. Kristin is on a mission to empower leaders to get out of their own way, create impact, increase outcomes, and lead beyond their roles.



Bring me in to speak on: Executive Presence, Increasing Thought Leadership, Enhancing Culture, Resilience, Imposter Syndrome, Taking Action, Getting Out of Your Own Way, Sales, Leadership, Seller's Mindset, and Climbing the Corporate Ladder