

## Chapter One

### *The Mountain Is You Part 2:*

#### **Pg 11: The Mountain Is You**

- What are your self sabotaging behaviors?

#### **Pg12: Self-Sabotage Is Not Always Obvious At The Onset**

- Looking back at a hard time in your life, are there any self ssabotages you see now that you didn't at the time?

#### **Pg 13: Self-Sabotage Comes From Irrational Fear**

- What 'safe' things are you worrying about that could be covering up the serious issue?

#### **Pg 14 - 17: Self-Sabotage Comes From Unconconscious, Negative Associations**

- Who are you?
- How did this current version of you come to be?
- What beliefs is your current identity built on? **Be honest!**
- Identify a few of your biggest limiting beliefs and behaviours - where did they come from?
- How have these negative beliefs manifested into your life through self-sabotage?
- Who do you want to be?
- What new supportive beliefs do you want to hold?
- How is current you holding you back from the version of you you want to be?

### *The Mountain Is You Part 3:*

#### **Pg 18 - 19: Self-Sabotage Comes From Belief Systems**

- What is your worst default / habitual programming? Ie: the most prolific form of self-sabotage in your life
- Where did this come from?
- Do you want it to continue?
- Do you feel safer in this state, even though it doesn't serve you?
- Is your current identity built on some of these limiting beliefs and negative behaviours?
- If yes, list them out. Again, **be honest**.
- Do you ever get tired of your thoughts being boring/repitive/miserable?
- What new thoughts would you rather have?

#### **Pg 20 - 22: How To Get Out Of Denial**

- Who is your authentic self?
- What parts of yourself and your life do you put the 'self-love' plaster on?
- Make a list of everything you're not happy with or dislike in your life. It's ok, it's not going to manifest into your reality, this is about getting clear so you can make peace with it, change it or let it go.
- When you think about loving yourself, what is the first thing that comes to mind that you don't love?
- Dig deeper. What is the thing you actually want to change? Why?

#### **Pg 22 - 25: The Path Begins Right Where You Are Now**

- Do you need to hit rock bottom in order to change your life?
- Are there any situations in your life now that aren't quite rock bottom, but you don't want to experience anymore?
- What are you so fed up with that you're letting go? Is it a repeated behaviour, a person, a job?
- What repeated behaviour needs to go?
- What are your rock bottoms? List them out.