

## **The 4 blocks that keep you from having the life you want (and how to help eliminate them)**

These 4 blocks are negative beliefs we have about ourselves.

They are universal.

**Everybody** has these beliefs at some stage throughout their lives, depending on what stresses, situations or events are happening to them.

### **The 4 BLOCKS**

1. I'm not good enough
2. I'm not enough
3. I'm not loved
4. I don't belong

(Do any or all of these resonate with you?)

### **HOW TO ELIMINATE THEM**

We need to turn them around to positive beliefs. Change your thoughts, actions and words. Change your energy.

#### **Positive beliefs/goals**

1. I am good enough.
2. I am enough.
3. I am loved.
4. I belong.

One way to help eliminate negative beliefs by yourself is with the following visualization and meditation.

Choose one of the 4 **positive beliefs/goals** above that you would like to work on.

Refer to your accompanying [Scale of Emotions](#) list to help you label how you feel when you say this goal. Usually there's a negative emotion that goes along with your goal. (The negative emotions start half way down the list.)

\*This Scale of Emotions list is awesome as you can use it every day to label how you feel when there is stress in your life. Even acknowledging how you feel helps shift some energy.

## Scale of emotions

- Joy/knowledge/empowerment/freedom/love/appreciation
- Passion
- Enthusiasm/eagerness/happiness
- Positive Expectation/belief
- Optimism
- Hopefulness
- Contentment
- Boredom
- Pessimism
- Frustration/irritation/impatience
- Overwhelment
- Doubt
- Worry
- Blame
- Discouragement
- Anger
- Revenge
- Hatred/Rage
- Jealousy
- Insecurity/Guilt/unworthiness
- Fear/grief/depression/despair/powerlessness