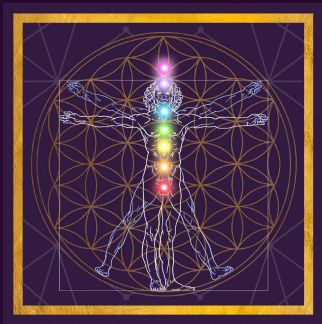


UNDERSTANDING BLOCKS



SHARON WHITE

Understanding Blocks

Here are examples of blocks in different areas:

As you are reading, think about some blocks you might have.

Career/Work/Business

- “I don’t know how to (and then won’t try)”
- “It is too hard I tried it once and failed”.
- “Only smart people get roles like that”.
- “I can never do what (someone else) does”.
- “I don’t have the money to build a start-up business”.

Understanding Blocks

Money

- "I am no good with money".
- "It's better to give than to receive".
- "Money or wealth is bad or unethical".
- "I don't have what it takes to be successful or maintain my success".
- "I am not smart enough to bring I the money I want".

Health

- "This disease runs in my family".
- "I can't make the time to prepare healthy food".
- "My body does not like exercise".
- "My dad died early so I probably will too".
- "There is nothing I can do to help my (disease)".

Understanding Blocks

Social

- “People don’t like me”.
- “I don’t like meeting new people”.
- “I have no friends”.
- “I am too weird for anyone to want to hang out with me”.
- “It takes too much energy. People drain me”.

Family

- “My family don’t like me”.
- “I am the black sheep of the family”.
- “I am not like them so why even try to have a relationship”.
- “I dislike my sister/brother”.
- “My parents never loved me”.

Understanding Blocks

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Health

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Understanding Blocks

Love

- “I can’t attract a partner as I am unlovable”.
- “I am waiting for the perfect man/woman”.
- “My partner needs to look a certain way”.
- “My partner needs to act a certain way”.
- “I will never find love”.

Recreation/Fun/Time

- “I don’t have time”.
- “I don’t have someone to do it with me”.
- “I am no good at it so I won’t try”.
- “I don’t like trying new things”.
- “Relaxation is a waste of time”.

Understanding Blocks

Contribution

- “I have nothing to give”.
- “No one will want what I have”.
- “I don’t have time to give”.
- “I don’t have enough to give”.
- “I don’t know who to give to”.

Spiritual

- “I don’t believe in (god) (energy) (healing your body using the mind).
- “I am just a physical being”.
- “I don’t feel energy”.
- “Religion is a form of control”.
- “I don’t want to talk about spirituality, and I don’t know anything about it”.

Understanding Blocks

Self-Image

- “I am fat”.
- “I am ugly”.
- “I am not good enough”.
- “My nose is too big”.
- “I can never look pretty”.

Take a minute to really think about some of your blocks. Write down 5 blocks you have in each area.

Career/Work/Business

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Money

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Health

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Social

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Family

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Love

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Recreation/Fun/Time

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Contribution

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Spiritual

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Self-Image

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How did you find that exercise. Were you surprised by some of the things that came up for you?

It is important to see where your blocks are so you know how you can move forward.

You can keep working on building this list and work on a specific area if in the future you have a block.

This is a tool you can use throughout your life.

To shift your life into a desired direction, you must powerfully shift your subconscious and remove the blocks that prevented you in the past.” - *Sharon White*