



What's Holding You Back?

A Reflection Worksheet to Identify Your Blocks and Take Action

1. Identify the Block

What is one area in your life where you feel stuck or frustrated?

2. Dig Deeper

What thoughts, beliefs, or habits are holding you back?

3. Impact Assessment

How does this block affect your life, work, or relationships?

4. Vision for Change

What would your life look like without this block? What small change can you start today?



5. Action Steps

List 1–3 small actions you can take this week:

Reflection Tip: Revisit this worksheet weekly and celebrate small wins — progress happens one step at a time.

6. Reflection & Review

- Set a reminder to revisit this worksheet weekly or monthly.
- Note any changes in your mindset, habits, or progress toward your goals.
- Celebrate even the smallest wins — progress is progress!

What's one positive change I noticed since completing this worksheet?