



Name your Biggest Challenge

Many of us reach a point in our work (or even our lives) where we feel disengaged & frustrated, and we don't feel able to move forward.

Is this you? Is something holding you back from success?

Yet we're often not as stuck as we believe. We consider 8 things that might be holding you back.

Listen to the video, make any notes and give yourself a mark out of 10 for each, with 0 being not a problem and 10 being a huge blocker.

Time

/10

Energy

/10

Lack of compelling goal

/10

Confidence & imposter syndrome

/10



Investments

/10

Financials

/10

Friends and family

/10

Fear

/10

What's holding you back from success?

What is the ONE THING that you could do right now, that could make everything else easier or unnecessary?

What are your key takeaways and actions?