

This guide is intended to be used as a complement to my podcast "Another Beautiful Life." It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I'm already praying you hear His voice clearly.

Episode 164 - Unwilling

Typically, we want our lives to go a certain way. Most of us have an idea how we want to experience life. But sometimes we are sabotaging ourselves because of what we are or are not doing.

The way to find out if we're self-sabotaging is to ask ourselves a few questions. First, "What do I want in one particular area of my life?" This could be big picture, or it could be a small "next" thing - like "what's the next step?" kind of thing.

1)	Describe what you want or what you want to happen in one particular area of your life:
2)	What are you willing to do to get that thing?
3)	What are you <i>unwilling</i> to do?

compelling enough that we will do anything to get it.		
4)	For each of the things you are willing and unwilling to do, write down your reasons why:	
5)	Finding the <i>why</i> will expose the lies that are limiting you from fully living life or experiencing the life that you want. Go back and circle any limiting beliefs you find.	
6)	What are these limiting beliefs keeping you from doing?	
7)	What emotions are you unwilling to feel and experience?	
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You need to really love your reasons why you are willing or unwilling to do something, and they need to be

Understanding what is limiting you and where you are sabotaging yourself is the place where you gain control. Choose today not to be limited by what you are thinking and believing. Now you have control over what you do or don't do as opposed to those emotions having control. Don't let "unwilling" keep you from fully living.

Hey, your certified Neuroscience Coach and certified Life Coach, here. If you have any questions or would like to talk about Life Coaching, feel free to email me at: coaching@triciazody.com