

MIND *Motivation!*

Episode Two - Worksheet

The One About - Success Blocks and Cop-Outs

**What do you believe NOW about success blocks?
What have you said to yourself or believed in the past that has
pulled you back from success?**

***'Don't believe the world owes you all you desire.
The world owes you nothing. It was here first.'***

**Time used or wasted? List 3 activities you do that help you create
the life you *want*.**

- 1.
- 2.
- 3.

Why do you do them, what are the benefits for you?

- 1.
- 2.
- 3.

**List 3 activities you do that waste your time (be honest) - actions
that move you away from the life you want?**

- 1.
- 2.
- 3.



Now List 3 positive changes you can and will make **NOW**

- 1.
- 2.
- 3.

NOW, TRY THIS...



Think of the excuses you have used in the past, the things you passed on (and wish you hadn't) and all because of cop-outs.

- 1.
- 2.
- 3.

WRITE DOWN YOUR ANSWERS TO THE FOLLOWING QUESTIONS:

1. What cop-outs have you used in your life?

2. What impact has this had on you?

3. What cop-outs have you got rid of?

4. What will you do differently in the future?