

Give Up to Get Up | Worksheet

What are the 'anchors' in your life that are holding you back from reaching your full potential?

Limiting beliefs, old habits etc .

Reflecting on your deepest values and truest desires, identify the innate forces within you that propel you towards growth. How can these forces help you ascend to greater heights in your personal and professional life?

Considering the obstacles and limitations you've identified, what specific actions can you take to release these restraints and embrace your natural rise to success and fulfillment?
