



Worksheet 7

NEW PATHWAYS

This is about allowing yourself to think outside the box of familiarity, routine, habits and limits.

Think of an obstacle you've been coming up against.

What have you tried to do to resolve or get past it in the past?

Sit with the idea of unlimiting yourself.

How does it change the obstacle before you?

Get creative and come up with as many different ways to approach getting around, through or over this obstacle.

Go ahead and be fanciful and over the top.

Don't be afraid to think boldly or think of ideas that might work for someone else but not you.

Why wouldn't they work for you?

What belief is in the way that is holding you in this pattern?

Ask a trusted friend or colleague to brainstorm with you and dream up new ways around your obstacle.

Don't judge or limit each other in any way.

Just have fun with it.

Now sit back and look at what you've come up with.

Is there a practical approach hiding within what you've discovered?

Is there anywhere you are telling yourself something is impossible but really it's just a scary unknown that is pushing up against your identity or your resistance to a different way of thinking or being?

If it's not clear to you right away, keep working with it and reaching for guidance from trusted people and resources.

Maybe what you need to change is your thinking and not anything else!

Consider this deeply.

How can you think of your situation differently?

What possibilities can you see where you saw none before?

What are the positives you see in your situation or your abilities?

What do you have going for you? If you're at the bottom, what does "up" look like?