

Follow Your Courageous Heart

What's Stopping You?

Write down at least 5 things that are stopping you from following your courageous heart:

1. _____

2. _____

3. _____

4. _____

5. _____

Some people know what they want but they are stopped by various beliefs: (i.e.): It's too late. There's not enough time or money. I don't know enough. I'm not smart enough. I don't have enough information. I will fail. Some people are stopped by fear of rejection or the disapproval of family members, spouses, friends or even their religion. Some people don't want to appear selfish or don't want to make others jealous. Some people don't want to look stupid. What stops you?

