

## Digging deeper on the topic of upper limit problems

Where has an upper limit problem been created for you, by you? Where can you do something to stretch yourself that scares you, but in your heart you know it's all to make you better? Who can support you with this?

Where, even in your successes, have you felt not good enough? Even when you feel like you “should” feel good enough, even when other people think of you as good enough, but you still feel not good enough? What can you do to challenge this negative core belief?

# your kick-ass life®

★ *Because life's too short for it to not kick ass* ★

Where, even in your successes, have you created comfort zones where you know if you stepped out of it, you could get more of what you want? In your relationships? In your single life? At work?

When you're in a relationship, do you trust yourself in it? And do you trust your partner? If not, what do you think you need to do to start trusting yourself and your partners?

# your kick-ass life®

★ *Because life's too short for it to not kick ass* ★

Is there anywhere you're judging your feelings or emotions? Where can you hold more than one feeling and emotion? What will you do to feel what you feel?

What action can you take today or this weekend or next week?