

Barbara Nixon

**THE SUCCESS
MINDSET
BOOTCAMP –
WEEK 2**

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Lesson 4 – Your inner critic

What other 'blocks' do you experience other than your inner critic? (eg excuses? Self Sabotage etc)

What is your inner critic called? Why did you choose that name? What does it represent to you?

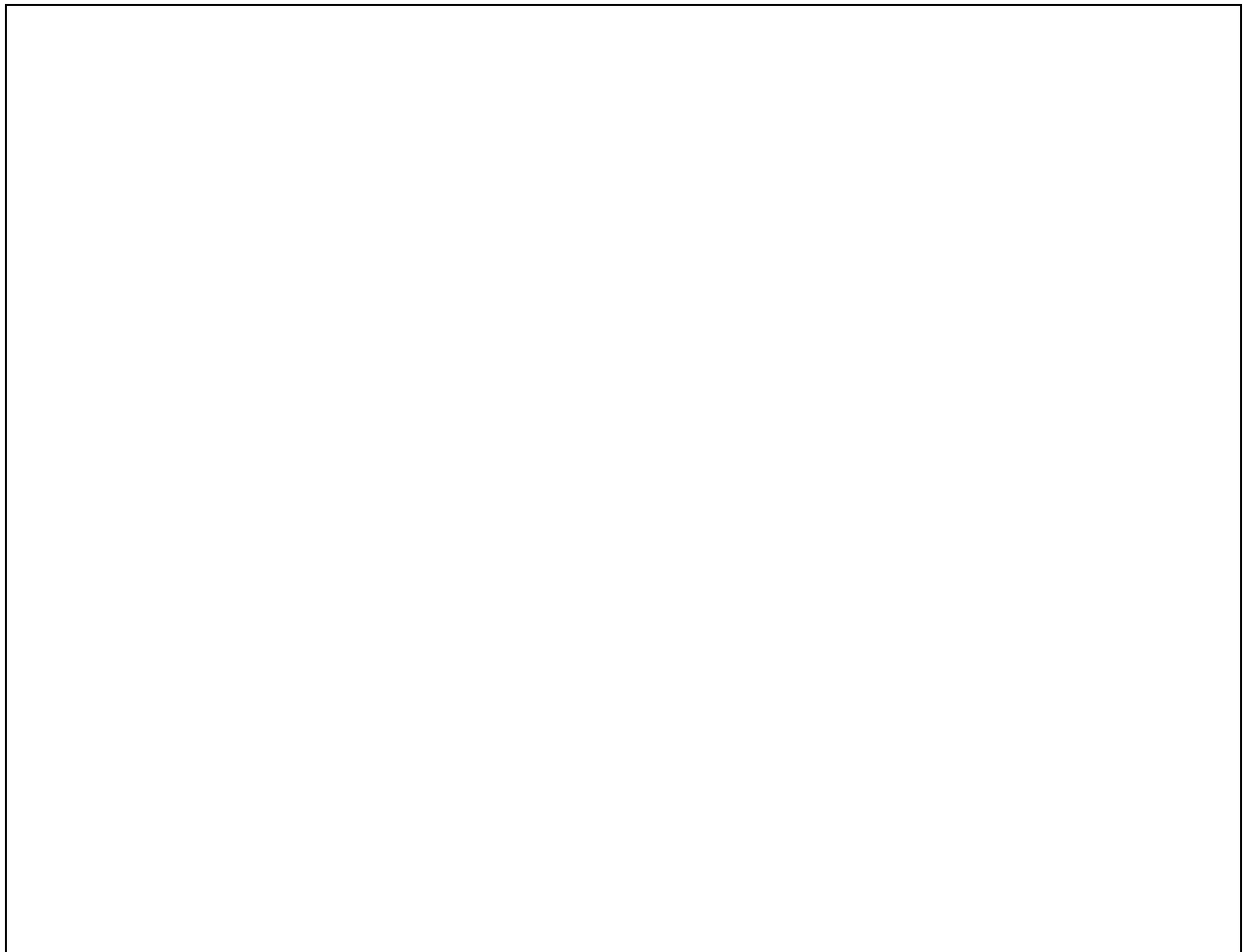
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What does your goal look like?

Describe it in detail here what it will be like when you've achieved it?

What does it feel like?

How will you know when you've finished?

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Share your thoughts and learning in the comments section so I can support you

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Lesson 5 – Self Sabotage

What ways are you self sabotaging?

How is this popping up for you?

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What's the learning?

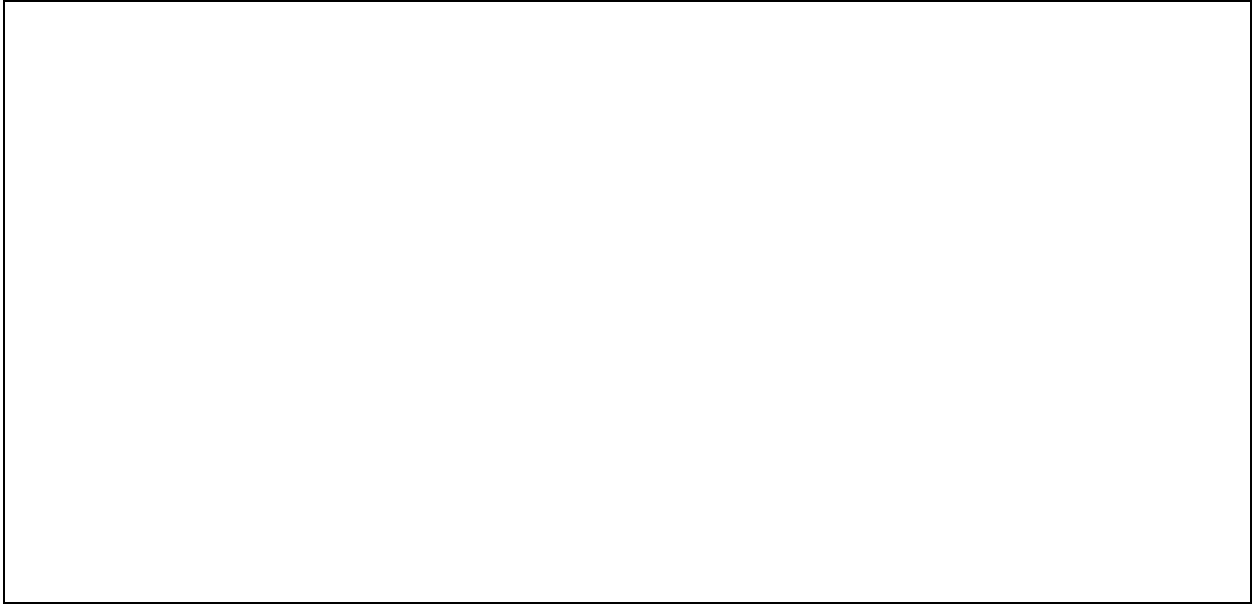
A large, empty rectangular box with a thin black border, intended for the user to write their response to the question 'What's the learning?'. The box is currently blank.

Share how you're self sabotaging, and any learning in the comments...remember, if any limiting beliefs pop up, just make a note of them.

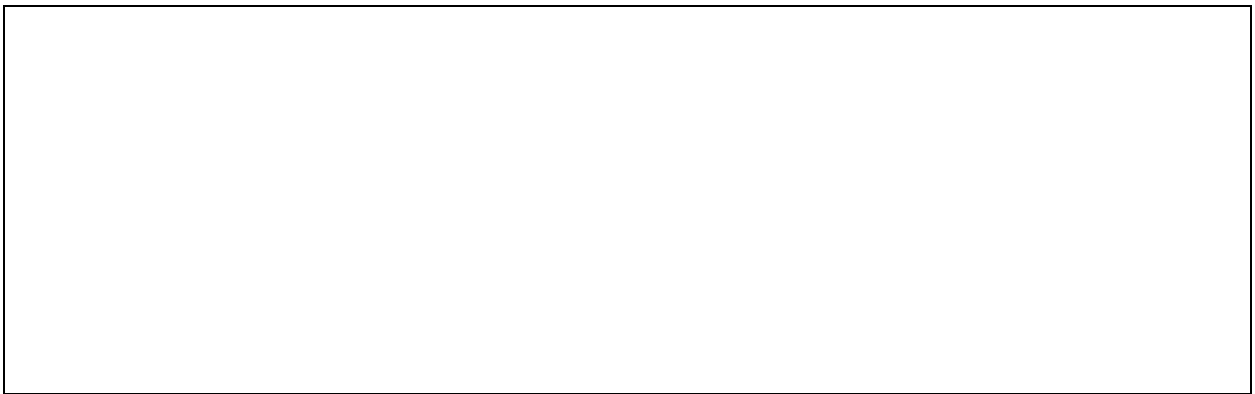
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Lesson 6 – Your inner voice

How are you planning to spend your 15 minutes a day?

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How does this feel for you?

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USE THIS TO KEEP TRACK OF HOW MANY TIMES YOU TAKE YOUR 15 MINUTES

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

Share any learnings in the comments.