

The What Is Stopping Your Breakthrough Exercise

Millionaire
SUCCESS
Habits

Think about in which area of your life you want to experience the biggest breakthrough. Then stop for a moment and ask yourself why these things you desire have not happened yet. To facilitate this exercise, think about which of the following factors might be stopping you from breaking through: the economy, lack of time, your boss, your employees, unsupportive spouse, your education, lack of capital, health, relationships. Focus on what comes to mind immediately when you think of why you haven't reached the point in life that you desire? What is the story you have in your head?

WHAT HAS STOPPED YOU FROM YOUR DREAM?	WHAT HAS STOPPED YOU FROM YOUR DREAM?

WHERE DO YOU BELIEVE THESE NEGATIVE STORIES CAME FROM?

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