

Name the Real Block

Do this on your own first. You'll compare notes with your partner later in the week — not today.

**1. If you're honest, what do you say is stopping you from making this happen?
(money / timing / health / the kids / the house / something else)**

2. Now — is that the real reason, or the easiest one to say? What's underneath it?

3. Circle the one that feels closest to true: Money · Timing · Fear of the unknown · Who I'd be without my current life · My partner isn't ready · Something else: _____

4. Finish this sentence: "If I'm honest, the thing I haven't said out loud is _____."

Keep this somewhere safe — you'll need your answer again on Day 7.