

Identify Your Mental Blocks Worksheet



“Awareness is the first step to breaking barriers.”

Overview & Instructions:

What This Worksheet Is For,

Use this worksheet to uncover the **negative thoughts, fears, or limiting beliefs** that may be holding you back from achieving your goals—whether they’re fitness-related, career-focused, or personal.

How to Use It

1. **Reflect** on your recurring negative thoughts or behaviors.
2. **Write down** specific examples of times you’ve felt stuck or sabotaged your own progress.
3. **Identify patterns** and possible triggers.

4. **Brainstorm solutions** or reframes that help you move forward.

Tip: If you're pressed for time, start with just **one** major mental block. You can come back and repeat this process for others.

Worksheet Sections:

1. Current Goal / Desire

- **Prompt:** What's your main goal right now? Be specific. (E.g., "I want to exercise 3 times per week" or "I want to lose 10 lbs by June.")

Space to Write:

2. Identify Your Blocks

- **Negative Self-Talk:** Write down phrases or thoughts like "I can't do this" or "I don't have time."
- **Fears:** Are you afraid of failure, success, or judgment?
- **Past Patterns:** Have you quit or stalled before reaching a goal?

Space to Write:

3. Emotional Triggers & Patterns

- **When do these thoughts arise?** (e.g., after work, when stressed, comparing yourself to others on social media)
- **Physical Cues:** Notice tension, fatigue, or lack of motivation?

Space to Write:

4. Reframing & Possible Solutions

- **Reframe:** Transform negative statements into positive or neutral ones. (e.g., “I’m too tired” → “I can start small for 10 minutes.”)
- **Action Steps:** What practical steps can you take? (e.g., schedule workouts with a friend, use a reminder app).

Space to Write:

5. Next Steps / Accountability

- **List 1–2 commitments** you will make this week to overcome these blocks.
- **Who will hold you accountable?** (friend, coach, online group?)

Space to Write:

Note: Revisit this worksheet regularly to see how your mindset shifts over time.

Additional Tips & Contact

- **Celebrate Small Wins:** Each time you recognize a negative thought and choose a healthier response, acknowledge it.
- **Journaling:** Build a habit of journaling your mental shifts daily or weekly.
- **BNXTLVL Health:** If you need extra support, feel free to reach out!
 - Website: www.BNXTLVL.blog
 - Email: drjohndc@drjohndc.com