

# Identify Your Mental Blocks Worksheet



*“Awareness is the first step to breaking barriers.”*

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## 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.

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### **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:**

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#### **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:**

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#### **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:**

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#### **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:**

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#### **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:**

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

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#### **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](http://www.BNXTLVL.blog)
  - Email: drjohndc@drjohndc.com