Use a freewriting exercise to define your idea of success. Focus on one idea of success such as having your dream job, or starting a family, or completing your bucket list, etc.. Write organically, describing this until you reach the end of the page, then stop immediately.
Summarize everything you just wrote in the first step into 3-5 quick bullet statements in the boxes below. If there was something you wish you had a chance to write on the previous page, do it now. Use no less than 3, and no more than 5 statements to complete this step.

### #3 Create Excuses

Using the boxes above, write down as many excuses as you can think of that may prevent you from achieving this success. Discover both conscious and subconscious ways you may be blocking success or preventing opportunities from finding you.

A
B
C
D
E
F
G
H
I
J
K
L
M
N

Go back through the list above and match each to a way you can beat it to the punch and prevent it from ever becoming an obstacle. Find creative solutions that work with your skill and personality type to destroy barriers before they are ever built!

A
B
C
D
E
F
G
H
I
J
K
L
M
N

Knowing the excuses and barriers that keep you from your dreams is half the journey. Committing to accept opportunities is the other half. Fill in the blank below and commit to yourself that you are worth it! Finish off by repeating out loud (and often)!

I _____, AM WORTHY OF ACCOMPLISHING MY DREAM OF _____.

BARRIERS ARE SIMPLY EXCUSES I HAVE YET TO FIND SOLUTIONS FOR.

BUT I COMMIT TO MYSELF TO FIND A WAY BECAUSE I AM IMPORTANT,

VALUABLE, AND WORTHY OF SUCCESS!