



3 words that will make 2011 your best ever

1. _____
2. _____
3. _____

What is your number one goal for 2011?

What are the obstacles to achieving that?

Four Barriers to Happiness and Success

Success Barrier #1

1. You believe what your _____.

The talking in your head is _____.

Positive thinking is like _____.

What has your mind been saying to stop you from living your dreams?

What would you do differently if your mind didn't stop you?

Success Barrier #2



2. You allow The Drunk Monkey to _____
_____.

Who you have you been resisting lately?

What do you wish was different about your life lately?

What do you resist about yourself? Wish was different?

Success Barrier #3

3. You rely on _____

You can accomplish goals and dreams one of two ways. You can

Write down a few things that have been hard or stressful lately:

What have you not been doing lately that you know you should be doing? What have you been procrastinating on?



Diet, exercise, working on your relationship, moving a project forward, getting organized?

What have you been doing out of guilt or obligation?

What do you need to say “no” to right now?

What would you love to say no to right now, but feel like you can't?

Success Barrier #4

4. You mistake _____

What do you regret giving up on too soon? Or worse, not even going for?

What you want _____ . But it takes _____

Breakdown is _____ .

What dreams have The Drunk Monkey killed, that you would like to get back?
