

Gold Medal Leadership

with Laura Armstrong

Module 3 - Removing Road Blocks

Agenda

Recognizing Your Road Blocks

1. What is holding you back the most from succeeding and showing up in your life right now?

Top things that were noticed of roadblocks – push past limitations and then get sick.

Uncertainty, money, physical disabilities

Living Conditions, Money, Self Esteem, Fear, Not connecting enough with people, covid, receiving, giving, not feeling validated as a leader, what do I have to offer??

2. **Is it mental, emotional, physical or spiritual?** Or a combination of some? Identifying this will make it really clear to get to the root of whats blocking you.

3. **Where does it come from?**

Family, Friends, Ancestral, Survival, Past Failures, habits – are these related to specific jobs or things you don't want to do in your business/leadership – solutions for that?

4. **Why am I choosing it?**

Survival, no other choice, not sure what to do, its comfortable, its ingrained, I don't want to change, I self sabotage, do I really want to be successful, habit

– using reprogramming of belief systems to embrace change.

Pros & Cons

5. **What are the Benefits of keeping this?**

6. **Do I have to give it all up at once?** – or could I let go a little – its like cracking the door open. You are a work in progress and you are always enough

7. **What's scary about this?** The unknown – have a plan, see it as an opportunity, will it help others, do I know enough about it to move forward? – 4 codes

8. **Change – The good, the bad and the ugly** Opinions about change – its good – embrace it. Can I do it a bit at a time and what can I see that would benefit me – ie doing all the talking and booking of clients – have all your packages ready

9. **What is the downside of keeping this?** – it keeps me trapped, locked up, in limbo, not moving forward, feeling paralyzed, depressed, etc.

Taking Action and Busting Through those blocks

10. Are there specific jobs or things you don't want to do in your business/leadership that are holding you back– solutions for that?

Can you see the positive in anything you don't like about certain things

Create a template – make your life easy – have a plug and play

Can you pay someone or count on someone else – team up with someone who is stronger in what you need help with and balance it out – work together.

11. What blocks would you be willing to change or remove? Why? Can you see the solution? Back to choice

So for instance if its fear, identify if its real – if it is then would you be willing to choose to and overcome it by taking action no matter what the consequences – story – I never changed it because I didn't want it bad enough. If yes, create a plan to take action, if no, would you be willing to do a bit? If yes, take action, if no, would you be willing to look at another block to remove?

12. Is it your point of view about things?

13. What if you fail?

14. What's the worst case scenario?

15. What's the best case scenario?

16. How could you look at things that are blocking you differently? From the perspective, Is this contributing to me?

17. Are you asking enough questions around what you want to change?

If you remove your road blocks will it free you to be the leader you are meant to be - stepping into your power - this can only happen when you let go of things holding you back