



“KEY CORE BELIEFS” ADDITIONAL ACTIVITIES
CHAPTER 10: Applying GREAT

ACTIVITY 1: Applying GREAT to what is blocking me from enjoying my life

Part 1

Identifying Your Blocks: Do I ever feel like something is holding me back from truly enjoying my life?

Identify at least three of these blocks: (Many of these blocks prevent us from feeling good about ourselves or feeling positive about our relationships.)

1. Block holding me back from enjoying my life:

2. Block holding me back from enjoying my life:

3. Block holding me back from enjoying my life:

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