

Heavy Door Assessment

Congratulations on your commitment to stop pushing heavy doors. This is an opportunity to take back your power and understand that sometimes continuing to push a heavy door will not produce the results you want!

This assessment is designed to help you see the places you may be pushing a heavy door and allow you to make one new choice in the direction of ease!

Plan on spending 20-30 minutes on this exercise and allow yourself to be fascinated by what you see - do not judge your actions, simply use your current life to inform how you want to proceed in the future.

Where am I pushing heavy doors?

Health & Well-Being:

Love & Intimacy:

Finances and Wealth:

Environment & Home:

Career & Business:

Impact:

What are the lessons I can learn about pushing heavy doors in the past?

What are the beliefs, attitudes and thoughts that drive me to always push harder?

What is one new choice you can make this week that will help you stop pushing heavy doors. Write out all the possible options first, and then choose the smallest step that will help you build momentum and create what you most want in your life.