

TransZen Your Life Course

IDENTIFYING & RELEASING BLOCKS
22 QUESTIONS

Part 1

This worksheet is designed to help you gently uncover the deeper, unconscious beliefs and patterns that shape your relationship to the area you've chosen to focus on in this course—whether that's love, financial freedom, or something else that feels important to you right now.

Beneath our everyday responses lies a deeper connection to the associations we've formed—many of which have been influenced by our environment and the people around us as we were growing up. When we're able to identify these inner layers, we can begin to bring them to the surface and create space for new possibilities to emerge.

Below, you'll find 22 fill-in-the-blank reflective questions. Let your answers flow without filtering, censoring, or judging what comes up. The most helpful approach is to simply write down the first thought that comes to mind—without overthinking. Trust what comes up—and if a question feels unclear or out of reach, please leave it blank.

1. Success is
2. To be reach my goal I would need to
3. I sabotage my own success by
4. A part of me believes success means I have to
5. Deep down, I'm afraid that success will
6. My mother could never
7. My father could never
8. Success would be easier if I stopped
9. I deserve.....
10. I don't deserve
11. People deserve to succeed if
12. My mother thinks success is
13. My father thinks success is
14. I was taught success can be reached if
15. If I'm more successful than my mother, she'd be
16. If I'm more successful than my father, he'd be
17. If I truly allowed myself to succeed, I would
18. To be more successful I would need to
19. Success causes
20. In my mother's eyes I am
21. In my father's eyes I am
22. When I am successful I usually

Part 2

Take a moment to review your responses. Notice if any of your answers carry a tone of limitation, fear, or judgment. Please highlight the numbers questions you felt expressed any negative tone.

Example.)

18. To be more successful I would need to *work hard*.....

One common belief many of us carry—often without even realizing it—is the idea that *“To be more successful I would need to work hard.”* This message can come from family, culture, school, or society at large, and it often becomes deeply ingrained. While effort and dedication are certainly important, this belief doesn’t always reflect reality. There are many people who work incredibly hard their whole lives and still struggle to reach what they define as success. And at the same time, there are others who seem to find success with ease, or through alignment, timing, or support—not necessarily through constant hard work.

The intention here isn’t to judge the belief as right or wrong, but simply to notice it with curiosity. Whether it’s the belief that you have to work hard to succeed—or something else entirely—if it lives within you, it’s likely influencing how you make choices, how you pursue your goals, and what you believe is possible for your life.

Part 3

The next step is to explore the opposite:

What could the opposite belief of *work hard* be?

- ♥ I allow success to come with ease.
- ♥ I create more by doing less and simply being present.
- ♥ Things unfold easily when I am aligned with what I want.
- ♥ Success comes from trusting every step I take.
- ♥ I trust every step I take and every decision I make.
- ♥ Success comes to me no matter where I am or what I do.
- ♥ Success flows to me as naturally as my breath.

Now, take a moment to go back through all your self-reflective responses above. Notice any answers that feel heavy, judgmental, or limiting. Choose the responses that stand out most and rewrite each one into its opposites—something positive and more supportive.

This is about creating space for new perspectives. In the next change patterns, you’ll use these examples to shift your beliefs—so they support your growth, your worth, and your ability to receive what you truly want.