

TransZen Your Life Course

IDENTIFYING & RELEASING BLOCKS
ONE BLOCK AT A TIME

Before beginning the change pattern, take a few quiet moments with yourself and go through this worksheet.

1. If I could gently shift one thing that feels heavy, stuck, or limiting in my life right now, it would be...

Write whatever comes up—whether it's a thought, a feeling, a memory, a habit, or a situation. Let your mind speak freely, and try to be as honest as possible...

2. What feels like it's getting in the way of what I truly want right now?

This could be a belief, a fear, a feeling, or something more specific.?

3. When I imagine moving forward or making progress, what thoughts or emotions come up that hold me back?

For example I fell unsafe when I try something new...

4. Is there a specific situation, memory, or pattern that feels emotionally charged or unresolved for me?

You can refer to your Identifying Blocks worksheet from last week if that helps.

5. Which one of these feels most ready to shift?

We are focusing on one block at a time, and we will have time to get to all the blocks eventually—for now what is the one that feels like it's asking for attention.

6. Gently summarize the resistance, objection, or situation you'd like to work with in one clear sentence—this will be the first block you focus on during the change pattern.

Is there any other relevant information that was not covered in the questions above, please add here.