

# Two Kinds of Blocks

## Outer Blocks

*Resources: Knowledge or education, time and money*

## Inner Blocks

*What's going on inside and controlled by thoughts*



# Inner Blocks | I S H

Inner Critic Messages

Stories

History



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*Associate Certified Coach*

# Exercise

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## Current challenge with an inner block

*What thoughts do you have around this challenge?*

*What emotions arise around this challenge?*

*When you think/feel those things, what do you do?*

*What's the impact on your life/work?*



# Exercise

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*What would be a different, more powerful belief that would serve you (whether you believe it now or not)?*

*Imagine it's true. What would that feel like?*

*Based on that thought and those feelings, what action are you willing to take this week?*



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# Want to go further?

## Free Consultation

*No cost. No obligation.*

[paulboehnke.com/request-a-free-session](http://paulboehnke.com/request-a-free-session)



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