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## COMPANION GUIDE

### MODULE 2

## Watched This Week's Live Training? Yes!!

### Then sis, jump on in and let's Break These Barriers!!

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Even with the best of intentions, by the time this week's lesson was finished, you may have forgotten half of what you learned.

That's because we're infinitely more likely to remember what we write down!

There's good evidence that the act of writing helps us remember things—specifically when we use pen and paper.

So, print this workbook, grab a pen, and answer each question with transparency. You'll absorb an incredible amount of information, guaranteeing you'll never be stuck with the same distractions, the same barriers, and the same excuses ever again. 😊

Let's do this!



Yours for Breaking Barriers,

**XOXO Tracy**  
THE MILLION DOLLAR MONEY COACH

## Week Two – Barriers, Excuses, & Clutter

### THE MOST IMPORTANT GOAL IN YOUR LIFE

Write this down in your own handwriting:

*I am 100% responsible for my life.*

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**What do you want? Be 100% clear.**

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**Why do you want it?**

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**Are you committed to the goal you wrote?** \_\_\_\_\_

**What is the result you're after with your top goal?**

**What is the outcome you're expecting when you achieve this goal?**

**What are the necessary actions you need to take to make your goal actually happen?**

## **EXCUSES**

**Spend a few minutes writing down your top 5 excuses and as you write look back and ask yourself, “*What stories have I told myself about why I can’t get what I want?*”**

Excuse 1. \_\_\_\_\_

Excuse 2. \_\_\_\_\_

Excuse 3. \_\_\_\_\_

Excuse 4. \_\_\_\_\_

Excuse 5. \_\_\_\_\_

- ☐ Once you’re done, cross out each of those excuses you just wrote above and write “*nonsense!*” next to it, because that’s what each of those excuses are.

**For every excuse you listed... list below why you CAN make things happen for you as it relates to the excuse above.**

Excuse 1. \_\_\_\_\_

Excuse 2. \_\_\_\_\_

Excuse 3. \_\_\_\_\_

Excuse 4. \_\_\_\_\_

Excuse 5. \_\_\_\_\_

## **FACE THE FACTS**

Many of us have a love/hate relationship with the current state of our lives. I know that there are a few things that you don't enjoy nor appreciate about your circumstances. There are things you want to change about yourself. Before you can get clear about where and how you might improve, you need to have a good sense of where you are right now.

**The purpose of this exercise is twofold:**

1. To force you to own up to exactly which areas you would like to improve upon in your life.
2. To give you encouragement to build on what's already great about it.

It's key that you take an honest assessment of the following areas in your current reality.

**For each of the specific areas listed below of your life, ask yourself two questions.**

1. *What do I like about this area of my life?*
2. *What do I dislike about it?*

## **SUMMARY OF FOCUS AREAS**

### **Lifestyle & Fun**

- Satisfaction with your living environment including where you live, quality of your leisure time

### **Career & Work**

- Satisfaction with your job, career or business, including the substance of your work

### **Money & Finances**

- The current state of your budget/money management, personal wealth, salary, net worth, debt-to-income ratio

### **Health & Wellness**

- Satisfaction with the state of your physical/mental health, level of self-care

### **Family & Friends**

- Quality of your relationships with family and friends, including parents, siblings and children

### **Love & Romance**

- Satisfaction with romantic relationship(s) including sexual life

### **Personal Growth & Spirituality**

- Satisfaction with educational and learning goals, quality of your spiritual life and how you honor your spiritual beliefs

### **Other:**

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## EXERCISE

### Conduct an Honest Self-Assessment

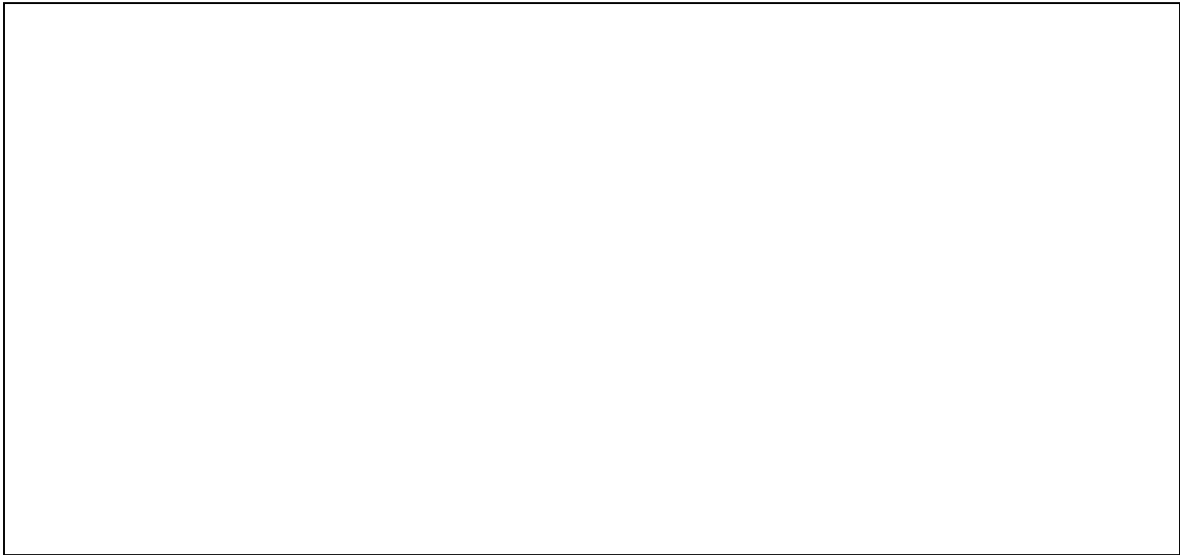
<b>Lifestyle &amp; Fun</b>	What I wouldn't change:
	What I would change:
<b>Career &amp; Work</b>	What I wouldn't change:
	What I would change:
<b>Money &amp; Finances</b>	What I wouldn't change:
	What I would change:
<b>Health &amp; Wellness</b>	What I wouldn't change:
	What I would change:
<b>Family &amp; Friends</b>	What I wouldn't change:
	What I would change:
<b>Love &amp; Relationships</b>	What I wouldn't change:
	What I would change:
<b>Lifestyle &amp; Fun</b>	What I wouldn't change:
	What I would change:
<b>Personal Growth &amp; Spirituality</b>	What I wouldn't change:
	What I would change:



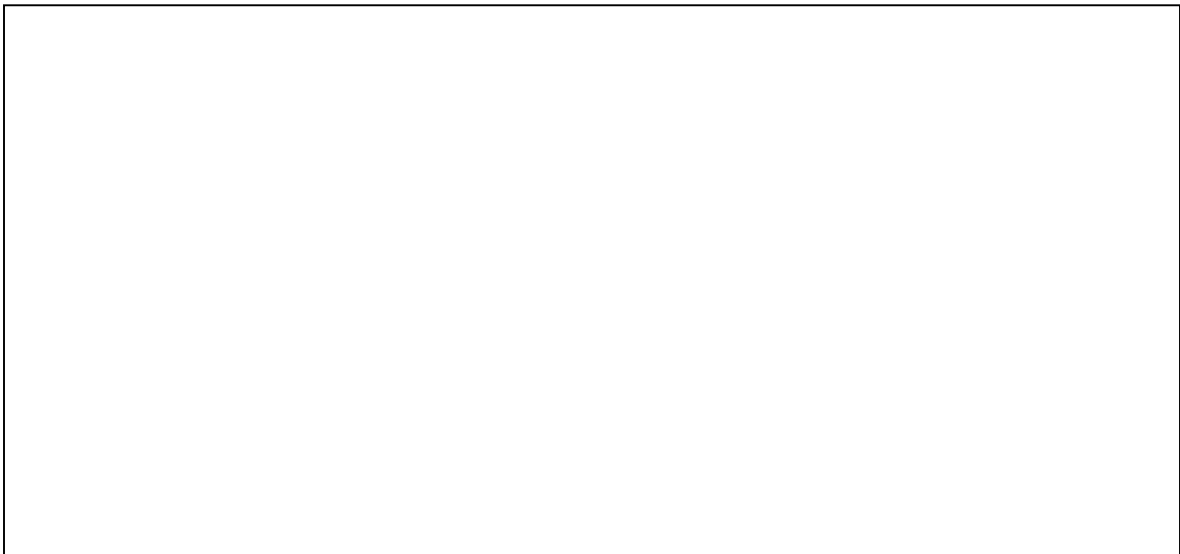
## **LIMITATIONS**

Stop clinging to your limitations. Instead of talking about why you can't, brainstorm how you can. Anyone who's ever accomplished anything in life has had to push through the resistance to get to the good stuff on the other side. And I want to see you there.

**What is the BIGGEST limitation that is holding you back?**



**How will you smash this limitation and let it no longer exist in your world?**



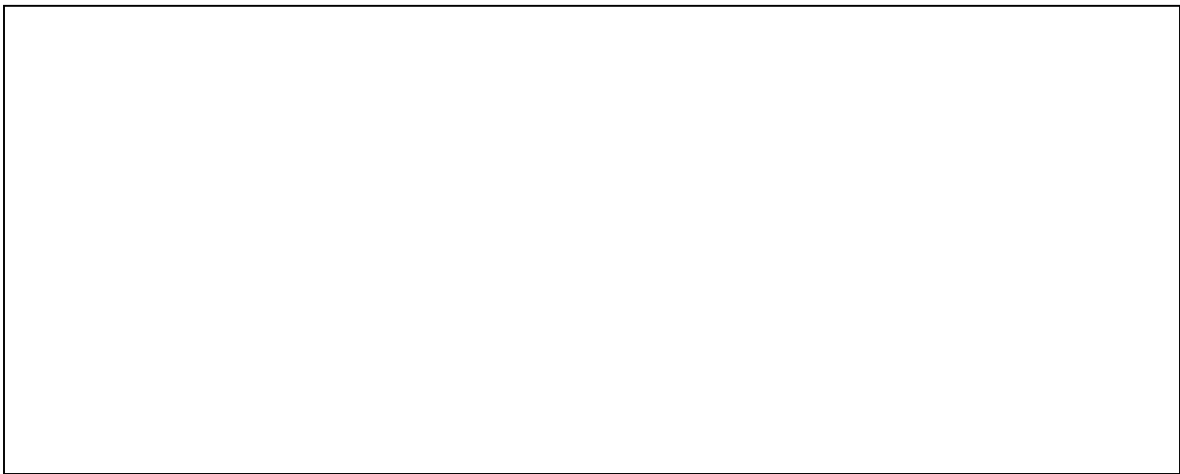
## GETTING RID OF THE NOISE

This week you learned that the people you allow in your life have a profound influence on your thoughts and actions. As a result, if you're surrounded by negative people most of the time, your progress in life can be hindered.

This is your season to start surrounding yourself with loving people so you can produce more love in your mind, and therefore more love in my life. Hanging around people that constantly live their lives with a bunch of false beliefs, stuck to past programming and not willing to grow will drag you down.

Today, you're going to remove the noise and the negative people from your life the doors you open and close each day will decide the life you live."

**Make a list of all the people in your life who bring you down.** This list might include all the folks you ignore when they call, text or email you because, well, just the thought of interacting with them is depressing. Get my drift?



**Who are the people in your life simply making noise that need to be put on mute in this season of your life?**

There's atleast ONE in each of the following categories.

<b>Family</b>	
<b>Friends</b>	
<b>Church Member</b>	
<b>Current or ex-romantic partners</b>	
<b>Co-workers or colleague</b>	
<b>Client</b>	
<b>Old high school or college friend</b>	
<b>Facebook friend</b>	
<b>Twitter follower</b>	

## **REFLECTION:**

Take time to truly reflect on your experiences with removing the noise and negative people from your life today. Drop your thoughts in your Inner Circle Facebook group with *#SilenceTheNoise*

## **UNSUPPORTING THOUGHTS**

**List 3 unsupporting thoughts that are standing in the way of your goals?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

- ☐ Once you're done, cross out each of those unsupporting thought and re-write the story by countering it below with positive self talk.

Positive Self Talk Statement About #1.

\_\_\_\_\_

Positive Self Talk Statement About #2

\_\_\_\_\_

Positive Self Talk Statement About #3.

\_\_\_\_\_

## **CHANGE**

**What do the four elements of change mean to you?**

- **AWARENESS:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- **UNDERSTANDING:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- **DISASSOCIATION:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- **RECONDITIONING:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Which one will you use to empower you as you journey along your path to purpose? \_\_\_\_\_

## **DISTRACTIONS**

List 5 things that continuously distract you from staying focused?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

What are you ready and willing to do to no longer give each of these distractions power in your life?

## **INVESTING IN YOU**

- ☐ Did you read a book this week?
- ☐ Did you attend any seminars to improve your life this week?
- ☐ Did you attend any classes to develop your skills?
- ☐ Did you learn anything new this week?
- ☐ Were you courageous this week?
- ☐ Did you take time to love yourself this week?
- ☐ Did you take any needed breaks this week?
- ☐ Did you pray this week and meditate on the Word of God this week?
- ☐ Did you invest time in your creativity this week?
- ☐ Did you honor your intuition this week?
- ☐ Did you try something new this week?
- ☐ Did you say your affirmations twice a day this week?
- ☐ Did you choose to be happy this week?
- ☐ Did you invest in yourself emotionally, physically, spiritually and financially this week?
- ☐ Were you the best version of yourself this week?

## **FACEBOOK GROUP ENGAGEMENT:**

- **QUOTE OF THE DAY –**

Find a quote about overcoming distractions, limitations or excuses. Print it out and post it somewhere you will see multiple times a day. Post it in the group this week as well.

- **CONFIDENCE BOOSTER –**

Share in your Inner Circle Facebook group something you did or plan to do this week to build your confidence.

## **MY NOTES & ACTION ITEMS:**

