

# The Greatest Challenge Worksheet

We each have many life challenges that that can limit our thinking, trigger negative responses. open us to self sabotage, and lead us to compromise ourselves.

Scan the list below and circle any items that grab your attention in some way. As you are open and receptive, your intuition will flag items that deserve your attention. **Note the life challenges that 'resonate' with you.**

abandonment  
absentmindedness  
abuse  
accidents  
accusing  
acting the clown  
addictions  
aggression  
always being with people  
ambition  
analysing  
anger  
anxiety  
arguing  
arrogance  
attachment

avoidance  
being judgmental  
being opinionated  
being reactive  
being scattered  
being too emotional  
being ungrounded  
blaming  
blind devotion  
boredom  
bossyness  
busyness

boredom

carelessness

co-dependency  
complaining  
compromise  
compulsion  
conflict  
confusion  
control  
cowardice  
criticism  
cruelty  
cynicism  
deceitfulness  
deception  
defensiveness  
defiance  
denial  
dependency  
depression

deviousness  
discounting  
dishonesty  
disorder  
disoriented  
dominance  
doubt  
drama  
dreaming  
egotism  
emotions  
envy  
escape  
exaggeration  
excessive focus on others  
excuses  
extremism  
failure  
fantasizing  
faulty beliefs  
fears  
feeling needy  
fixed ideas  
focusing on the past  
foolishness  
forgetfulness  
frustration  
futility  
future thinking  
glamours  
greed  
guilt  
hate  
hopelessness

humourlessness  
humour  
ignorance  
ignoring  
illness  
illusions  
impatience  
impractical  
impulsiveness  
inaccuracy  
indecision  
indifference  
inertia  
inflexible character  
injury  
insecurity  
insensitivity  
intellectualisation  
intolerance  
isolation  
jealousy  
judging  
justifying limitations  
lack of commitment  
lack of confidence  
lack of creativity  
lack of discipline  
lack of energy  
lack of purpose  
lack of trust  
laughing it off  
laziness  
living in the past  
loneliness

low energy  
lying  
malnutrition  
manipulation  
martyrdom  
materialism  
mediocrity  
minimizing  
moodiness  
narrowness  
needing to please others  
negativity  
no fun  
non-supportive habits  
numbness  
obsessions  
opportunism  
over-eating  
over-exercise  
over-spending  
overwhelm  
over-work  
pain  
perfectionism  
phobias  
poor health  
poor self-esteem  
possessiveness  
poverty mentality  
prejudice  
pride  
procrastination  
rationalization  
rebellion

repression  
resentment  
resistance  
ridicule  
rudeness  
running away  
sadness  
sarcasm  
seeking approval  
self-obsession  
self-centeredness  
self-deception  
selfishness  
self-pity  
self-sabotage  
shame  
shyness  
sleep  
solitude  
status  
stress  
stubbornness  
suffering  
timidity  
unexpressed emotions  
vacillation  
vanity  
violence  
withdrawal  
worry

Now, go back and feel into choosing the top 5 Life Challenges for further exploration.

Sit with these 5 top choices and see if they have a main theme. For instance if my top 5 choices were — abandonment, addictions, co-dependence, excessive focus on others, and running away — I have a theme of leaving myself.

I may then narrow down my greatest challenge by putting the top themes together and ending up with a statement similar to this — ***Abandoning myself through co-dependent addictive relationships where I excessively focus on others until I can't take it anymore and I run away.***

Write your greatest challenge on the right side of your Solar Plexus Body Map.