

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
analyzing
anger
anxiety
arguing
arrogance
attachment
avoidance
being judgmental
being opinionated
being reactive
being scattered

being too emotional
being ungrounded
blaming
blind devotion
boredom
bossiness
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

glamour
greed
guilt
hate
hopelessness
humorlessness
humor
ignorance
ignoring
illness
illusions
impatience
impractical
impulsiveness
inaccuracy
indecision
indifference
inertia
inflexible character
injury
insecurity
insensitivity
intellectualization
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.