

**BLICK  
RESOURCES  
FOR  
CREATIVES**

# What's Holding You Back?

**Self-reflection Resources**

We often hold ourselves back out of fear and limiting beliefs. In this exercise we will be looking into what holds you back from going for the things that you want.

01.

## Limiting Beliefs

Make a list of some of the beliefs you have that you think are holding you back (An example could be, fear of not being enough, failure, making the wrong decision, not feeling confident etc).

02.

## 5 Things

List 5 things in your life & business that you tend to hold yourself back on out of fear? It could be - not sharing how you feel, making yourself small, not prioritising your needs, not going after the clients you want to work with etc.

03.

## Best Case Scenarios

Based on your list of the 5 things that you tend to hold yourself back on out of fear, write out the best case scenario of what would happen if you didn't hold yourself back. What would your life look like? How would you feel? (This is a great exercise for you to visualise how you could overcome these fears).