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The 7 Sworn Enemies of Success & Change

WORKSHEET

No. 1: Lack of Clarity

Which of the following sounds most like you?

- I don't know what I want or haven't said it out loud
- I want two things that are in competition with one another—I don't think I can do both
- I know what I want, but something is standing in my way

If you know something that you want (it can be anything—professional or personal, tangible or intangible, something with or without monetary value, something that feels possible or impossible—only you will ever read this worksheet!), declare it in the space below. (If you want more than one thing, write all the things you know you want, and then, if you can, pick one that you think you want more than the other(s) and circle it.)

Imagine for a moment that you and I are sitting across from one another in a coffee shop. You tell me what you've declared that you want in the space above... but then you say, "But I don't think that's ever going to happen." And I ask you, "How come?" Write your answer to that question below.

Now imagine that you're sitting with someone else in a coffee shop. Pick someone you love very much. Imagine that instead of *you* declaring something you want, it's the person sitting across from you declaring what *they* want. And they've just given all the reasons you wrote above for not being able to reach their dreams. What is your response to them?

Does that advice or empathy apply to you? Why or why not?

If you were to write a roadmap for someone else to get the thing you want, what steps would you include? Give this serious thought. Assume that the person you're helping isn't "made of money," doesn't have an enormous abundance of time, and is as human as you are, but can get what they need with hard work, focus, and discipline.

What's something on that map you just created that you can do today, or in the next week or month? Write it here, and write when you are going to get it done. Put a reminder in your phone if you have to.

No. 2: A Ceiling of Discipline

Look at the list below and circle any and all areas of life that require some measure of discipline from you on a regular basis.

Day job	Side hustle	Cooking/Meal Prep	Shopping	Prayer/Spirituality
Cleaning	Health/Fitness	Relationship with a Significant Other		
Relationship with Your Kids	Kids' School/Extracurriculars	Financial Management		
Personal Hygiene	Home/Car/Yard Maintenance	Taking Care of Pets		
Making Sustainable Decisions	Personal Development	Birthdays/Holidays		

Anything else that requires discipline on your part, you can write here:

After looking at this list, do you feel that you should *still* have enough energy at the end of every day (or every week at the most) to dedicate real effort toward the goal you declared at the top of this worksheet?

If not, what are some things on the list of tasks stealing your disciplinary energy that you can “let slide”?

What about items you could ask someone else to take up for a while?

It can be hard sometimes to get family or a significant other on board with personal goals, especially if you’re asking them to take on more work than they’re used to, and especially if they don’t understand why the goal is important to you. Below, write down why your goal is important to you.

Now, this might sound strange, but I want you to re-read the answer you just wrote, and I want you to answer: Why does your “why” matter?

No. 3: The Upper Limit Problem

When was the last time you did something creatively, professionally, or relationally that felt like a risk? Did it feel more *exciting* or *scary*?

Why did you do it?

When was the last time you backed down from taking a big risk—such as moving to a place where you didn't know anyone, making the first move toward a relationship, breaking up with someone, trying a skill you never tried before, or starting a business?

Do you regret not doing that thing? Why or why not? Do you ever wonder what would have happened if you'd acted differently?

Who is someone you know who seems to take risks all the time and succeed at what they try? Provide some examples of things they've been able to do that you'd feel too afraid to do.

If the person you listed above tried to get what you want, what would they do?

What do you think makes you any different from the person you listed above?

If your best friend said to you what you just wrote above (about themselves), what would you think? What would you say?

No. 4: Impostor Syndrome

What do you think makes you unqualified for the thing you want? Write every little reason you're unqualified, below.

Now look at those reasons carefully. Are any of them really invalid, now that you've seen them written down?

Are any of them insurmountable?

Read the article linked below the video for this lesson. Pick out your favorite quote from the article and write it here. If you can, also write it someplace you'll see it every time you work toward your goal.

No. 5: Old Beliefs

In the spaces below (grab another sheet of paper if needed), write down any belief you hold that comes to mind when you think of each topic or area of life. It may be hard to think of what your beliefs are at first, but if a belief comes to you after an hour or a day, come back and include it here.

MONEY

LOVE

FAMILY

AGE

FAITH

TIME

MENTAL HEALTH

GENDER ROLES

EDUCATION

YOUR BODY

REGRET

WHAT MAKES YOU UNIQUE

WHAT YOU CAN DO BETTER THAN ANYONE ELSE YOU KNOW

WHAT OTHER PEOPLE THINK ABOUT YOU

Now review these beliefs. When you consider your goal, are any of these beliefs holding you back? What new beliefs might you want to adopt?

No. 6: Negative Messages

Check all of the following ways you take in information and opinions that could be shaping your life:

- In a relationship with a significant other
- The attitudes/beliefs of your closest friends
- The attitudes/beliefs of your church or religious community
- Things you discuss with your parents or what your parents say to you
- Things you discuss with your siblings/cousins or what they say to you
- The attitude or beliefs of your boss or co-workers
- What you see/read on Instagram
- What you see/read on Facebook
- What you see/read on Twitter
- What you see/read on Reddit or other forums
- What you hear/see on the news or read in newspapers and magazines
- Shows you watch on Netflix, Hulu, or other streaming channels
- The kinds of movies you watch, on your own or with others
- Channels you're subscribed to on YouTube
- Podcasts you listen to
- Emails you're subscribed to
- Influencers you aspire to
- Billboards or other signage you drive past
- What you overhear in elevators or on the subway
- Ads and affiliate marketing
- Other: _____

Of the items you checked above, which are positively influencing the way you think (encouraging you, keeping you honest, motivating you, comforting you when you need it, and providing inspiration)?

And which ones are potentially negatively influencing the way you think (discouraging you, getting you into trouble, causing you to doubt yourself, and/or making you paranoid or defensive)?

What actions can you take TODAY to limit the amount of negative influences you have come in through your five senses? (For example, unfollowing or muting negative accounts on social media, or no longer watching a particular Netflix show.)

No. 7: The Frenemy: Freedom of Choice

Whom do you believe to be responsible for the outcome of your life? Not in the past, but at the end of your life?

If nothing before today counted—if you were put onto the earth today, into your current circumstances, but there was no past—how could you turn your situation into a story of triumph and victory?

If you only had to do ONE thing every day to move you closer to one of your goals, what's the one thing you would do today? Tomorrow?

The next time you hit a roadblock on the way toward the thing you want, which of the 7 Sworn Enemies of Success & Change has the potential to have the most power over you? And what will you tell yourself in that moment to fight against it?

Are you going to take action today toward the goal you listed at the top of this worksheet?

What are you going to do?