



50 Things That Tend To Hold Us Back

A List of Potential Challenges
In Everyday Life

A Free E-Book by The LifeMath™ Program



Introduction

Why changing our habits can be such a daunting task.

WE DON'T KNOW WHERE TO BEGIN

Too many choices can create indecision.

Most of us haven't been taught how to effectively manage the inevitable challenges of our lives. In school, we are forced to take classes on specific subjects, but are often found lacking when it comes to applicable, real-life skills.

Taking inventory of how we'd like to grow as a person is one thing, but knowing where to start with the dizzying array of difficulties can make the process of introspection even more challenging.

In this e-book, each of the 50 topics will include a short description. If you find that any of these 50 Things apply to you and you'd like to learn more about developing more beneficial habits, please visit <https://lifemath.acuityscheduling.com/> to schedule your free consultation.

Can you imagine experiencing:

**Greater Peace of Mind
More Mental Clarity
Self-Generated Inspiration
and Transformative New Levels
of Emotional Intelligence**

If so, we invite you to sign up for a free consultation.

GET YOUR FREE CONSULTATION



Diving In

The 50 Things

Do any of these 50 Things apply to you?

In learning to balance our personal equations, it's important to take an honest look at the actions we choose, the thoughts we have, the emotions we feel often and how we interact with the world around us.

Bringing the pieces of our current experience to light is the first step to successfully balancing our equation.

Bravo to you for diving in!

50 Things That Tend To Hold Us Back

1. Wanting to be liked. We can spend so much time trying to be liked by others that we forget our true desires, opinions and reasons.

2. Not having a spiritual practice. We go through our lives reacting to outside stimuli, instead of being consistently influenced by the power of our own focus and intentions.

3. Having a practice that is in opposition to something else. This happens when we feel the stress of the world and try to combat it with “peaceful” practices. We try to talk ourselves into positivity instead of cultivating it when it’s easy.

4. Bailing on challenging relationships. When we don’t feel immediately understood by someone, we do our best to escape the situation and the relationship by dismissing them, becoming defensive or apathetic. It’s a backwards way for us to avoid pain.

5. Not taking the time to get to know ourselves. We walk through the world distracted by outside experiences, never giving ourselves the consistent attention to really know our innermost reasons and desires.

6. Being impatient with change. We are always looking ahead at our goal and feeling rushed or stressed that we are not there yet. We don’t see why it always seems to elude us.

7. Constantly doubting ourselves. We have great ideas but almost instantly begin to doubt that what we want is even possible. We long for the ease of clear vision coupled with belief.

8. Having an inflexible vision. We are so certain that what we want and *how* we want needs to happen in a certain way that we do not leave room for other possibilities.

9. Telling too many people. We blab and give the energy of our burgeoning creations away, weakening them.

10. Wasting our time trying to convince others. We are so dependent upon others believing in us that we spend our energy trying to get them to see our point of view, our merit, and our good ideas.

11. Not focusing. We spend our days passively moving from one thought to the next. We let our mental attention be carried by outside experiences, from one thing to another, and allow our emotions to run wild.

12. Not utilizing our resources. We have a plethora of resources around us, but either refuse to see them, don't want to use them at all in fear of using them as a "crutch," or don't believe they have anything of use for us.

13. Not asking for help when we need it. This happens when we are so determined to do things on our own that we start to believe that asking for help is some sort of weakness.

14. Trying to do too many things at once. When we have too much on our plate, but don't feel as though we have time to slow down, or the ability to delegate roles.

15. Not taking a break when necessary. When we push ourselves to the limit and try to keep pushing through, even when we are exhausted, stressed and could use the rest.

16. Trying to control other people. We sometimes try to control the actions of others in order to achieve our goals. This can be through emotions, guilt, force or other subtler manipulations.

17. Comparing ourselves to others. When we look to people outside ourselves for a gauge and validation of our own work, thoughts, progress or abilities.

18. Being fickle. Changing our mind and working on too many possibilities at once. Diving in, only to give up quickly and move to the next thing.

19. Ignoring our intuition. Not paying attention to our inner thoughts and gut feelings. When we go with the "logical" or "practical" pathway, instead of the one that feels right.

20. Using past failures to predict the future. When done in excess, this can be a debilitating way to try to go about achieving a goal.

21. Shrinking away from step-up moments. When we are so nervous about taking the next step in success, that we recoil in hopes that the opportunity will meet us where we are or change so that we can meet it more comfortably.

22. Avoiding risk. When we shy away from potential growth because it involves too much of a leap from where we currently are.

23. Looking everywhere but where we are for answers. When we *only* look to the outside world to teach us, inspire us, help us, and give us the answers we need.

24. Listening to the inner critic. When our self-criticisms take precedence over all other thoughts, and we give them more air time than our reasons, intentions and confidences.

25. Avoiding solitude. Continually choosing to be around others, even when the quality of company is not ideal, for the sake of not being alone.

26. Speaking with false positivity. When we try to fool ourselves into a positive mind state by reciting mantras or affirmations without really feeling the energy of the statements and intentions themselves.

27. Spending time in regret. When we wish that we had made a different decision, and instead of learning and moving forward, we use our energy to mull over the past and continue yearning for it to have gone differently.

28. Hanging out with people who don't challenge us. When we surround ourselves with people who allow us to stay complacent and lazy, even though we have big ideas, dreams and possibilities.

29. Ignoring signs. When we are so wrapped up in moving forward and accomplishing a thing, that we do not see clear signs around us that indicate a new path may be available or a new tactic may be more helpful.

30. Asking people for their opinions too often. When we are so reliant on the opinions of other people, that we use their comments to guide our trajectory instead of tuning in to ourselves and acting from that place.

31. Needing approval or permission from others. When we seek out the go-ahead from people outside ourselves in order to take action or create new ideas. When we have trepidations about making independent moves without direct consent.

32. Fearing failure. When we are so afraid of making a “wrong” move that we then, consequently, don’t move at all.

33. Refusing to learn. When we are so sure that we have all the answers that we negate the possible lessons of outside masters.

34. Telling your victim story. When we recount the story of what didn’t work for us, why we can’t continue, and why we have not been making progress in order to sway people to see us as victims so that we feel justified in inaction.

35. Thinking only about our problems. When we stay more focused on and overwhelmed by the things in our way than anything else.

36. Diving into insignificant details. When we spend far too much time on intricacies that are less important than on the main focus of our goal, project, self or ideas.

37. Feeling guilty about being ourselves. When we take the chance to be who we are, but are then overcome with guilt about how it may not have resonated with people, or may have been “inappropriate” or in bad timing.

38. Giving in to indecision. When we become scattered in focus and become almost completely influenced by the many possibilities of a situation.

39. Neglecting our health in order to get things done. When we focus so intently on achieving our goals that we suffer physically, emotionally, mentally or in interpersonal relationships.

40. Saying “Yes” when we want to say “No.” When we feel obligated to give in to the wants and expectations of others versus honoring the feelings we have to do our own thing, or to act on our own terms.

41. Being too serious. Not allowing feelings of light-heartedness to enter our process. Being so staunch in our focus that we do not find time for unbridled joy and connection.

42. Taking things personally. When we use the opinions or comments of others as a weapon against ourselves. When we have a strong, inner reaction to things that happen externally.

43. Not expressing appreciation. Focusing on problems and action so intently, that thankfulness is not part of our daily mindset and routine.

44. Being vague. Leaving out key details in the visualization of our desires, in conversations, in work practices, or in general.

45. Equating being a “good person” with making little or no money. When we are convinced that being kind and considerate can, in no way, intersect with living a lavish, financially abundance life.

46. Treating struggle like a badge of honor. When we are so proud of our struggle and suffering that we actually prolong it past its time by bringing it up, bragging about it, or actually re-creating its effects in our lives.

47. Complaining. When we are consistently expressing the details of what we do not like, what we do not want, what does not work, and the things we do not wish to have happen.

48. Staying in our radius. Remaining closed-off from the world by becoming a hermit and not leaving our well-known, small area of everyday life.

49. Living habitually. When we do not venture outside of our daily routines. Similar to the example above, but more detailed. When we refuse to change up the experiences in our lives for the sake of learning anything new.

50. Not investing in *quality* experiences. When we view experiences more by how much we are *spending*, instead of looking at the quality and potentiality *given* by a situation. When we deny ourselves substantial support, joy, laughter and cultured experience for the sake of staying the same.

DO ANY OF THESE DESCRIPTIONS SOUND FAMILIAR?

WE INVITE YOU TO EXPLORE THE WIDE RANGE OF POSSIBLE STRATEGIES AND PRACTICES THAT LIFEMATH™ HAS TO OFFER, SO THAT YOU CAN START LIVING THE LIFE YOU IMAGINE **TODAY.**

GET YOUR FREE CONSULTATION

Start. Anywhere.



*Start where you are. Use what you have.
Do what you can.*

Arthur Ashe

We here at **The LifeMath™ Program** would love to support you in any way we can. Beginning can be a challenge, but once we start making decisions toward self-care and self-love, momentum builds very quickly. Our sessions & workshops are designed to uncover the variables of your specific equation right away. You will experience a shift in your life after our very first session – it is our guarantee.

GET YOUR FREE CONSULTATION



THE LIFEMATH™ PROGRAM - BALANCE YOUR EQUATION -

GET YOUR FREE CONSULTATION

www.TheLifeMathProgram.com