

UNBOUND

PHYSICAL LIMITATIONS

WORKSHEET

Where are you stopping yourself?

Get clear on one example where you wish you could go further but don't.

Grab your journal and reflect on the following:

Where do I stop?

How am I limiting myself?

Why I am choosing to stop here?

What's on the other side of this limitation?

Where are you indulging?

Get clear on one example where you wish you could stop but don't.

Grab your journal and reflect on the following:

Where do I indulge?

What am I craving?

What do I really want to be feeling?

What need is not being met that I am trying to soothe or fulfill?

What am I avoiding/unwilling to feel?

If you have a physical practice (exercise, walking, yoga, etc.)

- Notice the point in your practice where your brain asks "when am I going to stop?"
- What decision have you already made about when that will be - is it based on time? Effort? Number (reps, miles, etc.)?
- Now notice your body and whether or not you've *actually* reached your full ability.
- How much more could you go if you didn't stop here?

Stopping at that point or not is your choice, but just having awareness of these thoughts might start to shift your practice.