

ROADBLOCKS TO SELF FULFILLMENT

- We judge ourselves or someone else
- We keep asking why?
- We try to change the world to be the way we think it should be
- We try to control others to give us what we want
- We try to change ourselves (step out of integrity) to give someone else what they want
- We focus our attention on worry or fear.
- We defend against, prepare against or struggle with something
- We place our happiness or peace of mind on hold waiting for something to happen.