



A Reflection Guide for Getting Out of Your Own Way

Sometimes the thing standing between where you are and where you want to be isn't a lack of ability, opportunity, knowledge, or even effort.

Sometimes it's the story you've created about what is happening.

This guide is an invitation to interrupt that process.

Not to think more positively.

Not to pretend everything is fine.

But to become curious enough to ask:

What am I not seeing?

From the Podcast

Unleashed Potential

1

Start with the Facts

Think about one situation in your life or business where you feel stuck, frustrated, disappointed, overwhelmed, or uncertain.

What's happening?

Now strip away your opinions, assumptions, predictions, and explanations.

What do I KNOW to be true?

Challenge:

If someone else observed this situation, what could they independently verify?

2

Find the Story

Facts are what happened. Stories are what we make what happened mean.

Complete these sentences without overthinking them:

The story I'm telling myself is...

I believe this is happening because...

I'm assuming that...

I'm worried that this means...

Now ask yourself:

Which of those statements are facts—and which are interpretations?

3

What Am I Not Seeing?

This is where curiosity replaces certainty. Ask yourself:

- What else could be true?
- What information might I be missing?
- What assumption haven't I challenged?
- If I removed emotion from this situation for five minutes, what would I notice?
- What might someone who disagrees with my interpretation see differently?

And the big one:

What am I not seeing because I've become too committed to my current story?

4

Look at Your Role

This question can be uncomfortable. That's also why it matters.

How might I be contributing to the situation I say I want to change?

Consider your:

- ☐ Actions
- ☐ Inaction
- ☐ Habits
- ☐ Avoidance
- ☐ Expectations

☐ Beliefs
☐ Behaviors

What have I been avoiding?

What have I been waiting for that I could initiate myself?

5

Separate What You Control

Put each part of the situation into one of two categories.

I DON'T CONTROL

Now look only at the second list.

Where have I been spending energy on something I cannot control
while neglecting something I can?

6

Change the Question

When we're stuck, we often ask questions that keep us stuck:

- *Why isn't this working?*
- *Why do I always do this?*
- *Why won't they change?*
- *What if I fail?*

Try better questions.

Instead of asking: *Why can't I?*

Ask: **What would make this possible?**

Instead of: *What if it doesn't work?*

Ask: **What's the smallest way I could test it?**

Instead of: *Why aren't they doing something?*

Ask: **What conversation do I need to have?**

Instead of: *What should I do?*

Ask: **What outcome am I actually trying to create?**

7

From Awareness to Action

Awareness without implementation is interesting. Awareness followed by action can change something.

The story I need to stop treating as fact is:

What I see differently now is:

The action I've been avoiding is:

The smallest meaningful step I can take is:

I will take that step by:

CHA The 24-Hour Challenge

Don't close this guide and simply feel more self-aware. Do something with what you discovered.

Within the next 24 hours, take one action that creates new information, movement, or opportunity.

- ☐ Make the call
- ☐ Ask the question
- ☐ Make the decision
- ☐ Ask for help
- ☐ Say yes

- ☐ Send the message
- ☐ Have the conversation
- ☐ Start the work
- ☐ Say no
- ☐ Try something different

My action:

By when:

One Last Question

Come back to the situation you wrote about at the beginning.
Read what you originally wrote.

Then ask yourself again:

What am I not seeing?

And this time, don't stop with the answer.

Do something with it.

Ready to Go Deeper?

This reflection guide is just the beginning. Discover personalized coaching and training designed to help you stop getting in your own way.

Learn more at CherylMcDonald.com

Keep asking better questions.

Questions from 'What Am I Not Seeing?' appear throughout
Unleashed Potential podcast episodes.