

NAME

DATE

MY 2020 DECLARATION FOR MY MINDSET

Building vs Blocking

ARE YOU A BUILDER OR A BLOCKER?

All of us have successes and failures, and some are especially life-changing. However, what keeps the winners separate from the quitters is their mindset. Self-reflect right now if you've been building or blocking yourself from creating the life you desire?

In what ways have you noticed you've been doing both?

WHERE DID YOU GET STUCK?

Reflect to a time you experienced a major failure, loss or disappointment of yours.

What happened exactly, and how did it affect you? What did you learn from it?

If this never happened, how would you be different? How would your mind be different?
