



## ACCELERATION INTENSIVE WORKSHEET

## MODULE ONE: MINDPOWER

## SECTION ONE – LEARNING ASSESSMENT QUESTIONS

1. What are the SEVEN mental limitations that can hold a visionary woman back from expressing her best self?
2. Describe what each of these SEVEN mental limitations means in your own words.



3. Mention THREE reasons why you have to ditch the mental limitation called "perfectionism".

4. Write out THREE things can lead you out of the mental limitation called "perfectionism".

## **SECTION TWO – REFLECTION QUESTIONS**

1. Which of these SEVEN mental limitations have held you back? What steps can you begin to take to journey from a place of limitation to the place of success?



- 
2. What are some of the reasons why you have not laid demands on others for the value you bring? How can you be healed from this limitation?

### SECTION THREE - ACTION PLAN

1. **START:** Based on this module, what must you begin to do to maximize your learning, grow your opportunities and put to practice the insights you've learnt so you can change the outcomes in your life?



2. **SUSTAIN:** Based on this module, what great habits, growth practices, relationships or action steps have been taken already that you can clearly see you should improve on and continue doing for greater results in your life?
3. **STOP:** Based on this module, what must you stop doing because you can see it is sabotaging your success, holding you back from experiencing your higher self and can delay you from launching your Next Big Thing?