

ROOTING YOUR RELUCTANCE WORKSHEET

What goal are you prioritizing this month?

Goal _____

What actions needed to accomplish this goal do you find yourself reluctant or averse to doing?

For example, if my goal is to save money, I might find that I'm averse to cooking all of my own meals instead of eating out, or that I'm reluctant to get a side hustle.

List any steps you are reluctant or averse to:

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Now, think deeply about your reluctance. What is the root of it? Why do you dislike each step?

Using the example from above, if I want to save money but feel averse to cooking my own meals instead of eating out, I might dig deep and realize that I don't like the idea of cooking everyday because I think it will be too time consuming since in the past, cooking has been a lengthy task.

I might be averse to getting a side hustle because I'm afraid it won't leave me with enough time to relax or have a social life because in the past I have over-extended myself.

What is the root of each aversion you listed above?

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Now that you've identified the root of your aversions, let's make an action plan to help you confront them. List one step you're willing to try in order to work with your aversion.

Using the prior examples:

If I'm hesitant to cook because I'm afraid of the time commitment, I might try using a 30 minute recipe, or I might try prepping my weekly meals on Sunday so that I still have all of my time available on the weekdays.

If I'm hesitant to get a side hustle due to a fear of overextending myself, instead of doing something like launching a blog that might require a ton of time, I might apply to be a Virtual Assistant and cap my availability at 10 hours per week.

So, what actions can you take to work with your aversions?

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |