

5 HIDDEN BLOCKAGES HOLDING YOU BACK (AND HOW TO BREAK FREE)

SPLIT ENERGY ⚡

This blockage happens when your focus is divided between multiple goals, desires, or conflicting values. You find yourself scattered, unsure of where to direct your energy, which leads to a lack of progress. Where focus goes, energy flows. Split energy causes overwhelm and confusion. **Refocus by clarifying your top 3 priorities (not more) and aligning your energy with them. Say no to things that don't align with your true goals and values.** When you channel your energy towards a clear vision, you will be impressed by how things flow more easily.

BEING ATTACHED TO THE OUTCOME 🎯

This happens when you feel frustrated because you haven't met your expectations. You feel stressed about the outcome which brings more tension to the process. If your mind is fixated onto something, it means there is a fear of not having it. The more you hold onto something, the less energy it circulates. Observe the mind without trying to change anything. Practice letting go of the outcome by **realizing mentally that you are already abundant. Everything has already been taken care of.**

LETTING OTHERS DETERMINE YOUR SELF-WORTH 🌱

This blockage occurs when you give others control over how you see yourself through their opinions, judgments or expectations. You seek validation from others and often feel inadequate when you don't receive it. Your self-esteem becomes dependent on external approval and you loose touch with your true worth. Recognize that you are the CEO of your own life, and it is time you reappropriate your soul. Your self-worth is your birthright. **Reclaim your true power through daily mental checks where you overvalue yourself. Remember your worth isn't dependent on others.** Validate yourself and build self-love from within.

NEGLECTING INTUITION 🧠

This occurs when you ignore your inner voice, relying on logic and external advice, which leads to disconnection from your true desires. As a result, you often make choices that don't serve your best interests. Start listening to your inner voice. Take time to quiet your mind with meditation to tune in. If you do not hear your inner voice, talk to it. **Ask your inner intelligence to guide you. It will always answer, and lead you in the right direction.**

FEAR OF FAILURE 🙊

This blockage arises when the fear of failing keeps you stuck in self-doubt and procrastination. You may hold back from taking risks, fearing that failure will define or diminish your worth. **Every failure teaches you a valuable lesson. What did you learn from your last failure? What was it trying to tell you? How can you implement your findings?** The words "success" and "failure" go hand in hand - without one, the other doesn't make sense. Failure is actually an opportunity in disguise. Every failure is happening for you. With this mindset, you will feel eager to experiment new things.