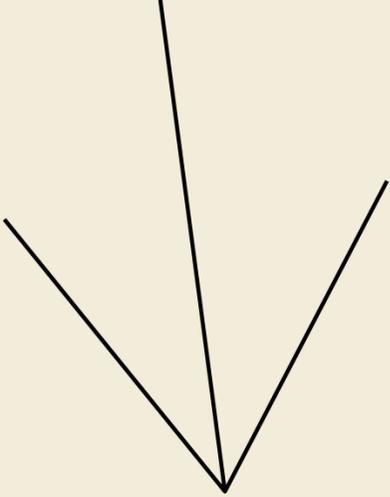


HOW TO IDENTIFY BLOCKS

LE RITZEL

RITUALIZE TRANSFORM ALIGN



WHAT ARE BLOCKS

Blocks represent the subconscious barriers that hinder our belief in the attainability of our desires.

From early childhood until young adulthood, we encounter moments of pain, shame, and conditioning that we absorb as restrictive beliefs or deep-seated wounds.

These experiences evolve into the obstacles that obstruct our ability to manifest things like healthy relationships, self confidence, healthy habits financial abundance and more.



YOU CAN IDENTIFY THAT YOUR MANIFESTATIONS ARE OBSTRUCTED BY BLOCKS IF:

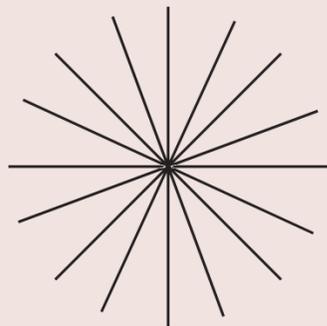
- You find yourself trapped in repetitive cycles, /experiences/attracting similar behaviours in Partners/Bosses/Friends.
- You engage in self-sabotaging tendencies: (procrastination, lack of boundaries, negative self talk, avoidance of discomfort.
- You struggle to overcome internal obstacles and resort to negative thinking.
- You feel victimized by your exterior circumstances vs identifying opportunities for growth. “Why is this happening to me?”



YOU ARE NOT BROKEN, WE ALL HAVE BLOCKS!

While it's true that everyone encounters multiple blocks on their journey, today, we're honing in on identifying the most significant one standing between you and your manifestations. By pinpointing this key block, we can initiate a transformative domino effect, propelling you towards a new reality. By fully focusing on one major pattern, it opens up the floodgates to everything else.

HOW? BECAUSE EVERYTHING IS CONNECTED.



DIVING INTO OUR DESIRES

**JOURNAL SESSION



WHAT ARE YOU WANTING TO MANIFEST INTO YOUR LIFE RIGHT NOW? (LOVE, MONEY, CAREER, COMMUNITY)



- What are the most prominent dynamics causing you difficulty lately?
- Identify aspects of your life where friction, stress, intense emotional responses, or conflicts are most pronounced?
- Identify areas where you feel trapped or caught in repetitive patterns.
- Identify situations where you find yourself overly focused on pleasing others or struggling to establish boundaries.
- Identify areas where you're settling, holding back, or experiencing feelings of embarrassment.



IDENTIFYING THE PATTERNS



STEP 3 WHAT IS THE PATTERN?

Looking at your answers above, what do they all have in common?

Is there a pattern you can see playing out in your life in a specific area?

You might see multiple patterns at play in different areas, but try to hone in on the one that's really taking over your life.



EXAMPLE PATTERNS OF BEHAVIORS:

Journal the ones that you identify with.
and take a moment to dive deeper
in journaling how they show up.

- Not prioritizing own needs / rest, self care, healthy habit building.
- Lack of boundaries with self and others
- Staying small and holding myself back
- Procrastination and inaction
- Unhealthy communication patterns
- A dysregulated nervous system
- Perfectionism / low self worth
- Harsh Inner Critic / Overly Self-critical
- People pleasing
- Unaligned routine
- Spending money instead of saving
- Lack of clarity in future vision
- Avoidance



REMEMBER

Healing is a gradual process, and it's crucial to be patient and compassionate with yourself along the way. Embracing your authentic self and establishing healthy boundaries can lead to a more fulfilling and balanced life.

The goal is not to feel guilt or shame around identifying our blocks, rather loving ourselves enough to approach them with curiosity and a will to evolve.

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FACING OUR FEARS

Much of our resistance stems from fear-based notions. Whether it's apprehension about outcomes beyond our influence or a fear of failure, it's crucial to approach our fears with curiosity and befriend them. It's by facing them that we dismantle them.

Consequently, it's this fear and avoidance that perpetuates the recurring patterns in our lives.

Journal the fear that most prevalent for you right now.

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EXAMPLES OF FEARS

- Fear of making the wrong choice
- Fear of failure
- Fear of being seen / judgement
- Fear of not being good enough
- Fear of unknown / Not being able to control the outcome
- Fear of not having enough time / too late to begin
- Fear of rejection / abandonment
- Fear that I can't handle success
- Fear of trusting myself or others
- Fear of intimacy / vulnerability



EXAMPLES OF BELIEFS THAT RUN THE FEARS

- I'm not good enough
- I don't deserve this / imposter syndrome
- I'm not worthy
- This was never modeled to me growing up
- My needs don't matter
- Unloveable / Never being chosen
- I don't have what it takes
- The rug will get pulled out from under me
- I can't make money from my purpose
- My body isn't good enough / I'm ugly, not beautiful etc.
- I don't trust myself
- I'm not safe
- I don't belong / I am different
- I'm a bad person.



TRACING THE PATH

When you look at the theme of your biggest block, can you see how it is likely related to your manifestation not coming through?

Everything we attract in our lives (good and not so desirable) is a direct manifestation of how we feel about ourselves on a subconscious level, and our core beliefs.

Now that we have identified our blocks, it's time to rewire ourselves to shift these limiting beliefs.

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TRACING THE PATH

1. WHAT DOES MY FUTURE VISION LOOKING LIKE?

2. What is the limiting belief?
3. Why do I think any of these thoughts?
4. Can I identify when they began.
5. How do these thoughts serve my future vision.?
6. write down 3-5 strengths / positive affirmations
7. write a love letter to your inner child.

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JOIN THE WELLNESS CLUB

A SELF HEALERS PORTAL AND EFT TAPPING CLUB

- * Tapping on the same formula for 66 days in a row will create the new pathways you need to wire in a new belief. Remember: you have had this one habit for many years, maybe your whole life! What is two of your life months really?
- * Take charge of your emotional well-being by breaking free from anxiety, stress, low self-worth, overthinking, and other emotional charges that hinder you from manifesting your highest self thanks to creating a daily practice with EFT tapping.
- * HEAL | TRANSFORM | ALIGN

THANK YOU!

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