



TOP 5 INNER CHALLENGES

1. PERFECTIONISM – your score:

- Definition: *refusal to accept any standard short of perfection.*
- Main signs: not feeling enough, trying to prove yourself.
- Main root causes: high (unrealistic) expectations from an early age, lack of self-love and compassion.
- How to tackle it: Double down on self-love and compassion. Increase your awareness and allow yourself to be “human”. Connect with your mission and understand that your purpose is bigger than your being “perfect”.
- My notes:

2. PROCRASTINATION (or procrastapanning) – your score:

- Definition: *the action of voluntarily delaying or postponing something.*
- Four main types:
 - 1 = the performer – “I work well under pressure”,
 - 2 = the self-deprecator – “I’m so lazy right now”,
 - 3 = the overbooker or avoider – “I’m so busy”, and
 - 4 = the novelty seeker – “I just had the best idea!” (Shiny Object Syndrome).
- Main signs: depending on the type, you might struggle with getting started, taking a break, creating space for what really matters, or completing a project.
- Main root causes: perfectionism, impatience, lack of clarity or self-confidence.
- How to tackle it: Chunk your project into small bite-size tasks. Set clear deadlines (and stick to them). Rest regularly to recharge. Persist until you have clear results – or until you’re absolutely sure it won’t work. Get an accountability partner. Don’t judge – ever. Start again every day, if needed.
- My notes:

3. IMPOSTER SYNDROME – your score:

- Definition: *a collection of feelings of inadequacy that persist despite evident success.*
- Main signs: another variation of perfectionism, the belief that you’re not enough, self-doubts, and feeling like a “fraud”. Sabotaging your success.

- Main root causes: extremely high, unrealistic expectations from an early age.
- How to tackle it: Give yourself a reality check. Keep track of your strengths and accomplishments. Stop comparing yourself to others. Use social media moderately. Create a support network. Work on your self-confidence.
- My notes:

4. LACK OF SELF-CONFIDENCE – your score:

- Definition: *feeling badly about yourself.*
- The first three patterns are all intertwined with the lack of self-confidence or low self-esteem.
- Main signs: spending more time thinking and worrying about what other people are doing than focusing on your own competence and potential, feeling tired.
- Main root causes: stress and difficult life events, mostly from the childhood on.
- How to tackle it: Get to know yourself. Become aware of your strengths, values, and skills. Think and act positively. Be nice to others. Take care of your body and your appearance. Improve your habits. Set small goals and achieve them. Exercise. Smile.
- My notes:

5. SCARCITY MINDSET – your score:

- Definition: *the belief that there will never be enough, resulting in feelings of fear, stress, and anxiety.*
- Main signs: fear (= *false evidence appearing real*), stress, anxiety, lack of inner trust.
- Main root causes: cultural indoctrination, negative mindset.
- How to tackle it: Increase your gratitude level. Look for the positive side in everything. Be careful with news and media in general. Watch your thoughts and words. Connect to your higher you and to that which is greater. Double down on your inner trust.
- My notes:

Forgiveness

“The weak can never forgive. Forgiveness is an attribute of the strong.” ~ Mahatma Gandhi

✚ **WHY Forgiveness?**

- To let go of resentment, rejection, regrets.
- It increases physical endurance, reduces blood pressure, and improves cardiovascular health.
- It reduces levels of anger and hostility, increases feelings of love, frees us from negative events of the past, and improves our capacity to trust people.
- It's the fastest and most guaranteed way to reach the heightened brain wave states that bring you into deep meditation.

✚ **4 RULES:**

1. You can forgive everything and anything.
2. Forgiveness is NOT pardoning or forgetting, it's changing our internal state towards a situation, so that we no longer have emotional attachment to that person or event.
3. Forgiveness frees you – you're not doing this for them, you're doing this to free yourself.
4. The other party does not have to forgive you in return.

→ **Forgiveness starts with YOU.**

✚ **PROCESS:**

- See yourself in the incident (visualize the room or the space).
- See the person in front of you, see what they did.
- Feel the pain – the anger or disappointment, etc.
- Ask yourself why they may have done it – human empathy (hurt people hurt people).
- Ask yourself what you could gain/learn from the experience.
- Forgive into love.
- Optional: Send the person you have just forgiven love and positive energy.

→ Same process when forgiving yourself – just imagine your younger version of yourself.



Action Steps:

1. Which of the 5 most common inner challenges offers you most space for improvement?
What small, narrow-focused, and simple action steps could help you improve?
2. What can you forgive yourself for this week?
Start with small things, such as “I forgive myself for not doing my bed this morning.”
Eventually, you will move up the ladder.
3. OPTIONAL: You are the average of 5 (or 3) people you hang out with most.
Declutter or – as I prefer – recycle your social network. Is there someone you would like to spend less time with? Someone you no longer want to be friend with on FB?
Someone you have been waiting for years to share your honest opinion with?

Step into your inner power by standing tall, no matter what – with respect and compassion but also a high dose of self-respect.

→ What are your main ahas from this week’s topic on inner challenges?