

the “IF ONLY” TRANSFORMER

before you begin

This is a deceptively powerful tool designed to help you identify limiting beliefs and excuses that may be holding you back from making progress.

Although the exercise is simple, the results can be quite powerful. As you complete each If Only statement, you are effectively identifying your personal obstacle(s) to success in each area.

We have provided 4 common If Only statements to get you warmed up. Then try applying the If Only transformer to specific problems or behaviors you would like to change.

Always try to identify 3 ways to overcome your obstacles, even if they don't come to you all at once. You might need to set the activity aside and come back to it later to think of new solutions. You may also find it valuable to share your obstacles with an objective outsider who may provide solutions you have never thought of.

The key to transformation is action. Once you've identified what you **can** do, decide what you **will** do and make it happen.

I would exercise regularly, if only _____.

3 ways I could eliminate or navigate around this obstacle:

1.

2.

3.

I would focus on my most important work first every day if only _____.

3 ways I could eliminate or navigate around this obstacle:

1.

2.

3.

I would be incredibly organized, if only _____.

3 ways I could eliminate or navigate around this obstacle:

1.

2.

3.

I would delegate more, if only _____.

3 ways I could eliminate or navigate around this obstacle:

1.

2.

3.

I would _____ if only _____.

3 ways I could eliminate or navigate around this obstacle:

1.

2.

3.

I would _____ if only _____.

3 ways I could eliminate or navigate around this obstacle:

1.

2.

3.

I would _____ if only _____.

3 ways I could eliminate or navigate around this obstacle:

1.

2.

3.

I would _____ if only _____.

3 ways I could eliminate or navigate around this obstacle:

1.

2.

3.