



Upper Limitless Worksheet

Consider these three questions from Gay Hendricks book *The Big Leap*. *I recommend you buy a copy. You can [order it here](#).*

Feel what comes up for you when you ask yourself these questions to yourself—that's your upper limit in action.

When you answer a pretty good yes! to all three, then you can begin your Upper Limitless practice. Until you are willing to answer yes, you may be stuck inside your current limits.

- Are you willing to feel good inside more of the time?
- Are you willing for your whole life to work well more of the time?
- Are you willing to feel good inside and have your whole life work well all the time?

Recognizing your upper limits: the four Hidden Barriers from Gay Hendricks:

To get at some of your particular upper limiting beliefs, try on these four fundamental stories and see where you resonate:

1. Feeling fundamentally flawed: *I cannot succeed, attract love, or be happy because I am fundamentally flawed in some way*
2. Disloyalty and abandonment: *I cannot be successful because I would betray my roots, surpass my people, and end up envied, disgraced and alone.*
3. My success will bring a bigger burden: *I cannot expand to my highest potential because I would be an even bigger burden than I am now*
4. The Crime of Outshining: *I cannot expand to my full success, because if I did I would outshine [my family, father, uncle, whatever] and make them look or feel bad*

These are a rough guide—everybody has at least one, some people have three. Remember these are *false* beliefs that you may have been pretending are true, thereby limiting your love, success and abundance.

Journal Guide

Use this to guide your Upper Limitless journal practice—combined with your real-time commitment to notice and transcend your upper limits, your journal practice anchors you to an upward life trajectory that is truly under your complete control.

Getting started: dedicate a notebook or journal to your Upper Limitless practice.

Initial journal practice (and weekly):

1. Write about what you notice in your body and emotions when you ask yourself the opening questions about feeling good and having your life go well all the time.
2. Review the four Hidden Barriers above, and write what you notice.
3. Draw the shape of the upper limits you notice—drawing integrates your brain hemispheres for faster progress. Notice if you have an upper limit on drawing.
4. Create your daily practice of Upper Limitless, and write it down neatly on one page of your journal. Photograph the page with your phone and put the photo on your lock screen.

Here is one recommended form:

- a. Immediately on waking, I engage positive energy in my body through movement and placing my attention on positive thoughts
 - b. I notice and transcend one upper limit every morning
 - c. I engage my Upper Limitless Success mantra. The default mantra is from Gay Hendricks: *"I expand in abundance, success and love every day, and I help others to do the same."*
 - d. At the end of the day, I write down and celebrate my moments of noticing (noticing is a big win, even if I don't successfully transcend my limit right away) my upper limits, and then transcending them. How did that make me feel?
 - e. As you go to sleep, lying down with eyes closed, I feel and imagine my upcoming day tomorrow full of positive energy. Include my limits that I notice—I own them fully! I notice how they dissolve when I own them.
5. Do your Upper Limitless journaling every day, at least once a day, for three weeks and then assess the effect on your life, and on the basis of your assessment either drop the practice or commit to another three weeks.