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License No.
PSY 19516

Glass Ceiling Breaker

Self-Discovery Sheet

Tired of bumping up against Your Glass Ceiling?

Find out how you could release what's blocking you ONCE AND FOR ALL so
you could breakthrough and THRIVE!

Check off what is Blocking You:

- Procrastination
- Difficulty Concentrating
- Forgetfulness
- Overwhelm
- Difficulty getting up in the morning
- Insomnia
- Irritability
- Anxiety/Dread
- Fearfulness
- Chronic Pain/Headaches
- Sadness
- Nightmares or Flashbacks
- Other

Check off how you would rather be:

- Focused
- Motivated
- Enthusiastic
- Confident
- Calm
- Joyful
- Happy
- Powerful
- Capable
- Determined
- Purposeful
- Resilient
- Other



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