THE FOUR CARTESIAN QUESTIONS

To identify the barriers you have erected, and your areas of resistance, use your awareness of yourself and your life to figure out exactly what it is you need to break through. Ask yourself “What barrier do I need to break through?” Then, write down the barrier you want to breakthrough and commit to it. Once you are clear what it is, use the four Cartesian questions below to assess how breaking through this barrier would or wouldn't impact your life.

The answers to these questions will pull your subconscious barriers and areas of resistance into the light so that you can deal with it, feel inspired by it and break through it.

**THE QUESTIONS**

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| *What would happen if you broke your barriers to manifestation?* | *What won’t happen if you do break your barriers to manifestation?* |
| *What would happen if you didn’t break your barriers to manifestation?* | *What won’t happen if you didn’t break your barriers to manifestation?* |

Reflect on these Questions. Write your answers in the area below and share your answers with your accountability partner.