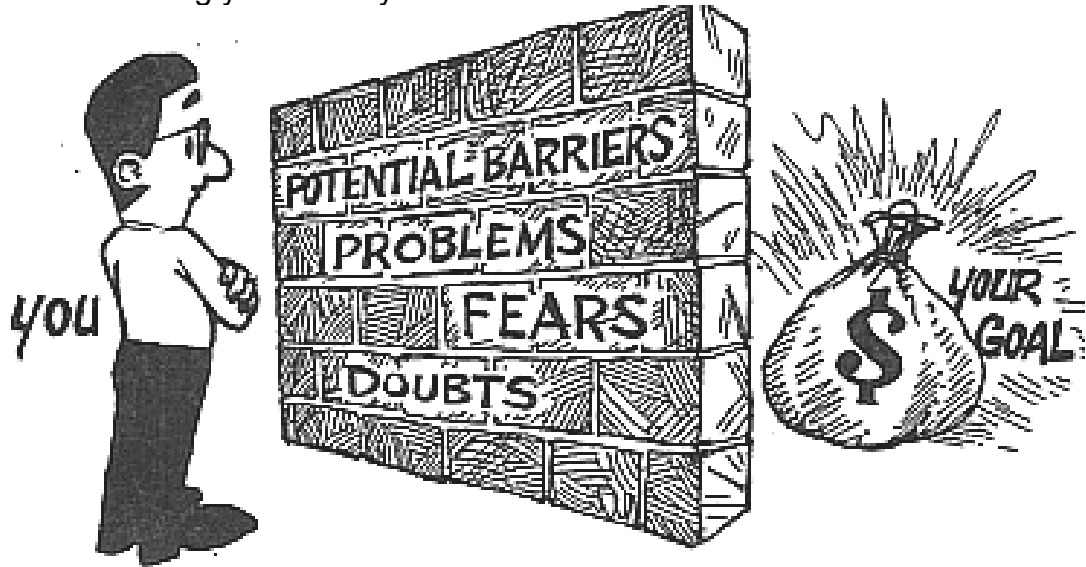


## The Barrier Exercise

Before you can ever be rich, you must first give up the reason you chose not to be. That reason, until you give it up, will remain a barrier to your becoming rich. On the surface, giving up your reason would appear to be the simple act of changing your mind. But your ego won't see it that way. For the ego, those reasons are who you are. Giving them up would mean sacrificing your identity.



**To change what you have in life, confront the reasons why you don't already have it.** You can do the following exercise by yourself, but it works better when someone else asks the questions.

Find a partner who also wants to remove their barriers to prosperity and you can do this exercise together. If you are using this workbook as a class exercise, pair off as A's and B's.

### The Barrier exercise

A will ask B,

***"What's between you and having what you want from life?"***

A will give B three minutes to answer.

If B's answer sounds like the real barrier to prosperity, A will say to B,

***"I got that."***

If at any time during B's answer, A doesn't feel the answer is for real, A will say,

***"I didn't get that."***

If B's answer sounds like a victim's story, A will play an imaginary violin. Doing this early on gives B time to change their story. The purpose of this exercise is not to be judgmental, but to help each other find and destroy the barriers to having what you want from life. When the three minutes are up, switch places.

B will ask A, ***"What's between you and having what you want from life?"***

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