



WARRIOR GODDESS WILD Challenge

Day 3

What stops you from feeling pleasure and play?

What are the agreements around pleasure that are present in your life? Cultural, familial, work, etc...Identify the three top factors that stop you from feeling pleasure.

Read through these pleasure smushers and see which resonate; then circle your top three or write your own:

Deservability

unworthiness

staying small to be safe

need to be seen as competent

need to be seen as a victim

belief I don't deserve the good in life



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What stops you from feeling pleasure and play?

Perfectionism

fear of failure

fear of being abandoned

self-judgment

comparison

need to be seen as perfect

Guilt

sense of regret

fear of people finding out about my past

belief that my enjoyment takes away from other people

belief that my mistakes are too horrible to forgive

shame

Action Step: Complete this sentence and post it with the hashtag #WarriorGoddessWild:

"Starting today, I will no longer let my _____ stop me from feeling pleasure or making time for play."