

# **Making the BIG Leap**

**STR****BEL**  
EDUCATION

## Lesson 1: The Upper Limit Problem

---

We all have what Gay Hendricks, author of *The Big Leap*, an “Upper Limit Problem or UPL”.. The ULP acts like your own inner thermostat setting. This setting determines how much love, success, abundance, joy, creativity, etc. you experience. As Gay says, “When we exceed our inner thermostat setting, we will often do something to sabotage ourselves, causing us to drop back into the old, familiar zone where we feel secure. Many times this thermostat setting gets programmed in childhood, before we can think for ourselves. Once programmed, it holds us back from enjoying all the love, financial abundance, and creativity that is rightfully ours.”

The Upper Limit Problem is also getting in your way and preventing you from reaching your potential. Shawn Achor says that most human beings are only utilizing about 10% of their potential. There’s 90% left. How do you get it to come to the surface? This is where the Upper Limit Problem comes in. We all have it, but it’s holding you back. It prevents you from being able to make big leaps in your life. The more success you experience in life, the more important it becomes to overcome the Upper Limit Problem. When we are experiencing more joy, making more money, having more pleasurable experiences, etc., the Upper Limit Problem will show up and at this point you will actually do things to self-sabotage yourself. When you reach your point of how much positive energy you can handle, you will create a series of unpleasant images and feelings to put you back in my place. For this reason alone, you need to learn to overcome it!

# Resources

---

Read more from Gay Hendricks about the Upper Limit Problem here:

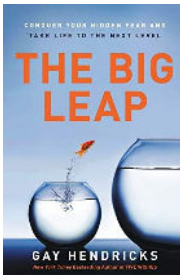
[CLICK TO READ](#)

Link: [tinyurl.com/SFJ-Upper-Limit](https://tinyurl.com/SFJ-Upper-Limit)

Watch this 10 min video where Gay discusses the Upper Limit Problem

[CLICK TO WATCH](#)

Link: [tinyurl.com/SFJ-Hendricks](https://tinyurl.com/SFJ-Hendricks)



“The Big Leap: Conquer Your Hidden Fear and Take Life to the Next Level” by Gay Hendricks

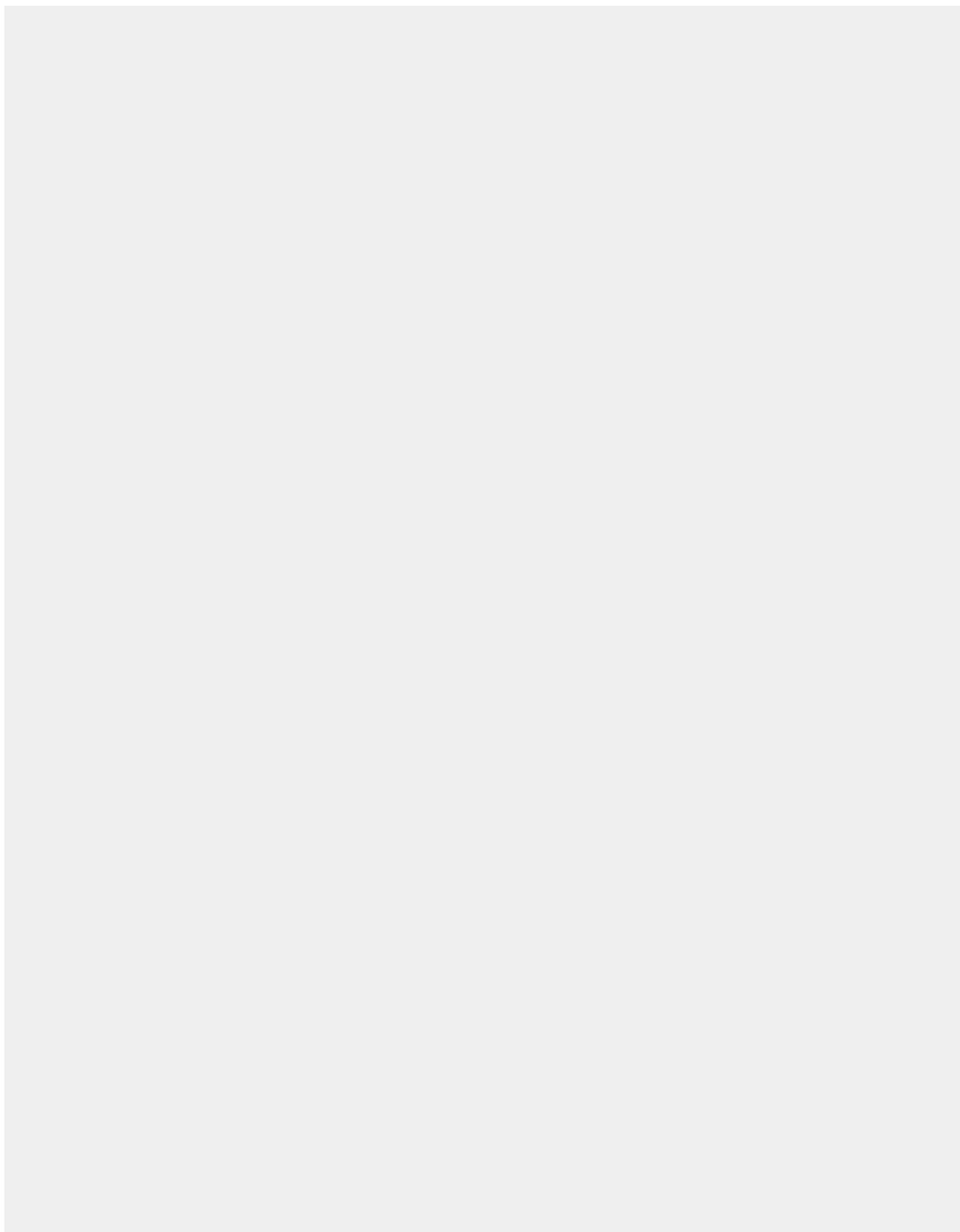
[VIEW ON AMAZON](#)

---

## Notes

## Notes and Reflections

---



## Lesson 2: Understanding the Four Zones

---

**Zone of Incompetence** - This is made up of all of the activities or skills you are not good at. Other people can do them better than you. When we waste time doing these types of activities, it depletes our time and energy.

List the activities or skills that fall in this zone.

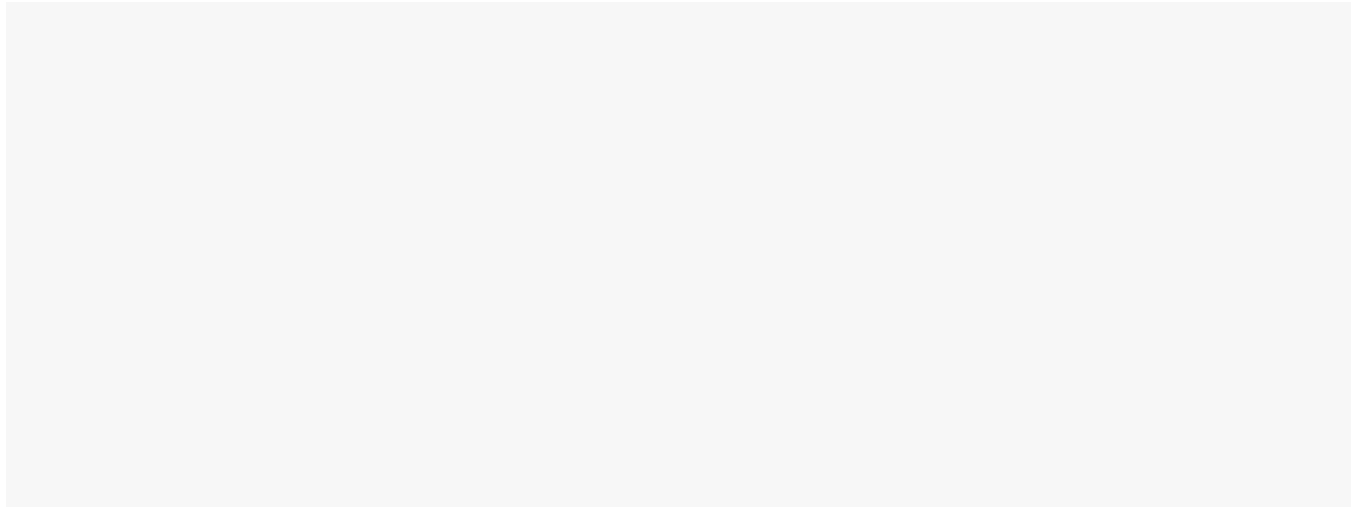
**Zone of Competence** - These are the activities and skills you are competent at, but others can do them just as well. For example, making you are good at organizing things, but you really hate to do that activity. Or maybe you don't want to take the time to teach someone else or delegate so you end up doing it yourself. Again, doing these activities can deplete you and when you stop doing them you free up other resources and space inside of you.

List the activities or skills that fall in this zone.

---

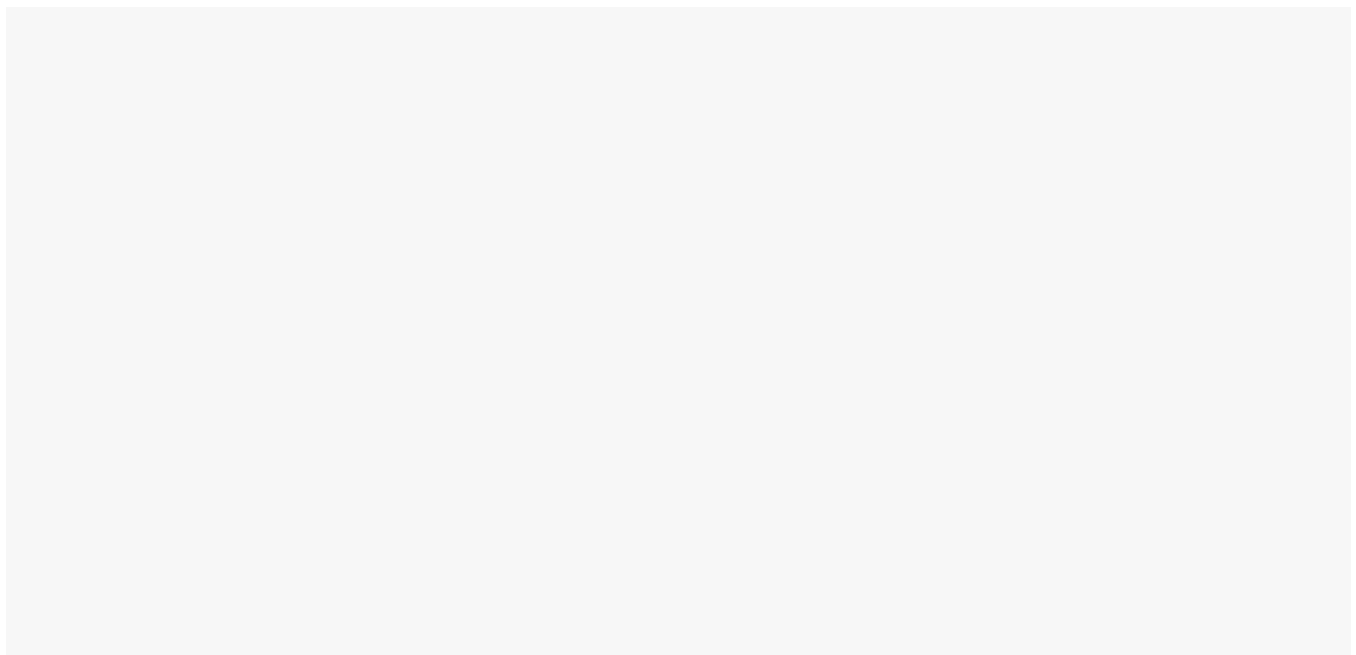
**Zone of Excellence** - This is made up of all of the activities or skills do extremely well. Usually, you make a living in this zone. This is where your addiction to comfort wants you to stay. It's also where your friends, family, etc. want you to stay. Many times though, you feel stuck here and the whisper to make a move, but you're too scared.

List the activities or skills fall in this zone.



**Zone of Genius** - This is where the magic happens. It's also where you begin to get the most life satisfaction and success. These are the activities you were born to do and they draw upon your special strengths. You feel this whisper to enter in this zone, but fear sometimes keep you from it.

List the activities or skills that fall in this zone.



## Lesson 3: Breaking Through the 4 Barriers

---

**Barrier 1: I'm flawed or bad** - The voice that says, "You should not be this happy, You should not be this wealthy. You should not have this wonderful of a spouse. You are not a good person. You are not deserving of this."

How this barrier shown up in your life? If so, how? Describe a time when you sabotaged become things were "too good."

**Barrier 2: If I succeed, I'm being disloyal** - If I succeed, I'm being disloyal to my family, my roots, my friends. Did I break my family's spoken or unspoken rules to get to where I am? Or "Even though I'm successful, did I fail to meet the expectations that my parents had for me?" You might feel a lot of guilt around your successes or happiness.

How this barrier shown up in your life? If so, how? Describe a time when you sabotaged become things were "too good."

**Barrier 3: If I succeed, I'll be a burden** - I can't expand to my highest potential because I'll be an even bigger burden than I already am.

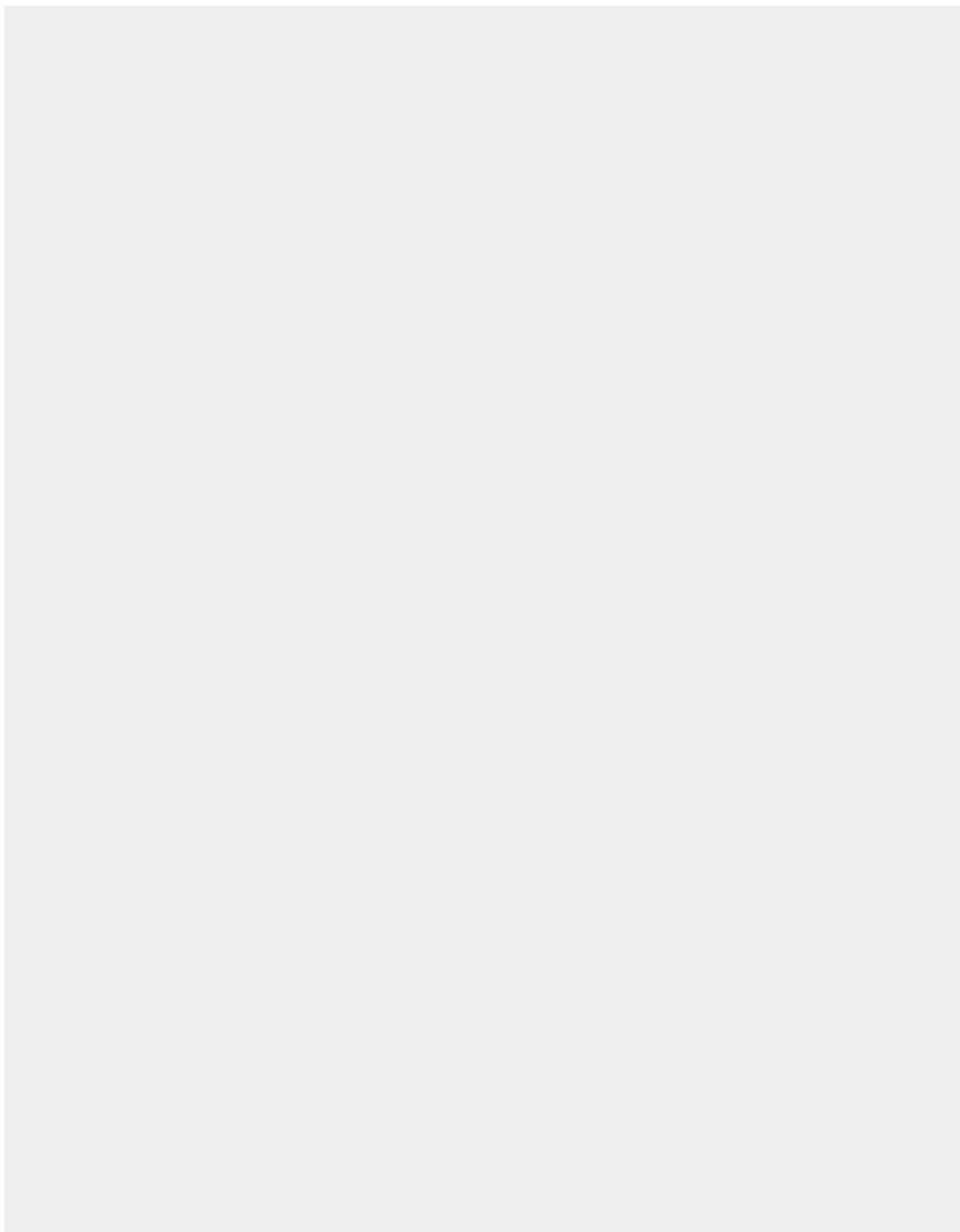
How this barrier shown up in your life? If so, how? Describe a time when you sabotaged become things were "too good."

**Barrier 4: Fear of outshining** - We are told as women, "Don't be overly ambitious or gregarious. Don't want more too much, stay humble." We don't want to steal other's joy or confidence. We don't want others to feel bad about who they are.

How this barrier shown up in your life? If so, how? Describe a time when you sabotaged become things were "too good."

## Notes and Reflections

---

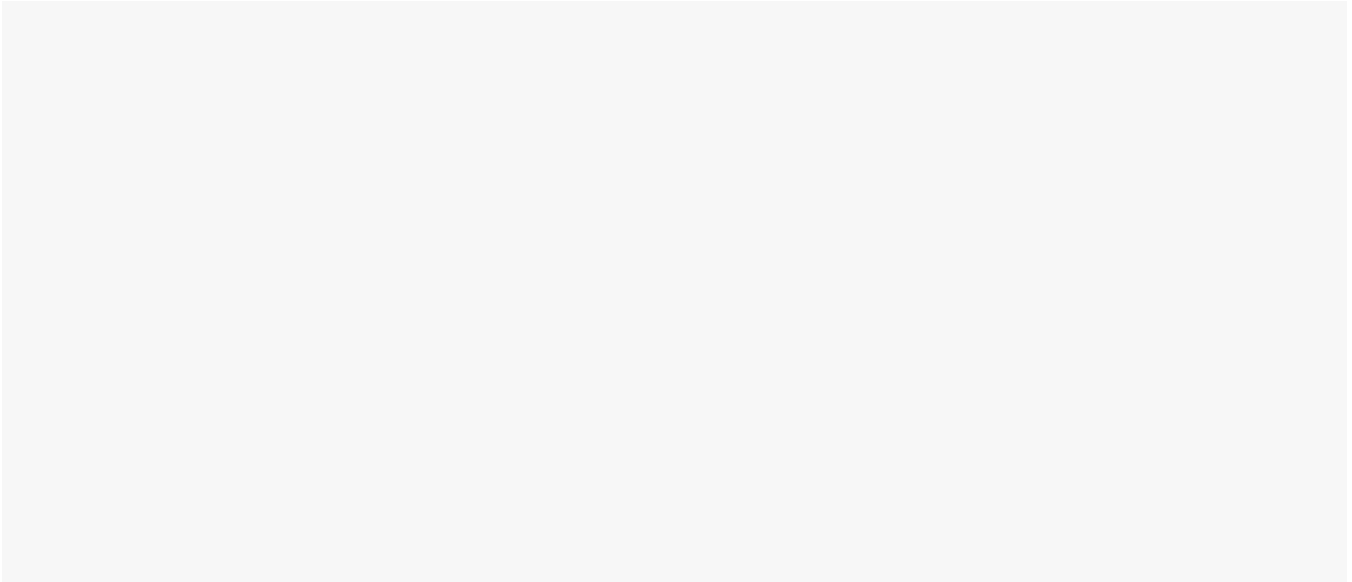


## Lesson 4: Be An Action Taker

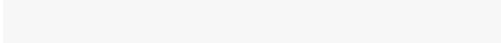
---

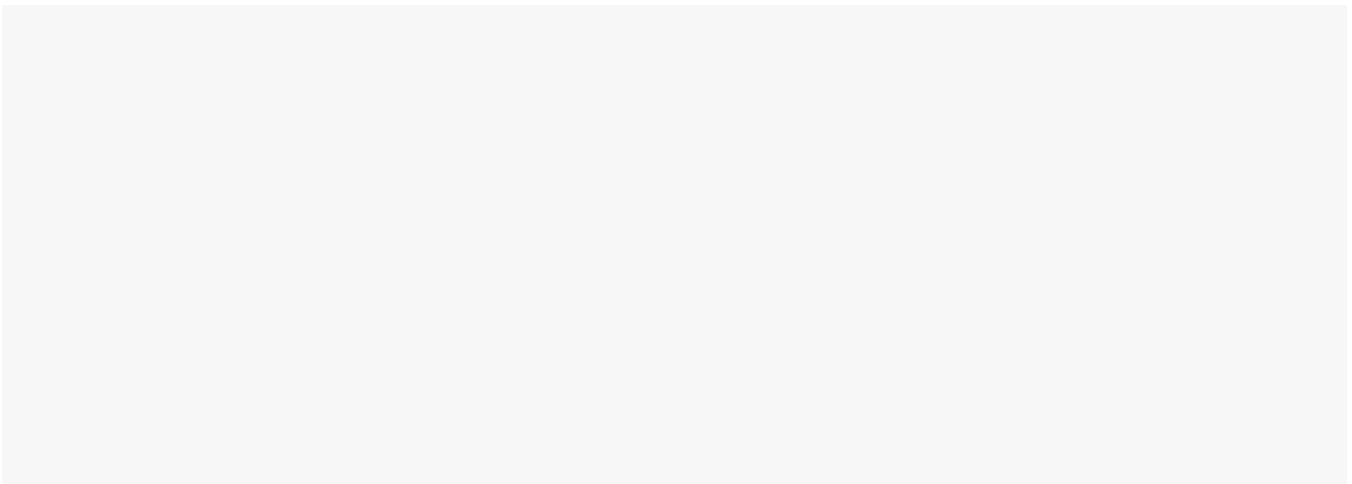
Successful people take action over and over and over. They don't procrastinate. They don't overanalyze. They don't wait for perfect. They risk adversity, emotional exposure, uncertainty. They fight fail, but they keep trying. You have to make yourself do the thing you don't want to do.

What are your deepest fears? Jot down all your fears and what you think might happen if you did the thing that scares you.



### REFRAME THE FEAR(S)

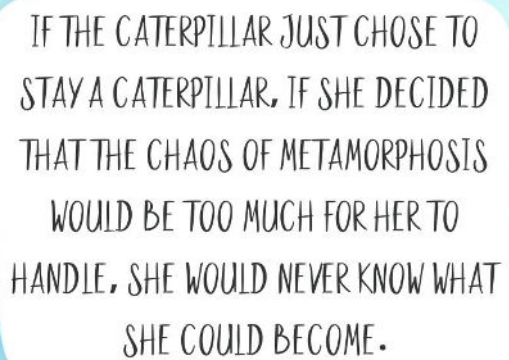
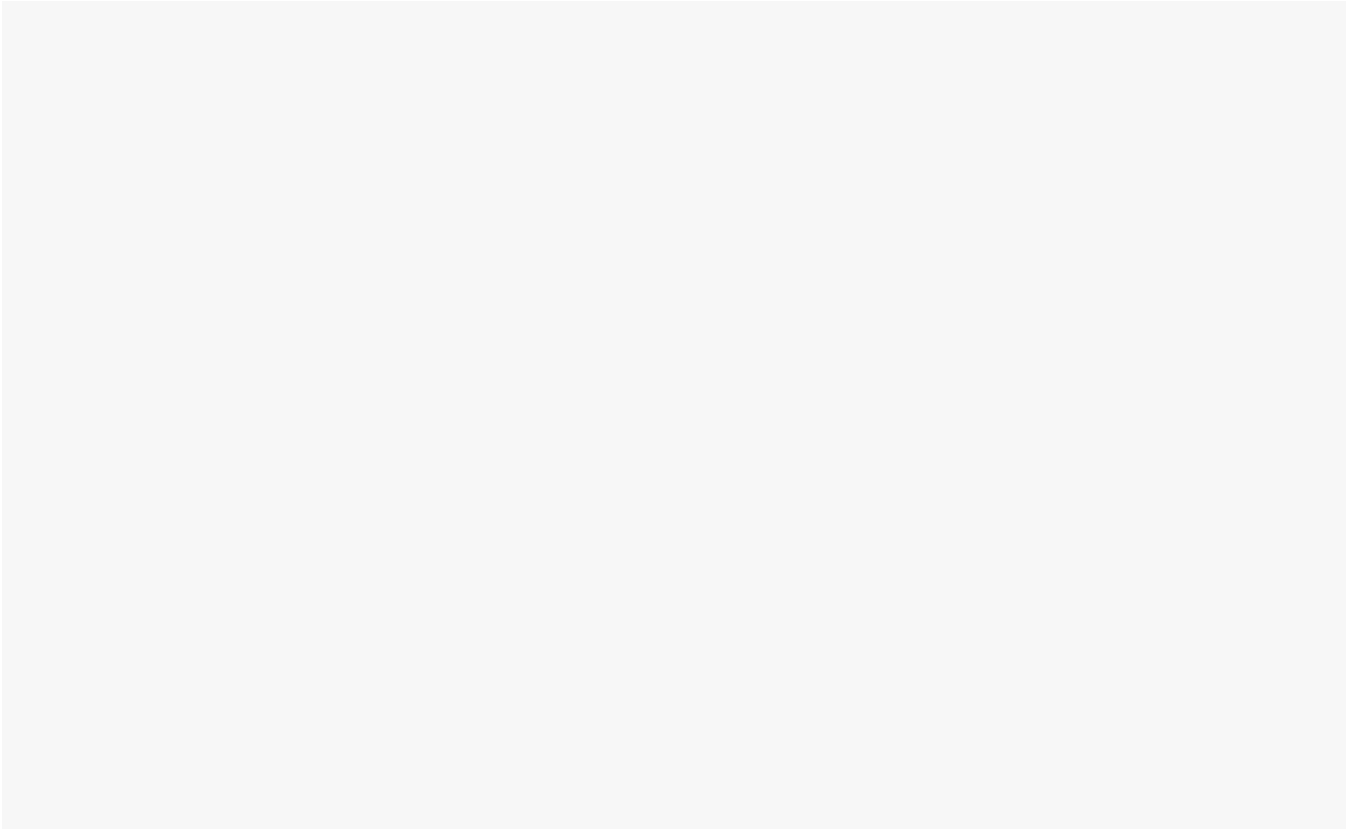
I want to  and I scare myself by imagining



## REFRAME THE FEAR(S)

I want to

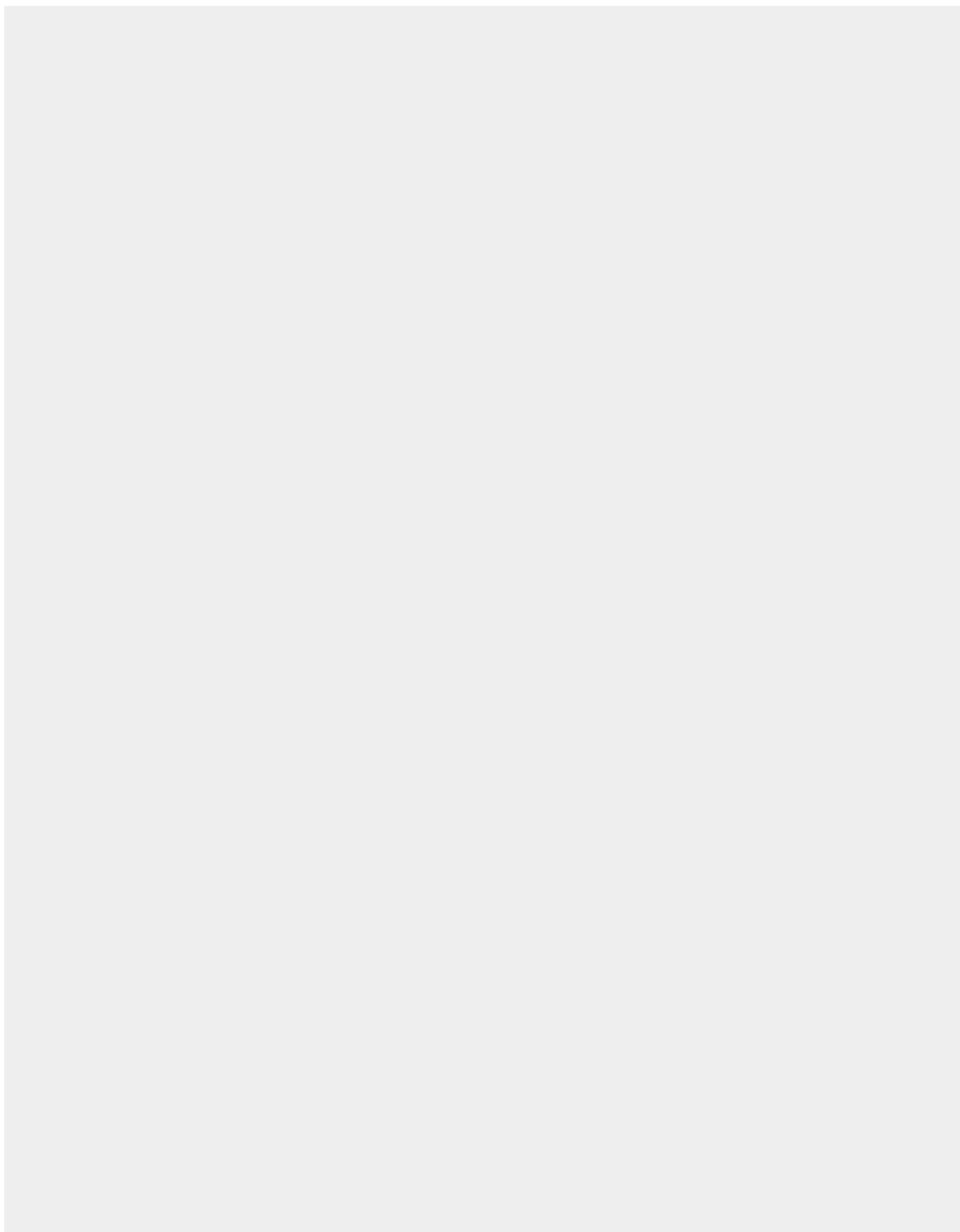
and I scare myself by imagining



IF THE CATERPILLAR JUST CHOSE TO  
STAY A CATERPILLAR, IF SHE DECIDED  
THAT THE CHAOS OF METAMORPHOSIS  
WOULD BE TOO MUCH FOR HER TO  
HANDLE, SHE WOULD NEVER KNOW WHAT  
SHE COULD BECOME.

## Notes and Reflections

---



## Lesson 5: Find Your Courage

---

### Module 5 Challenge

Pick one to do:

#1: What is one dream you are going to start chasing? Tell us about it.

What will your next three action steps be?

1.

2.

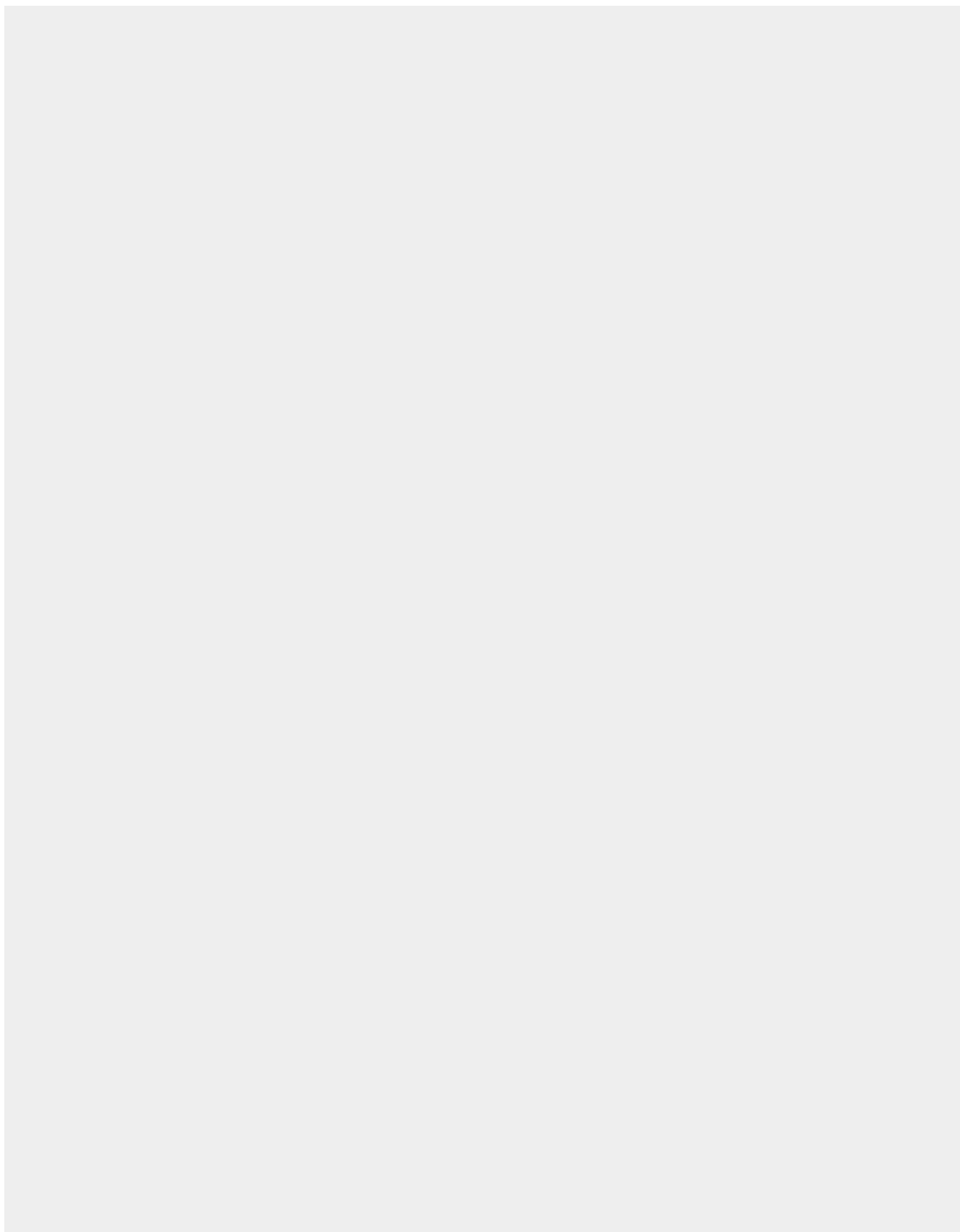
3.

OR

#2: What is one area of your life where you are going to start stretching yourself and getting uncomfortable?

## Notes and Reflections

---

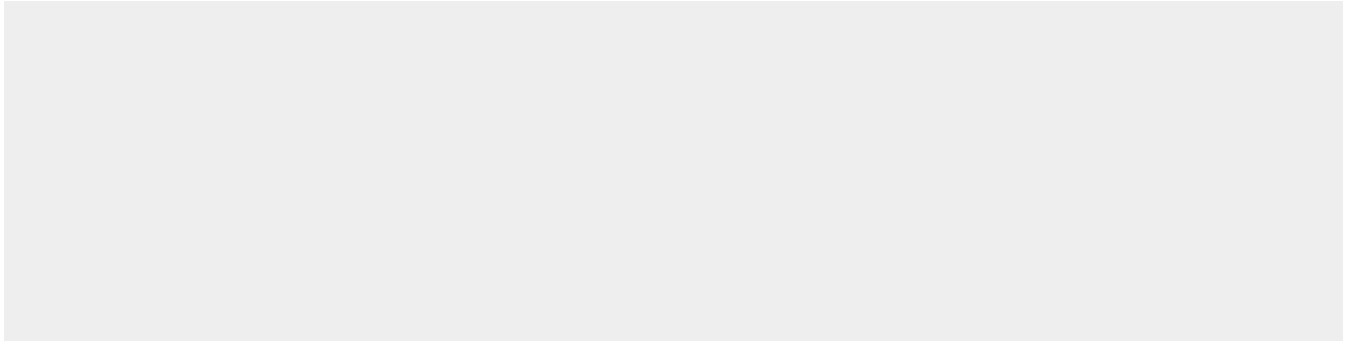


## Challenge

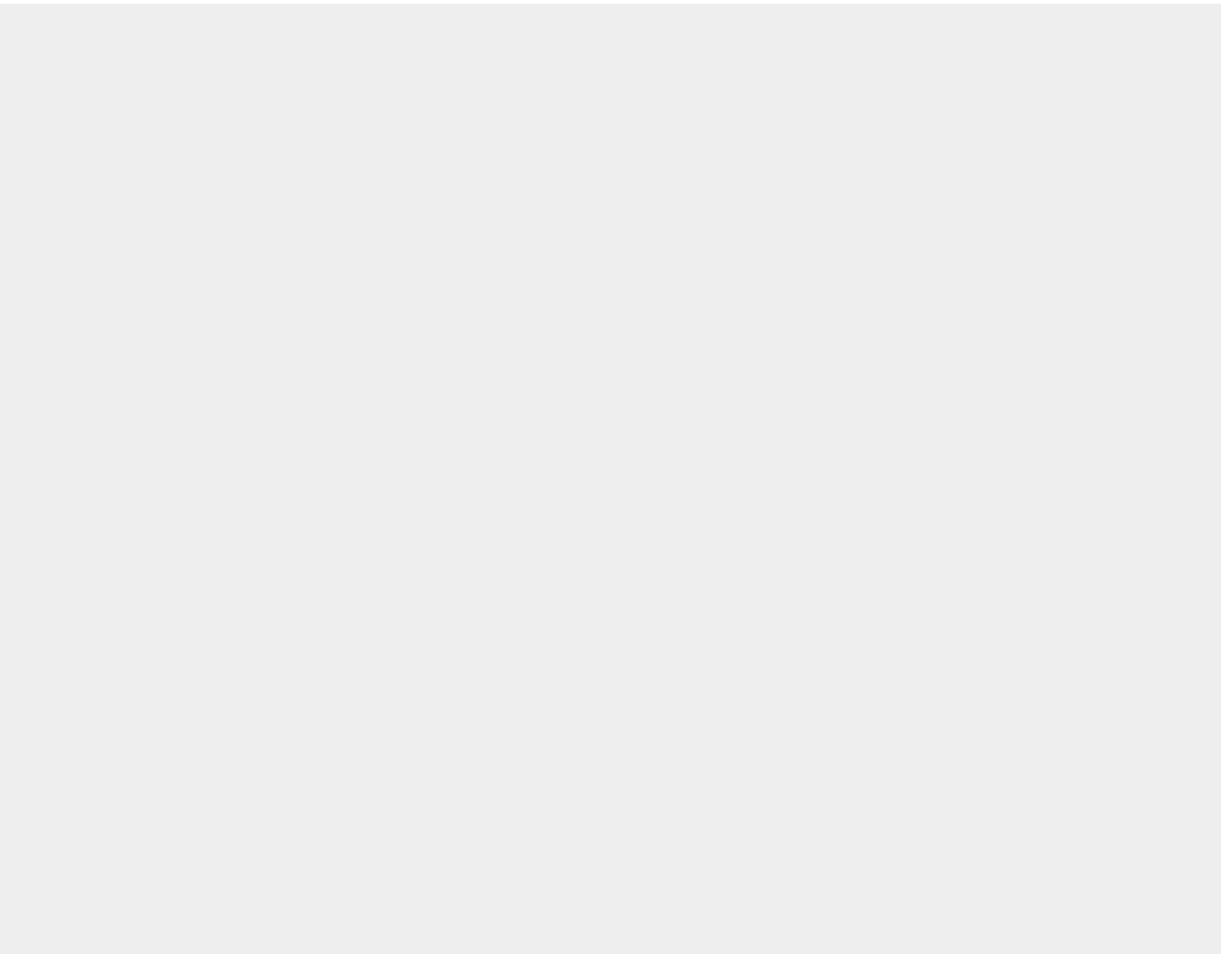
---

Pick one to do:

#1: What is one dream you are going to start chasing? Tell us about it.



#2: What is one area of your life where you are going to start stretching yourself and getting uncomfortable?



# Two Ways to Get More Joy

---

Listen to the  
She Finds Joy Podcast

**CLICK HERE**



---

Follow Me

