1. Describe briefly any significant emotional experiences in your life that may have caused you to create walls of protection.
2. Is there anything preventing you from removing these walls?
3. What do you need to feel safe & secure in order to remove the walls?  E.g.  Wisdom, Love, Strength, Faith, Protection

**Part B**. Here are some questions to help you complete todays Neuro Success™ strategy.  You may choose to watch the video or a live demonstration.

1. Name the part is holding you back? (this becomes one of the headings at the top of the page with the line down the middle)
2. Name what you want instead of this? (this becomes the other heading at the top of the page with the line down the middle)
3. Under each heading, write what that part gives you.
4. Keep going until you have exhausted the list.
5. On the side that is perceived as negative, when you feel you have come to the end, ask the question - “What do I DO in this state?” then write the answers.
6. Look at your answers and ask the question, “what does that action give me?”

Remember both sides need to break down to a positive, because, “Every negative behavior has a positive response.”  If its not positive, its not finished!  Even states of depression & sadness most commonly break down to taking time out to nurture ourselves, sometimes this is the only time we will give ourselves permission to put ourselves above other needs and demands.  (I’ll show you a much healthier way to do this in the coming days!)

[Click on the video here to see the live demonstration](https://vimeo.com/189766079)***.***