



THE BARRIER BLUEPRINT

Identify the Invisible Block That's Holding You Back

SEE THE BARRIER · SHIFT THE PATTERN · WALK THE PATH

A FREE GUIDE FROM
INVOKE WILLPOWER

Welcome

You're reading this because something feels off. You're stuck. You've tried things. Nothing's worked. And you're exhausted from trying.

Here's what I know: The problem isn't that you lack strength, intelligence, or capability. The problem is that you can't see what's actually blocking you.

Most guidance skips this step. Coaches give you steps without understanding your barrier. Gurus offer solutions before diagnosis. It leaves you trying to fix the wrong thing, which is why nothing changes.

This guide is different. We're going to do the real work first: diagnosis. We're going to identify your barrier — not guess at it, not assume it, but actually see it clearly. Once you can see it, everything shifts.

How to Use This Guide

- ✓ **Read the 4 Types of Barriers** and note which resonates most
- ✓ **Take the Diagnostic Questionnaire** (20 questions, about 10 minutes)
- ✓ **Map Your Barrier** using the provided framework
- ✓ **Review the Next Steps** to decide your path forward

This isn't about making you feel better temporarily. This is about real clarity that leads to real change.

Let's begin.



Barrier vs. Symptom: The Critical Distinction

Before we identify your barrier, you need to understand something crucial: what you think is the problem is usually just a symptom.

✗ THE SYMPTOM (WHAT YOU SEE)

- "I can't seem to follow through on my goals."
- "I'm stuck in my business."
- "My relationships keep falling apart."
- "I can't lose weight no matter what I do."

🎯 THE BARRIER (WHAT'S REALLY GOING ON)

- You don't follow through because you don't believe you deserve success.
- You're stuck because you're afraid of being visible.
- Your relationships fail because you don't trust intimacy.
- You can't lose weight because you're using food to manage shame.

Why This Matters

If you only treat the symptom, you're putting a band-aid on a wound that keeps reopening. You can follow every productivity system, read every self-help book, take every course — and still feel stuck, because you haven't addressed the actual barrier.

The barrier is the invisible belief, fear, or pattern underneath. Once you see it clearly, the path forward becomes obvious. You stop fighting the symptom and start addressing the root.

Your job right now: Stop focusing on what you want to change about your life. Start focusing on why you haven't changed it yet. That "why" is your barrier.

The 4 Types of Barriers

Not all barriers are the same. Understanding which type you're facing changes how you address it. Read through each one and mark which resonates most.



Type 1: External Barrier

What it is: Something in your environment, circumstance, or situation that's blocking you.

- Lack of resources or money
- Living situation or location that doesn't support your goals
- Unsupportive people in your life
- Lack of information or skills you need
- Job or situation you're trapped in

"If only I had [money/time/location/support], I could do this."



Type 2: Internal Barrier

What it is: A belief, fear, pattern, or emotion inside you that's stopping you from moving forward.

- Self-doubt or imposter syndrome
- Fear of failure (or success)
- Feeling unworthy of what you want
- Old trauma or shame
- Perfectionism or need for control
- Addictive patterns (food, substances, behaviors)

"I want to do this, but something inside me is stopping me."



The 4 Types of Barriers (Continued)



Type 3: Philosophical Barrier

What it is: A false belief or story about how the world works, who you are, or what's possible.

- "Success requires struggle" (so you can't have ease)
- "I'm not a [type of person]" (creative, social, brave)
- "Good things don't happen to people like me"
- "I have to earn love/approval/respect"
- "Wanting something means I'm selfish"

"It doesn't feel possible because [core belief]."



Type 4: Energetic Barrier

What it is: A frequency or vibrational misalignment with what you're trying to create. You're not radiating the frequency of the person who has what you want.

- Speaking "I hope" instead of "I have"
- Visualizing doubt instead of belief
- Radiating fear while trying to attract calm
- Embodying "not yet" when you need to embody "already"

"I'm doing all the right things, but I don't believe it yet."

As you read, one of these likely hit closer to home than the others. Trust that instinct — it's pointing at your primary barrier. The questionnaire on the next page will confirm it.



Your Diagnostic Questionnaire

This questionnaire isn't meant to label you. It's meant to help you see. Answer honestly. No right or wrong answers — only true or untrue for you.

For each question, rate yourself 1–5 (1 = Not true, 5 = Very true)

Q1 I know exactly what I want, but I can't seem to make it happen.	1 2 3 4 5
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Q2 When I think about going after my goal, I feel afraid or doubtful.	1 2 3 4 5
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Q3 I doubt my ability to achieve what I want, even though logically I know I could.	1 2 3 4 5
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Q4 I use food, substances, work, or other behaviors to avoid feeling emotions.	1 2 3 4 5
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Q5 I have people or circumstances in my life that don't support my growth.	1 2 3 4 5
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Q6 I feel unworthy of success, love, or what I'm trying to achieve.	1 2 3 4 5
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Q7 I'm afraid of what will happen if I actually succeed.	1 2 3 4 5
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Q8 I need to see the entire path before I can believe it's possible.	1 2 3 4 5
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Q9 I say things like "I hope this works" instead of "This is working."	1 2 3 4 5
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Q10 I have a voice in my head that tells me I'm not good enough.	1 2 3 4 5
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Diagnostic Questionnaire (Continued)

Q11	I'm more aware of what could go wrong than what could go right.	1 2 3 4 5
Q12	My childhood or past experiences have shaped my belief in what's possible.	1 2 3 4 5
Q13	I believe some people are just "lucky" and I'm not one of them.	1 2 3 4 5
Q14	I struggle with being vulnerable or asking for help.	1 2 3 4 5
Q15	I'm not sure I can trust myself to do what I say I'll do.	1 2 3 4 5
Q16	I feel like I'm living someone else's life, not my own.	1 2 3 4 5
Q17	I'm afraid of what people will think if I go after what I really want.	1 2 3 4 5
Q18	I have patterns that keep repeating, no matter what I do.	1 2 3 4 5
Q19	I know what I'm supposed to do, but I sabotage myself before I can do it.	1 2 3 4 5
Q20	Deep down, I'm not sure I deserve to have what I want.	1 2 3 4 5

Scoring Your Answers

Add up your total score. This gives you your baseline awareness. Higher scores indicate stronger barriers. (There's no "bad" score — this is data, not judgment.)

Which questions had your highest scores? Those are your primary barrier areas — carry them with you into the Barrier Map on the next page.



Your Barrier Map

Now that you've answered the diagnostic questions, let's map what you're seeing. This framework helps you see your barrier clearly — not as a vague feeling, but as a specific, nameable thing.

Write honestly. This is for your eyes only.

Section 1: What You Want

Be specific. Not "I want to be successful." But "I want to leave my job and build a six-figure coaching business by November."

Section 2: What's Stopping You (The Symptom)

What is the thing you keep saying is in your way? (Not the root — the surface problem.)

Section 3: Why Haven't You Done It Yet? (The Barrier)

Go deeper. What's the REAL reason? Is it a belief? A fear? A pattern? An environmental factor?

Section 4: What Would Need to Be True?

What belief, environment, or shift would need to happen for this barrier to no longer exist?



Three Pathways Forward

Now that you've identified your barrier, you have three clear options for what to do next. Choose the one that resonates most with where you are right now.

FREE PATH

Pathway 1: Implement on Your Own

You take what you've learned here and start applying it yourself. You've got the framework, the diagnosis language, and the clarity. You move forward solo.

Best for
Timeline

Self-directed people ready to test the framework
Shifts in 30–60 days with consistent effort

No Cost

DIAGNOSTIC

Pathway 2: The Diagnostic Session

A 60-minute one-on-one session with me. We go deeper into your barrier, I ask the investigative questions you might miss, and you leave with a clear diagnosis plus concrete pathways forward specific to YOUR situation.

Best for
Timeline

Expert diagnosis + a plan you can trust
One 60-minute session, instant clarity

\$88

Ready to move from barrier to breakthrough? Start with the Diagnostic Session — that's your gateway to clarity.



Three Pathways Forward (Continued)

CONTAINER

Pathway 3: 4 or 8 Week Container

A focused container where we work together to diagnose, shift, and integrate lasting change. Choose the depth that fits where you are:

Breakthrough Container — 4 Weeks

60-minute sessions. Diagnosis, deep dive, implementation, and integration.

One focused container, one breakthrough — for those ready to move now.

By invitation — offered after your Diagnostic Session

Intensive Breakthrough Container — 8 Weeks

90-minute sessions instead of 60 — going deeper into the work with more tools and resources to utilize, plus weekly check-ins. Deep diagnosis → reverse-engineered pathway → embodied integration. For souls ready to move through a specific barrier completely.

By invitation — offered after your Diagnostic Session

Your Investment

Every container is tailored — to your barrier, your pace, and the depth of work it calls for. Rather than one-size-fits-all pricing, we'll map the right investment together in your Diagnostic Session, so the container you step into is matched to what your breakthrough actually needs.

Think of it this way: the Diagnostic Session tells us **what** we're working with. The container is **how deep** we go. You'll never be asked to commit to a depth of work before we both understand your barrier clearly.

Not sure which container fits? That's exactly what the Diagnostic Session is for. We'll find your barrier first — then match the depth of work to what it actually needs.



Workbook: Your Barrier Story

Write out your barrier story. Not the surface version. The real version. How long has this barrier been there? What does it cost you? What would be possible if it were gone?

My Barrier Story

Workbook: The Belief Audit

What beliefs are underneath your barrier? List them. Then, for each belief, write: is this actually true? Or is this something I was taught to believe?

My Core Beliefs About [Your Goal/Situation]

Which of these beliefs are actually TRUE vs. just stories I tell myself?

What belief would I need to adopt to make my goal possible?



Your Next Step Commitment

Circle the pathway you're choosing:

PATHWAY 1: Implement on My Own ·

PATHWAY 2: Book a Diagnostic Session ·

PATHWAY 3: Start a 4 or 8 Week Container

Why I'm Choosing This Pathway

When I Will Take This Step

Be specific. Not "soon." But a real date/timeframe.

What I Expect to Feel/Experience

Remember: You now have clarity. That's power. Use it.





You Now Have Clarity

Most people never do this work. They stay stuck, wondering what's wrong, never taking time to actually diagnose the barrier. You just did.

You now know what's really stopping you. Not the symptom. The actual barrier. That's clarity most people never get.

Here's what happens next:

- ✓ You'll get follow-up emails from me with deeper insights and stories
- ✓ You'll see that your barrier is nameable and solvable
- ✓ You'll know exactly what your next step is

See the barrier. Shift the pattern. Walk the path.

— *With clarity and belief in what's possible for you*

INVOKE WILLPOWER

BOOK YOUR DIAGNOSTIC SESSION

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