

Training #2

Your Champion Life: 7 Major Hindrances to Your Champion Life

Hello Champion!

We are all born with amazing potential and a purpose for our lives. We all have a best version of ourselves – a Champion. Many of us experience situations and circumstances very early in our lives that propel us off the path for which we are intended. Because these things happen to us when we are still young and developing, the way we think about and view ourselves and the world around us is twisted and we are hindered from being the Champion we are meant to be and living out our full potential.

Many people go to their graves with unrealized and wasted potential still inside of them; such as a loving relationship with God that was intended to begin on earth and continue for eternity; a marriage that was intended to be deep and fulfilling as two become one; a physical body that was intended to be healthy, strong, and capable from beginning to the very last second; a book that was to be written; a business that was to be formed and grown. I could list hundreds of things that are intended for us. My goal is for me to say at the end of my life, “I have accomplished everything that I was set on this earth to do, I have lived my life full of joy and passion, and I am finished.” My desire with this training is for you to be able to say something similar about your life and what you accomplish in this life.

In this second Training, I will be training on 7 Major Hindrances that may be affecting you and propelling you off your intended Champion path. The hurt, harm, and wounding from these hindrances is very real. We will analyze each hindrance, dig out the roots, and uncover how they are influencing your life in a way that is detrimental to your success as a Champion. We want to examine and understand the negatives so that we can move forward. This is where we start building Your Champion Life.

God bless you,
Coach Ron

Key Concept:
***What is holding you back
from realizing your full
potential as a Champion?***



Training #2 Workbook: 7 Major Hindrances

In this pivotal second session of Your Champion Life program, after listening to the audio, I want you to carefully analyze the impact of the 7 hindrances on your life. Please:

- Evaluate each hindrance, categorizing it as “not affected,” “low impact,” or “highly impacted.”
- If you’ve been impacted, describe how the hindrance affected you.

This analysis serves as the cornerstone upon which we'll build the framework for Your Champion Life. Take a deep dive into your experiences and perceptions, as this crucial self-awareness will guide the transformative path ahead. Let's lay the groundwork for a life-changing journey by identifying and overcoming these hindrances.

_____ #1 – Lack of Knowledge:

(Circle One) Not Affected - Low Impact - Highly Impacted

Describe: _____

_____ #2 – Your Environment:

(Circle One) Not Affected - Low Impact - Highly Impacted

Describe: _____

_____ #3 – Fear:

(Circle One) Not Affected - Low Impact - Highly Impacted

Describe: _____



#4 – Negative Triggers:

(Circle One) Not Affected - Low Impact - Highly Impacted

Describe: _____

#5 – Negative Entitlement:

(Circle One) Not Affected - Low Impact - Highly Impacted

Describe: _____

#6 – Abandonment Issues:

(Circle One) Not Affected - Low Impact - Highly Impacted

Describe: _____

As you analyze #6 Abandonment, answer these questions:

- Were any of the key people in your life absent like your mother, your father, respected older siblings, your grandparents? Yes No

Explain: _____

- Were there any sudden deaths that took place that left you empty or angry at the person who departed? Yes No

Explain: _____

- Did someone move away that was very influential in your life where you had no say so and felt hurt because of their absence in your life? Yes No

Explain: _____



_____ **#7 – Unforgiveness:**

(Circle One) Not Affected - Low Impact - Highly Impacted

Describe: _____

Now, select the two hindrances that have had the most negative impact on your life by placing an "X" in front of each chosen hindrance.

