

WORKSHEET 2

The Possibility Expander

Identify the invisible walls that are shrinking your choices

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PURPOSE

An invisible wall is a belief you have accepted as a fact without ever verifying it. This worksheet helps you identify the walls you have built around your own options -- and test whether they are actually true.

STEP 1: NAME YOUR WALLS

Write down every limit you have already placed around your decision. Start each statement with "I cannot..." or "That is not possible because..."

STEP 2: IDENTIFY THE WALL TYPE

For each wall you wrote above, identify which type it is:

Fear Wall: Built from worst-case scenarios treated as certainties. "I cannot afford to move" usually means "I am afraid the numbers will not work."

Assumption Wall: Built from beliefs about what other people expect -- without ever asking them. "My family expects me to stay."

Identity Wall: Built from stories about what people like you do. "People my age do not start over."
"Renting is for people who failed."

Go back to your list above and label each wall F (Fear), A (Assumption), or I (Identity).

STEP 3: TEST EACH WALL

Choose your strongest wall and answer these questions:

The wall I am testing:

How do I know this is actually true?

Have I ever verified this with real numbers, a real conversation, or a real visit?

Who told me this was true? Was that person working from complete information?

What would I explore if this wall were not there?

STEP 4: REWRITE THE WALL AS A QUESTION

Patricia came in saying "I cannot afford Austin." She left asking "What would the actual numbers look like if I sold here and bought something smaller there?" Rewrite your strongest wall as a question worth exploring:

CLOSING REFLECTION

You do not have to tear down every wall today. You simply have to notice which ones you built yourself. Which wall, if removed, would open the most possibilities for you?
