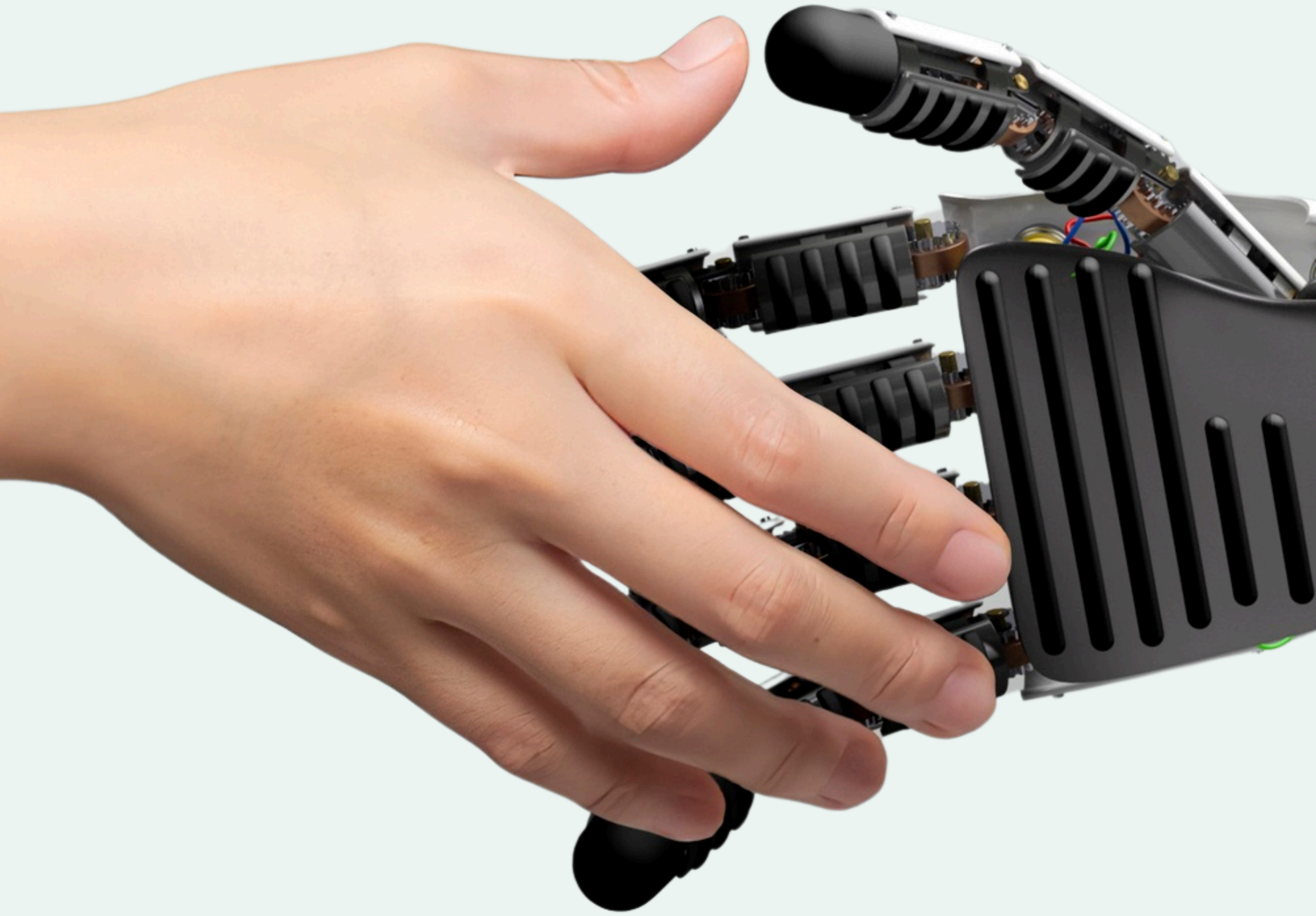
ChatGPT Prompts for High Performers

TO IDENTIFY BLIND SPOTS, UNCONSCIOUS BELIEFS AND SELF-SABOTAGE PATTERNS



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ChatGPT Prompts for High Performers

To Identify Blind Spots, Unconscious Beliefs and Self-Sabotage Patterns

These prompts are designed to help you go deeper than surface habits and get to the emotional and cognitive roots of why you might be holding yourself back. Use them as journaling questions or copy them straight into ChatGPT for an interactive chat. Be warned… this can be very uncomfortable!

Spotting Blind Spots

1. *"Ask me 10 deep, reflective questions to uncover patterns in my life and work that I may be blind to and suggest what they reveal about how I operate."*

2. *"Help me identify behaviours I think are strengths but may actually be keeping me stuck."*

3. *"List ways I may be unconsciously avoiding discomfort or vulnerability in my professional life."*

4. *"Review my daily habits (I'll describe them) and highlight where they might be driven by fear or self-protection rather than true alignment."*

Uncovering Limiting Beliefs

5. *"Ask me targeted questions to reveal the core beliefs I hold about my worth, success and failure."*

6. *"Help me trace a recurring challenge I face back to the belief that might be driving it."*

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7. *"Identify beliefs I may have adopted from childhood, education or early work experiences that are no longer serving me."*

8. *"Ask me probing questions to uncover where I might feel unworthy, undeserving or unsafe in success."*

Revealing Self-Sabotage Patterns

9. *"Ask me to describe moments where I've held myself back or avoided an opportunity, then help me analyse the underlying fear."*

10. *"Help me identify ways I unconsciously make things harder for myself when things start going well."*

11. *"Ask me to outline my recent wins, then explore why I might downplay them or dismiss them."*

12. *"Challenge me to notice where I consistently overcommit, overdeliver or overwork and how that might be a form of self-abandonment."*

Exploring Self-Abandonment

13. *"Ask me to recall situations where I ignored my needs or boundaries for the sake of pleasing others."*

14. *"Help me see how my desire to be liked or respected might lead me to compromise my values or energy."*

15. *"Ask me to describe times I've overridden my intuition in favour of logic, and help me explore what I was afraid would happen if I trusted myself."*

💡 **Pro Tip:** Feed ChatGPT **specific examples and situations from your past** when answering these prompts. The more context you provide, the more personalised and revealing the insights will be!

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