

BOOK REFLECTION WORKSHEET

The Mountain Is You by Brianna Wiest

OBSERVE, UNDERSTAND & TRANSFORM YOUR SELF-SABOTAGE

Insight Check-In: Which 1–3 key ideas from this book stood out most to you and why?

1.

2.

3.

Self-Sabotage Reflection Practice: What is one area in your life where you notice self-sabotaging behavior? What fear or belief might be driving this pattern? What is one small, courageous action you can take today to move past this obstacle and start climbing your “inner mountain”?

Quote Box: Include meaningful quotes from the book (or from your review)