

A Collection Of

# UNCOMFORTABLE QUESTIONS



A MetaMystique Workbook

Gitte Lassen

©Gitte Lassen 2026  
All rights reserved

Gitte Lassen  
[www.metamystique.com](http://www.metamystique.com)  
[guardian@metamystique.com](mailto:guardian@metamystique.com)

This book aims to disrupt and expose what holds you back from creating big business success, money wealth, and dream life.

DISCLAIMER: The information in this book has been pulled from my own journey of confronting and purging my shadow ego content. As such, this book is intended to, and deliberately designed to, trigger your shadow ego content, thereby showing you where minimizing and denial are at play. Only by fully exposing and accepting what lies within your subconscious, can you work to gain freedom from it. Again, the information in this book is specifically designed to trigger and expose your shadow ego content, and as such may evoke intense emotional responses from you. This book is not a substitute for professional assistance. Seek professional help as you prefer, want or need.

# Introduction

There's a saying, I'm fond of:

*If you do what's easy and comfortable,*

*Life ends up being difficult.*

*If you do what's difficult and uncomfortable,*

*Life ends up being easy.*

In this workbook, you'll find many questions to expose your beliefs relationship with business success and money. Themes come back around. The same question is asked in many ways. You can jump around between pages or just go through the questions and prompts as they appear.

I highly recommend you give yourself a few weeks to go through this workbook; slow invites depth whereas 'binging' through the answers invites coasting on the surface of your consciousness.

You'll want to focus on exposing the negatives: the fears, the limiting beliefs, the self-sabotage, the lack, the stories of 'why not' because these are what is preventing you from already living your unimaginable dream life, including unimaginable business success and making an unimaginable amount of money.

Do not answer from LaLaLand and fantasies and wishful thinking.

It's an invitation to do the difficult and uncomfortable, so your life can become easy.

Answer the questions with brutal honesty.

Go to the places that hurt. And let it hurt. Answer with pain and fear and self-imposed limits.

Not to judge yourself and beat yourself up or discover unhealed emotional wounds, but purely to gather accurate data for establishing your true starting point.

Sometimes, I repeatedly give you the start of the same sentence with you to fill in the blank; use this to expose deeper and deeper truths of beliefs, feelings, stories you hold within you, hidden from your conscious awareness.

Do not think about the question before answering; instead let the answers flow out of you and thereby bypass your analytical mind.

If you can't answer right away, let the question linger in the back of your mind...

... and you might just find that one day, as you're cooking dinner, something you never knew to be true about yourself appears with startling clarity.

Truth will set you free.

**Let the savage honesty begin.**

If I'm successful, then \_\_\_\_\_  
\_\_\_\_\_

If I'm successful, then \_\_\_\_\_  
\_\_\_\_\_

If I'm successful, then \_\_\_\_\_  
\_\_\_\_\_

If I'm successful, then \_\_\_\_\_  
\_\_\_\_\_

If I'm successful, then \_\_\_\_\_  
\_\_\_\_\_

If I'm successful, then \_\_\_\_\_  
\_\_\_\_\_

If I'm successful, then \_\_\_\_\_  
\_\_\_\_\_

If I'm successful, then \_\_\_\_\_  
\_\_\_\_\_

If I'm successful, then \_\_\_\_\_  
\_\_\_\_\_

If I'm successful, then \_\_\_\_\_  
\_\_\_\_\_

If I'm successful, then \_\_\_\_\_  
\_\_\_\_\_

If I'm successful, then \_\_\_\_\_  
\_\_\_\_\_

Success means that I \_\_\_\_\_  
\_\_\_\_\_

Success means that I \_\_\_\_\_  
\_\_\_\_\_

Success means that I \_\_\_\_\_  
\_\_\_\_\_

Success means that I \_\_\_\_\_  
\_\_\_\_\_

Success means that I \_\_\_\_\_  
\_\_\_\_\_

Success means that I \_\_\_\_\_  
\_\_\_\_\_

Success means that I \_\_\_\_\_  
\_\_\_\_\_

Success means that I \_\_\_\_\_  
\_\_\_\_\_

Success means that I \_\_\_\_\_  
\_\_\_\_\_

Success means that I \_\_\_\_\_  
\_\_\_\_\_

Success means that I \_\_\_\_\_  
\_\_\_\_\_

Success means that I \_\_\_\_\_  
\_\_\_\_\_

I'm afraid of success because \_\_\_\_\_  
\_\_\_\_\_

I'm afraid of success because \_\_\_\_\_  
\_\_\_\_\_

I'm afraid of success because \_\_\_\_\_  
\_\_\_\_\_

I'm afraid of success because \_\_\_\_\_  
\_\_\_\_\_

I'm afraid of success because \_\_\_\_\_  
\_\_\_\_\_

I'm afraid of success because \_\_\_\_\_  
\_\_\_\_\_

I'm afraid of success because \_\_\_\_\_  
\_\_\_\_\_

I'm afraid of success because \_\_\_\_\_  
\_\_\_\_\_

I'm afraid of success because \_\_\_\_\_  
\_\_\_\_\_

I'm afraid of success because \_\_\_\_\_  
\_\_\_\_\_

I'm afraid of success because \_\_\_\_\_  
\_\_\_\_\_

I'm afraid of success because \_\_\_\_\_  
\_\_\_\_\_

What do you *know* about success?

What do you *know* about being successful?

What would it mean about you if you're successful?

What would it mean about you if you're *not* successful?

Why are afraid of success?

What are the desires you have that you've not allowed yourself to fully own?

What are some unrealistic desires?

What are some desires you always postpone to act on until some milestones have passed?

What are some desires you've given up on ever being fulfilled?

What are some desires you've discarded as not being adult and responsible enough?

What are your successes in life so far?

What are the lies you've been telling yourself about you lack of success?

How have you convinced yourself to settle for what is?

What do you secretly - or not so secretly - want your big success to look like? (This is not about goals but about exposing and fully owning what's hiding in your mind.)

If we were meeting 3 years from today, what needs to have happened for you to feel happy about your progress?

What are the three biggest dangers you'll have to face and deal with in order to achieve that progress?

What are the three biggest gifts or resources you have that you'll need to focus on in order to achieve that progress?

What transformation do you personally need to undergo in order to achieve those things?

What does your unimaginable life look like?

(Describe it in detail. Keep it real and true to yourself, please. For example, unimaginable for me means long hikes in the woods and over mountains and growing my own vegetables. It does not mean five star luxury resorts and expensive clothing.)

Do you resist, procrastinate, and avoid learning when you are presented with an opportunity to learn more about money?

How has your learning and knowledge about money changed over time?

How have your beliefs about money changed over time?

What will you do to change your beliefs, learning and knowledge regarding money in the future?

What is your financial status compared to what you want it to be?

What percentage of your current income is ME- and FUN-money?

Do you prioritize when it comes to spending money? If yes, what do you prioritize?

If you knew your knowledge is weak about money, what kind of help have you sought out and received?

What do you do to stop yourself from making as much money as you desire?

How does having or not having as much money as you want impact other areas of your life?

What sacrifices are you willing to make to achieve greater choice and financial independence in your life?

Do you spend money based on what other people spend money on?

Do you spend money to impress others?

How much are you true to yourself in how you spend money, in light of your unimaginable life?

The way you spend your money, does it support in or prevent you from living your dream life?

Do you feel in control, or out of control when it comes to money, how much you make and how you spend it?

How do you receive money?

How do you resist receiving money?

What feelings stop you from receiving money?

How do you resist giving money?

Wanting to make a lot of money means I'm \_\_\_\_\_

\_\_\_\_\_

Wanting to make a lot of money means I'm \_\_\_\_\_

\_\_\_\_\_

Wanting to make a lot of money means I'm \_\_\_\_\_

\_\_\_\_\_

Wanting to make a lot of money means I'm \_\_\_\_\_

\_\_\_\_\_

Wanting to make a lot of money means I'm \_\_\_\_\_

\_\_\_\_\_

Wanting to make a lot of money means I'm \_\_\_\_\_

\_\_\_\_\_

Wanting to make a lot of money means I'm \_\_\_\_\_

\_\_\_\_\_

Wanting to make a lot of money means I'm \_\_\_\_\_

\_\_\_\_\_

Wanting to make a lot of money means I'm \_\_\_\_\_

\_\_\_\_\_

Wanting to make a lot of money means I'm \_\_\_\_\_

\_\_\_\_\_

Wanting to make a lot of money means I'm \_\_\_\_\_

\_\_\_\_\_

Wanting to make a lot of money means I'm \_\_\_\_\_

\_\_\_\_\_

If I actually made a ton of money then \_\_\_\_\_

\_\_\_\_\_

If I actually made a ton of money then \_\_\_\_\_

\_\_\_\_\_

If I actually made a ton of money then \_\_\_\_\_

\_\_\_\_\_

If I actually made a ton of money then \_\_\_\_\_

\_\_\_\_\_

If I actually made a ton of money then \_\_\_\_\_

\_\_\_\_\_

If I actually made a ton of money then \_\_\_\_\_

\_\_\_\_\_

If I actually made a ton of money then \_\_\_\_\_

\_\_\_\_\_

If I actually made a ton of money then \_\_\_\_\_

\_\_\_\_\_

If I actually made a ton of money then \_\_\_\_\_

\_\_\_\_\_

If I actually made a ton of money then \_\_\_\_\_

\_\_\_\_\_

If I actually made a ton of money then \_\_\_\_\_

\_\_\_\_\_

If I actually made a ton of money then \_\_\_\_\_

\_\_\_\_\_

People with money are \_\_\_\_\_  
\_\_\_\_\_

People with money are \_\_\_\_\_  
\_\_\_\_\_

People with money are \_\_\_\_\_  
\_\_\_\_\_

People with money are \_\_\_\_\_  
\_\_\_\_\_

People with money are \_\_\_\_\_  
\_\_\_\_\_

People with money are \_\_\_\_\_  
\_\_\_\_\_

Money makes people \_\_\_\_\_  
\_\_\_\_\_

Money makes people \_\_\_\_\_  
\_\_\_\_\_

Money makes people \_\_\_\_\_  
\_\_\_\_\_

Money makes people \_\_\_\_\_  
\_\_\_\_\_

Money makes people \_\_\_\_\_  
\_\_\_\_\_

Money makes people \_\_\_\_\_  
\_\_\_\_\_

I'd have more money if \_\_\_\_\_

\_\_\_\_\_

I'd have more money if \_\_\_\_\_

\_\_\_\_\_

I'd have more money if \_\_\_\_\_

\_\_\_\_\_

I'd have more money if \_\_\_\_\_

\_\_\_\_\_

I'd have more money if \_\_\_\_\_

\_\_\_\_\_

I'd have more money if \_\_\_\_\_

\_\_\_\_\_

I'd have more money if \_\_\_\_\_

\_\_\_\_\_

I'd have more money if \_\_\_\_\_

\_\_\_\_\_

I'd have more money if \_\_\_\_\_

\_\_\_\_\_

I'd have more money if \_\_\_\_\_

\_\_\_\_\_

I'd have more money if \_\_\_\_\_

\_\_\_\_\_

I'd have more money if \_\_\_\_\_

\_\_\_\_\_

In order to make more money, I'd need to \_\_\_\_\_

\_\_\_\_\_

In order to make more money, I'd need to \_\_\_\_\_

\_\_\_\_\_

In order to make more money, I'd need to \_\_\_\_\_

\_\_\_\_\_

In order to make more money, I'd need to \_\_\_\_\_

\_\_\_\_\_

In order to make more money, I'd need to \_\_\_\_\_

\_\_\_\_\_

In order to make more money, I'd need to \_\_\_\_\_

\_\_\_\_\_

In order to make more money, I'd need to \_\_\_\_\_

\_\_\_\_\_

In order to make more money, I'd need to \_\_\_\_\_

\_\_\_\_\_

In order to make more money, I'd need to \_\_\_\_\_

\_\_\_\_\_

In order to make more money, I'd need to \_\_\_\_\_

\_\_\_\_\_

In order to make more money, I'd need to \_\_\_\_\_

\_\_\_\_\_

In order to make more money, I'd need to \_\_\_\_\_

\_\_\_\_\_

Not being wealthy tells me that \_\_\_\_\_  
\_\_\_\_\_

Not being wealthy tells me that \_\_\_\_\_  
\_\_\_\_\_

Not being wealthy tells me that \_\_\_\_\_  
\_\_\_\_\_

Not being wealthy tells me that \_\_\_\_\_  
\_\_\_\_\_

Not being wealthy tells me that \_\_\_\_\_  
\_\_\_\_\_

Not being wealthy tells me that \_\_\_\_\_  
\_\_\_\_\_

Not being wealthy tells me that \_\_\_\_\_  
\_\_\_\_\_

Not being wealthy tells me that \_\_\_\_\_  
\_\_\_\_\_

Not being wealthy tells me that \_\_\_\_\_  
\_\_\_\_\_

Not being wealthy tells me that \_\_\_\_\_  
\_\_\_\_\_

Not being wealthy tells me that \_\_\_\_\_  
\_\_\_\_\_

Not being wealthy tells me that \_\_\_\_\_  
\_\_\_\_\_

Not being successful tells me that \_\_\_\_\_

\_\_\_\_\_

Not being successful tells me that \_\_\_\_\_

\_\_\_\_\_

Not being successful tells me that \_\_\_\_\_

\_\_\_\_\_

Not being successful tells me that \_\_\_\_\_

\_\_\_\_\_

Not being successful tells me that \_\_\_\_\_

\_\_\_\_\_

Not being successful tells me that \_\_\_\_\_

\_\_\_\_\_

Not being successful tells me that \_\_\_\_\_

\_\_\_\_\_

Not being successful tells me that \_\_\_\_\_

\_\_\_\_\_

Not being successful tells me that \_\_\_\_\_

\_\_\_\_\_

Not being successful tells me that \_\_\_\_\_

\_\_\_\_\_

Not being successful tells me that \_\_\_\_\_

\_\_\_\_\_

Not being successful tells me that \_\_\_\_\_

\_\_\_\_\_

How have you, or have not, taking responsibility for creating the business success you desire, or the amount of money you desire?

How and where have you not owned your full power and command over your life?

What do you believe you have in you to create?

What do you *not* believe you have in you to create?

*How* have you lived your life in the past?

*How* are you living your life now, how is it different from how you lived it in the past?

*How* will you live your life in the future?

When have you given up on a great idea or project before you even started?

Why did you give up those times?

When have you given up on a great idea or project after initial excitement waned?

Why did you give up after that initial excitement faded?

When have you stuck with a great idea or project all the way through to completion?

When did you listen to your intuition and what were the results of listening to your intuition?

When did you *not* listen to your intuition and what happened as a result?

When did you take a leap of faith and what happened as a result in each case?

When did you back away from taking a leap of faith and what happened, or didn't happen, as a result?

When did you take a risk and what happened in each case?

When did you choose to play it safe and what happened as a result in each case?

What will you do to change your beliefs about business success and money wealth, right now?

Why do you want to have a successful business?

These are the ways I have abandoned myself in the past:

These are the ways I'm abandoning myself right now:

Which realisations about yourself, your business, and how much money you make or don't make that made no or minimal difference in the long run?

Why do you think these realisations made so little difference?

How uncomfortable are you willing to get in order to create your unimaginable dream life?

How much do you procrastinate just to avoid feeling uncomfortable?

What are you *really* avoiding?

I prefer being a failure because \_\_\_\_\_  
\_\_\_\_\_

I prefer being a failure because \_\_\_\_\_  
\_\_\_\_\_

I prefer being a failure because \_\_\_\_\_  
\_\_\_\_\_

I prefer being a failure because \_\_\_\_\_  
\_\_\_\_\_

I prefer being a failure because \_\_\_\_\_  
\_\_\_\_\_

I prefer being a failure because \_\_\_\_\_  
\_\_\_\_\_

I prefer being a failure because \_\_\_\_\_  
\_\_\_\_\_

I prefer being a failure because \_\_\_\_\_  
\_\_\_\_\_

I prefer being a failure because \_\_\_\_\_  
\_\_\_\_\_

I prefer being a failure because \_\_\_\_\_  
\_\_\_\_\_

I prefer being a failure because \_\_\_\_\_  
\_\_\_\_\_

I prefer being a failure because \_\_\_\_\_  
\_\_\_\_\_

I love not making a lot of money because \_\_\_\_\_

\_\_\_\_\_

I love not making a lot of money because \_\_\_\_\_

\_\_\_\_\_

I love not making a lot of money because \_\_\_\_\_

\_\_\_\_\_

I love not making a lot of money because \_\_\_\_\_

\_\_\_\_\_

I love not making a lot of money because \_\_\_\_\_

\_\_\_\_\_

I love not making a lot of money because \_\_\_\_\_

\_\_\_\_\_

I love not making a lot of money because \_\_\_\_\_

\_\_\_\_\_

I love not making a lot of money because \_\_\_\_\_

\_\_\_\_\_

I love not making a lot of money because \_\_\_\_\_

\_\_\_\_\_

I love not making a lot of money because \_\_\_\_\_

\_\_\_\_\_

I love not making a lot of money because \_\_\_\_\_

\_\_\_\_\_

I love not making a lot of money because \_\_\_\_\_

\_\_\_\_\_

Selling is \_\_\_\_\_

\_\_\_\_\_

Selling is \_\_\_\_\_

\_\_\_\_\_

Selling is \_\_\_\_\_

\_\_\_\_\_

Selling is \_\_\_\_\_

\_\_\_\_\_

Selling is \_\_\_\_\_

\_\_\_\_\_

Selling is \_\_\_\_\_

\_\_\_\_\_

Selling is \_\_\_\_\_

\_\_\_\_\_

Selling is \_\_\_\_\_

\_\_\_\_\_

Selling is \_\_\_\_\_

\_\_\_\_\_

Selling is \_\_\_\_\_

\_\_\_\_\_

Selling is \_\_\_\_\_

\_\_\_\_\_

Selling is \_\_\_\_\_

\_\_\_\_\_

I hate selling because \_\_\_\_\_  
\_\_\_\_\_

I hate selling because \_\_\_\_\_  
\_\_\_\_\_

I hate selling because \_\_\_\_\_  
\_\_\_\_\_

I hate selling because \_\_\_\_\_  
\_\_\_\_\_

I hate selling because \_\_\_\_\_  
\_\_\_\_\_

I hate selling because \_\_\_\_\_  
\_\_\_\_\_

The thought of selling makes me \_\_\_\_\_  
\_\_\_\_\_

The thought of selling makes me \_\_\_\_\_  
\_\_\_\_\_

The thought of selling makes me \_\_\_\_\_  
\_\_\_\_\_

The thought of selling makes me \_\_\_\_\_  
\_\_\_\_\_

The thought of selling makes me \_\_\_\_\_  
\_\_\_\_\_

The thought of selling makes me \_\_\_\_\_  
\_\_\_\_\_

Marketing is \_\_\_\_\_

\_\_\_\_\_

Marketing is \_\_\_\_\_

\_\_\_\_\_

Marketing is \_\_\_\_\_

\_\_\_\_\_

Marketing is \_\_\_\_\_

\_\_\_\_\_

Marketing is \_\_\_\_\_

\_\_\_\_\_

Marketing is \_\_\_\_\_

\_\_\_\_\_

Marketing makes me \_\_\_\_\_

\_\_\_\_\_

Marketing makes me \_\_\_\_\_

\_\_\_\_\_

Marketing makes me \_\_\_\_\_

\_\_\_\_\_

Marketing makes me \_\_\_\_\_

\_\_\_\_\_

Marketing makes me \_\_\_\_\_

\_\_\_\_\_

Marketing makes me \_\_\_\_\_

\_\_\_\_\_

What would happen if you were insanely successful, what would that mean about you?

How would you feel if a lot of people signed up with you next week?

What if it was easy to sell your offers and get clients, what would that mean about you?

To what extent are you coasting in your business?

How often do you make a superficial effort instead of digging deep?

What are you willing to do to create a successful business?

What are you *not* willing to do to create a successful business?

What are you afraid will happen if you do succeed?

What are you afraid will happen if you do *not* succeed?

What are you avoiding?

When have you chosen the easy and comfortable instead of difficult uncomfortable?

What are your favourite things and situations to procrastinate with?

How often does laziness get to be in charge?

What will you have to do in order to respect yourself more?

What will you regret not doing?

On a scale from 0 to 10, how much of your true power to make money do you own and embody at this time?  
(Hint: if you are not making as much money or more as you'd like, you're not owning your power in full.)

On a scale from 0 to 10, how open are you to receiving money?  
(Hint: the amount of money in your life gives you the answer. You may believe you are wide open but does your life reflect that accurately?)

On a scale from 0 to 10, how willing are you to allow clients into your life?  
(Hint: what are the facts of your life regarding this? That is your truth answer)

On a scale from 0 to 10, how much do you judge yourself?

On a scale from 0 to 10, how disappointed are you with how your life has turned out?

On a scale from 0 to 10, how much power do you feel you have to create a different 3D reality?

On a scale from 0 to 10, how much do you feel you've settled and given up on your ambition?

On a scale from 0 to 10, how much do you truly believe you have it in you to create loads of cash, €100k months and more?

On a scale from 0 to 10, how willing are you to do whatever it takes to create the money wealth of your taste?

What are you *not* willing to do to create the money wealth you desire?

On a scale from 0 to 10, how much have you taken responsibility for creating the business success, money, and life you desire?

On a scale from 0 to 10, how much do you wish someone else would do it for you?

On a scale from 0 to 10, how much does it hurt that you're denying yourself the success, life and money you desire?

How much do you really, really, really want more business success?

What is the real price you're paying for letting your ego mind repel big business success, money wealth and your dream life?

On a scale from 0 to 10, how much do you feel the business success and money wealth you desire is out of reach for you?

How much do you really, really, really want a whole lot more money in your life?

On a scale from 0 to 10, how much do you allow yourself to really, really, really feel the pain of abandoning yourself like that?

On a scale from 0 to 10, how willing are you to get your hands dirty and do the actual work, most of which will be outside your comfort zone?

Do you dare to be super wealthy?

Do you dare to be super successful?

Do you dare to create your dream life?

What price are you willing to pay for having a consistent money overflow?

On a scale from 0 to 10, how much power does money have over you?

On a scale from 0 to 10, how much of your worth and value is tied to how much money you make?

On a scale from 0 to 10, how much do you fear being visible and feeling exposed?

On a scale from 0 to 10, how stuck do you feel?

On a scale from 0 to 10, how powerless do you feel in changing your circumstances?

Do you dare to be unstuck?

## FINAL UNCOMFORTABLE QUESTIONS

What have you given your loyalty to?

What are you devoting yourself to?

What are the choices you need to make to increase your self-respect at this time, and into the future?

What will it take for you to find the courage?

What will you regret most at the end of your days?

Do you dare to be powerful and unstoppable?

By now, you've probably exposed a whole lot of (shocking) things you didn't know were hiding in your subconscious.

But exposing these things are only the beginning.

Next is to purge all that stuff that has kept you restrained and limited in the creation of your beautiful business success, money wealth, and your unimaginable dream life.

If you'd like to know how to purge all that stuff, I recommend my masterclass "How To" Purge Ego Content:  
<https://bit.ly/how-to-purge-ego-content>

For more of the difficult and uncomfortable, get my highly disruptive and activating book The First Portals:  
<https://bit.ly/thefirstportalsbook>

And, of course, follow me on [Facebook](#), [Instagram](#) and check out other ways you can work with me on my website [metamystique.com](http://metamystique.com).

Best wishes on this journey into Truth,  
Gitte