

THE 4 HIDDEN FORCES

THAT MAY BE LIMITING **YOUR SUCCESS**

A simple self-assessment guide to help you identify money blocks, relationship patterns, failure habits, and dormant positive qualities.



KevGuru
— IGNITE YOUR POTENTIAL —

— CREATED BY **KEVGURU** — IGNITE YOUR POTENTIAL —



WHY SMART PEOPLE STILL FEEL STUCK



Most people do not stay stuck because they lack **intelligence, effort, or ambition.**



They often stay stuck because **hidden beliefs, emotional patterns, and automatic habits** may be influencing their decisions without them realizing it.



This guide will help you explore **four hidden forces** that may affect your money, relationships, habits, confidence, and personal growth.

THE 4 HIDDEN FORCES



01

MONEY COUNTER INTENTIONS

Hidden beliefs that may create resistance around wealth, prosperity, and financial confidence.



02

RELATIONSHIP COUNTER INTENTIONS

Emotional patterns that may affect love, trust, intimacy, and connection.



03

FAILURE HABITS

Automatic behaviors that may quietly keep you from reaching your goals.



04

DORMANT POSITIVE QUALITIES

Positive strengths that may already exist within you but feel underused.



Awareness is the first step toward change.

This guide will help you discover what may be holding you back—so you can move forward with **clarity and confidence.**



HOW TO USE THIS GUIDE



This guide is designed to help you **notice patterns**, not judge yourself.

- Read each section slowly.
- Circle or tick the statements that feel true.
- Add up your score at the end.
- Notice which area feels strongest.
- Use your result to choose your next step.

YOUR 5 SIMPLE STEPS

1



READ

Read each section slowly and with an open mind.

2



REFLECT

Take a moment to reflect on how each statement applies to you.

3



TICK

Circle or tick the statements that feel true for you.

4



SCORE

Add up your total score at the end of each section.

5



CHOOSE YOUR NEXT STEP

Notice which area feels strongest and use your result to guide your next step.



Be honest with yourself.

The more honest your answers, the **more useful** this guide becomes.

HIDDEN FORCE #1

MONEY COUNTER INTENTIONS

Hidden beliefs that may create resistance around wealth, prosperity, and financial confidence.



Money counter intentions are **subconscious beliefs** that may create internal conflict around wealth and success.



A person may consciously want more money while also carrying **hidden beliefs** that money is bad, unsafe, stressful, or difficult to keep.



These beliefs may come from family, culture, religion, personal experiences, or **inherited patterns**.



**PROTECT
YOUR WEALTH**



**UNDERSTAND
YOUR MIND**



**BUILD A HEALTHY
RELATIONSHIP
WITH MONEY**



“ The goal is not to chase money.
The goal is to understand the beliefs
that may influence your relationship
with money. ”



MONEY COUNTER INTENTIONS

Checklist

**INSTRUCTION:**

Tick each statement that feels familiar.

- | | | |
|---|---|--------------------------|
| 1 | I sometimes feel guilty wanting more money. | ☐ |
| 2 | I worry that money changes people. | ☐ |
| 3 | I believe wealthy people are often greedy. | ☐ |
| 4 | I feel unsafe when thinking about having more money. | ☐ |
| 5 | I want financial success but often sabotage financial progress. | ☐ |
| 6 | I feel uncomfortable receiving money. | ☐ |
| 7 | I believe money creates stress or conflict. | ☐ |
| 8 | I feel unworthy of financial success. | ☐ |

YOUR SCORE

TOTAL CHECKED:

 / 8

The more honest
your answers, the more
powerful this guide
becomes.

**REFLECTION:**

Which money belief feels
strongest for you right now?



IF THIS SECTION STOOD OUT TO YOU,
EXPLORE THE **MONEY PROCESSES** GUIDE ON KEVGURU.



| HIDDEN FORCE #2

RELATIONSHIP COUNTER INTENTIONS

Hidden emotional patterns that may affect **love, trust, intimacy, and connection.**



Relationship counter intentions are **subconscious emotional beliefs** that may influence attraction, trust, vulnerability, intimacy, and relationship satisfaction.



A person may consciously want love while also carrying **hidden beliefs** that relationships are painful, unsafe, disappointing, or difficult.



These patterns may come from family experiences, past relationships, emotional wounds, cultural messages, or **inherited beliefs.**



“

The goal is not simply to find a relationship.
The goal is to understand the hidden emotional patterns that may influence connection.

”

RELATIONSHIP COUNTER INTENTIONS

Checklist

**INSTRUCTION:**

Tick each statement that feels familiar.

Healthy love starts with
self-awareness.

- 1 I find it hard to fully trust people. ☐
- 2 I want love but sometimes push people away. ☐
- 3 I fear being vulnerable. ☐
- 4 I believe relationships often lead to pain. ☐
- 5 I repeat similar relationship patterns. ☐
- 6 I sometimes feel unworthy of love. ☐
- 7 I struggle with emotional closeness. ☐
- 8 I worry that intimacy is unsafe or disappointing. ☐

YOUR SCORE

TOTAL CHECKED:

____ / 8

Awareness is the first step
toward healthier, more
fulfilling relationships.**REFLECTION:**Which relationship pattern feels
most familiar to you?

If this section felt familiar,
explore the **Relationship Processes** review
on KevGuru.

HIDDEN FORCE #3

FAILURE HABITS

Automatic behaviours that may quietly keep you stuck.



Failure habits are repeated behaviours, thought patterns, and routines that move a person away from their goals rather than toward them.



They often operate **below conscious awareness.**



A person may know what they should do but still procrastinate, avoid action, speak negatively to themselves, **or fail to follow through.**

THE HABIT LOOP



“ Most people do not fail because they lack knowledge. They often struggle because they repeat failure habits. ”

FAILURE HABITS

Checklist

STUCK

Same habits.
Same results.

PROGRESS

Better habits.
Better future.

**INSTRUCTION:**

Tick each statement that feels familiar.

- | | | | |
|---|--|-------------------------------------|--------------------------|
| 1 | | I procrastinate on important tasks. | ☐ |
| 2 | | I start things but do not finish. | ☐ |
| 3 | | I wait until I feel motivated. | ☐ |
| 4 | | I avoid difficult conversations. | ☐ |
| 5 | | I often choose comfort over growth. | ☐ |
| 6 | | I repeat the same mistakes. | ☐ |
| 7 | | I engage in negative self-talk. | ☐ |
| 8 | | I struggle with consistent action. | ☐ |

★ YOUR SCORE ★

TOTAL CHECKED:

_____ / 8



Awareness creates choice.
Choice creates change.
Change creates freedom.

**REFLECTION:**

Which habit is currently
costing you the most progress?



If this section described you,
read the **Accelerator Processes** guide on KevGuru.



HIDDEN FORCE #4

DORMANT POSITIVE QUALITIES

Positive strengths that may already exist within you but feel **underused**.



Some people **do not lack potential**.



They may simply struggle to consistently access positive qualities such as **confidence, courage, enthusiasm, focus, curiosity, initiative, self-belief, and personal power**.



These qualities may feel **weak, dormant, or inconsistent**.



The goal is to notice which strengths you may want to **activate more fully** in your life.



“
You may already have more potential than you realize.
The question is whether those qualities are fully active in your daily life.
”



DORMANT POSITIVE QUALITIES

★ Checklist ★

**INSTRUCTION:**

Tick each statement that feels familiar.

1



I know I am capable of more.

☐

2



I want more confidence.

☐

3



I struggle to stay motivated.

☐

4



I hesitate even when I know what to do.

☐

5



I want to feel more focused and decisive.

☐

6



I want more enthusiasm and energy.

☐

7



I want stronger self-belief.

☐

8



I want to feel more powerful in my daily life.

☐**★ YOUR SCORE ★**

TOTAL CHECKED:

____ / 8

Every quality you tick is a strengths waiting to be **activated**.**REFLECTION:**

Which positive quality do you most want to strengthen?

If this section stood out,
explore the **Superpower Processes** guide on KevGuru.**KevGuru**

| IGNITE YOUR POTENTIAL

11

YOUR HIDDEN FORCES SCORECARD

Now add up your scores from each section.

			
MONEY COUNTER INTENTIONS	RELATIONSHIP COUNTER INTENTIONS	FAILURE HABITS	DORMANT POSITIVE QUALITIES
____ / 8	____ / 8	____ / 8	____ / 8
Hidden beliefs that may create resistance around wealth, prosperity, and financial confidence.	Hidden emotional patterns that may affect love, trust, intimacy, and connection.	Automatic behaviours and thought patterns that may quietly keep you stuck and limit your progress.	Positive strengths that may already exist within you but feel underused.
			

»» HOW TO INTERPRET YOUR SCORES ««



Your highest score may point to the area where you currently have the strongest growth opportunity.



This is not a diagnosis. It is a self-reflection tool designed to help you notice patterns.



AWARENESS CREATES CHOICE.
CHOICE CREATES ACTION.
ACTION CREATES RESULTS.



KevGuru

IGNITE YOUR POTENTIAL

WHAT YOUR SCORE MAY MEAN

Your highest score may point to the area where you have the strongest growth opportunity.



★ IF MONEY WAS HIGHEST ★

You may benefit from exploring hidden beliefs around wealth, prosperity, receiving, financial confidence, and money safety.



★ IF RELATIONSHIP WAS HIGHEST ★

You may benefit from exploring emotional patterns around love, trust, intimacy, vulnerability, and connection.



★ IF FAILURE HABITS WAS HIGHEST ★

You may benefit from identifying repeated behaviours that limit consistency, follow-through, productivity, and progress.



★ IF POSITIVE QUALITIES WAS HIGHEST ★

You may benefit from strengthening confidence, courage, focus, enthusiasm, self-belief, and personal power.



Use your results as information, not judgment.

Awareness is the first step. Action is the next.



YOUR NEXT STEP

Now that you have completed the self-assessment, the next step is to explore the area that stood out most.

THE KEVGURU FOUR-PROCESS FRAMEWORK

01



MONEY PROCESSES

→ Remove Money
Counter Intentions



02



RELATIONSHIP PROCESSES

→ Remove Relationship
Counter Intentions



03



ACCELERATOR PROCESSES

→ Replace
Failure Habits



04



SUPERPOWER PROCESSES

→ Activate
Positive Qualities



KevGuru
FOUR-PROCESS
FRAMEWORK

★ EXPLORE THE FULL KEVGURU PROCESS GUIDES ★



VISIT KEVGURU.COM



Use your scorecard to choose the guide that best matches your current growth area.



KEVGURU SHARES EDUCATIONAL REVIEWS AND PERSONAL DEVELOPMENT RESOURCES. **RESULTS VARY.**
This guide is for educational purposes only and is not financial, medical, psychological, or professional advice.