



The 5-Minute Insight

See What's Really Blocking You
From Having What You Want

By Claire Chancellor



Welcome,

If you are here, you are probably tired of feeling stuck and ready for something to shift. There is a reason things have not been moving, and it is likely not the reason you think.

Your intuition brought you here because a deeper part of you knows it is time to stop compromising, release what has been holding you back, and create a life that feels more aligned with who you want to be.

In this five-minute insight, you will be guided to explore the following.

Step One: What You Want

A moment of truth to dream bigger and feel into what is genuinely important to you.

Step Two: What Is Blocking You

A short written process that gives you a five-minute insight into the part of you that has been blocking you from having what you want.

Bonus Step Three: Coming Back Into Alignment

A gentle integration of the two parts within you, the part that wants what you want and the part that holds you back, so your next step feels clearer, steadier, and easier to take.

If you prefer to listen, you'll also find two videos that walk you through this insight and help you understand what your answers reveal.

These are the exact steps I use with clients to create the shifts that matter most to them. My intention is to show you what becomes possible when you have the self-awareness to see what has been driving you.

If something in you knows it's time, we can begin.

Claire Chancellor

What do you want?

Imagine that anything is possible.

If you had a magic wand and there were no limits, expectations, or fear of getting it wrong, what would you choose for your life?

- What kind of work would leave you feeling energised and fulfilled?
- What do your finances look like when you feel secure and free?
- How does your body feel when it is healthy and vibrant?
- What do your relationships feel like when you are deeply seen, valued, and loved?
- Where do you live, what experiences are you having, and who are you becoming?

Trust whatever emerges. Your desires are clues to what your heart is longing for and the life you're here to create.

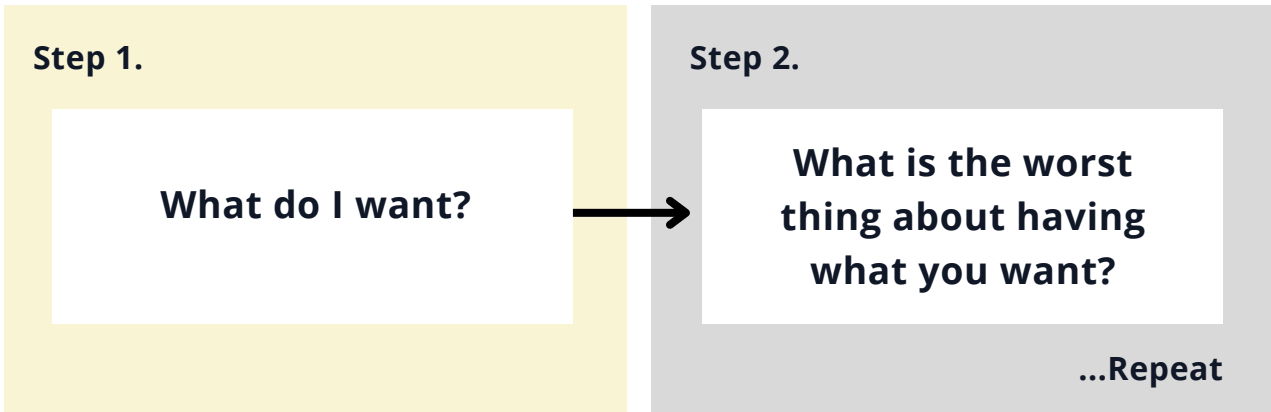
Be honest. Let yourself want what you want.



[Click Here: 5 Minute Insight with Claire](#)

What Is Blocking You

To uncover the deeper truth behind why you haven't been able to have what you want, answer these two powerful questions:



Keep repeating the question. Each answer will take you beneath the surface story and closer to the real reason you've been stuck.

An example of the method in action

1. What do I want?

"I want a promotion."

2. What is the worst thing about having what I want?

"I'll have more responsibility."

What is the worst thing about that? *(more responsibility)*

"I might make mistakes."

What is the worst thing about that? *(making mistakes)*

"People might think I'm not capable."

What is the worst thing about that? *(not capable)*

"I'll be rejected."

What is the worst thing about that? *(rejected)*

"I'll end up alone."

The block is starting to show itself:

PROMOTION is about BEING SEEN

BEING SEEN activates FEAR, REJECTION & INSECURITY

5 Minute Insight

Step 1. What do I want?

Name one thing clearly. E.g. my house, my car, my career, my loving relationship

Then ask yourself:

Step 2. What is the worst thing about having what I want?

...trust the first thing that comes to mind. Not the ego response "nothing"

REPEAT

What is the worst thing about that?

What is the worst thing about that?

What is the worst thing about that?

What is the worst thing about that?

What is the worst thing about that?

What is the worst thing about that?

Continue until you feel emotion rising, or until your mind starts repeating itself.

What your answers tell you

When you eventually reach the point where emotion rises, tears, frustration, or that feeling “I don’t know what to do now”. This is not a problem.

This is the moment the insight is doing its job.

**What is the worst
thing about having
what you want?**



You may have touched a belief, fear, or emotional pattern that has been quietly influencing your choices for a long time.

- I will lose people I love.
- I will be judged.
- I will be excluded.
- I will be too visible.
- I will disappoint someone.
- ...or it may be something entirely different.

Whatever emerged for you, take a moment to acknowledge it.

You've begun to see the pattern behind your stuckness, the part of you that has been trying to protect you, even if that protection has also been holding you back.

Your system is meeting something it may not have had words for before.

That can feel like a pause, a fog, an emotional release, or simply a quiet "now what?" moment. Take a breath.

Here is a video where I walk you through what your answers reveal and how to turn that insight into your next step.

[Click Here: What Your Answers Reveal](#)

Bonus Resource: Stuck to self-trust

You now have an awareness of both parts. On one hand, you know what you want for yourself, your home, your car, your travel, your lifestyle, the way you want to live.

On the other hand, you can now see the real issue that has been holding you back: worrying about what others think, fearing rejection, wanting approval, and staying small to stay safe.

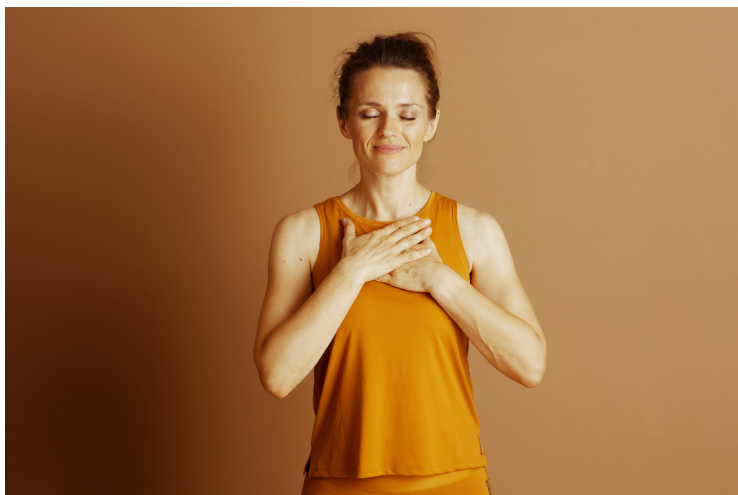
That internal pull is the definition of stress. It keeps you stuck, and the tension of it can feel exhausting.

This is often what creates the overwhelm, confusion, or stuckness you've been experiencing. The good news is that now you can see it, you can begin to change it.

To support you in this shift, I've included a bonus guided process designed to help you integrate your insight and bring these parts of you back into alignment.

When this happens, self-trust returns, and the next step becomes easy.

Below, you'll find the guided process to help you do exactly that.



[Click here: Guided Process](#)

Ready to turn this insight into real change?

You've begun to see the pattern that has been keeping you stuck. For many women, this is the moment where things finally start to make sense. It's the first real breath after holding it for far too long.

From here, the question becomes gentle and simple:

What would feel supportive as you take your next step?

Maybe you want more love, a beautiful home, a rewarding career, travel, adventure, the things that make life feel rich and meaningful. But you don't have them yet.

This is where I step in. I specialise in helping women understand the deeper emotional and identity level patterns that block you from having what you want, and the ways your body signals that something deeper needs attention through burnout, anxiety, or exhaustion.

I know with certainty that you can have what you want. I've seen it again and again. **My clients have paid off their homes, built investment portfolios, booked long-delayed travel, stepped into promotions, rebuilt their confidence, and felt more empowered and energised than they have in years.**

Some women shift within a handful of sessions. Others, especially when they are creating a bigger chapter, see changes unfold over time. What matters is this: Everything begins when you understand what has been driving your stuckness.

If you'd like support as you step into your next chapter, I would love to walk beside you as your coach.

You can book your 15-minute Alignment Call below.

Book in your Alignment Call

Claire Chancellor

Sincerely, Claire Chancellor,
Women's Clarity Mentor,
Founder, Be Your Purpose



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For permission requests, contact: Claire@ClaireChancellor.com.au