

5 July 2021

The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!

Self Sabotage Behaviours

This week's challenge focuses on identifying our conscious self-sabotage behaviours. If we really admit it to ourselves, we all have some - either fairly small or quite extreme. Some of these behaviours may have been with us for a very long time but some may be more recent. But before we can do something about them, we need to acknowledge & recognise that they are a thing. Self-sabotage is an emotional problem so it's important to look beyond the obvious. For example, is not doing something really a fear of failure or could it be fear of success because you're used to struggling?

So take your time answering those & be brutally honest with yourself...



Monday - Choose a self-sabotage behaviour. What are the triggers? What do I say to myself before it happens, as it happens & after it happened? What emotion is behind it? What void am I trying to fill or what am I avoiding?

Tuesday - Choose a self-sabotage behaviour. What are the triggers? What do I say to myself before it happens, as it happens & after it happened? What emotion is behind it? What void am I trying to fill or what am I avoiding?

Wednesday - Choose a self-sabotage behaviour.

What are the triggers? What do I say to myself before it happens, as it happens & after it happened? What emotion is behind it? What void am I trying to fill or what am I avoiding?

Thursday - Choose a self-sabotage behaviour. What are the triggers? What do I say to myself before it happens, as it happens & after it happened? What emotion is behind it? What void am I trying to fill or what am I avoiding?

Friday - Choose a self-sabotage behaviour. What are the triggers? What do I say to myself before it happens, as it happens & after it happened? What emotion is behind it? What void am I trying to fill or what am I avoiding?

Saturday - Choose a self-sabotage behaviour. What are the triggers? What do I say to myself before it happens, as it happens & after it happened? What emotion is behind it? What void am I trying to fill or what am I avoiding?

Sunday - Choose a self-sabotage behaviour. What are the triggers? What do I say to myself before it happens, as it happens & after it happened? What emotion is behind it? What void am I trying to fill or what am I avoiding?