

Stop Self-Sabotage

Check the boxes next to the mindset shifts or behavioral changes you need to make to stop sabotaging your success. (There is a space for notes at the end).

- Doubting yourself
- Giving up
- Selling yourself short
- Choosing overwhelm
- Thinking that it's too late to achieve your goals, telling yourself it's not possible or that you can't
- Overthinking everything
- Thinking it will be too hard
- Living in fear
- Creating a story that keeps you from your goals
- Worrying about HOW it will happen
- Trying to prove yourself to or please everyone
- Overlooking what's going right now
- Criticizing yourself/negative self-talk or beating yourself up for your mistakes
- Over-drinking
- Emotional eating
- Playing small
- Letting yourself off the hook
- Busying yourself with unimportant tasks
- Ignoring the plans you made yesterday or procrastinating on your goals
- Giving into social media addiction

Start Promoting Growth & Well-Being

Check the boxes next to the mindsets or behaviors you need to make to engage in to set yourself up for success.

- Be present
- Acknowledge yourself
- Make it happen
- Just start
- Have fun
- Take chances
- Believe in yourself
- Finish what you start
- Listen to your intuition
- Allow yourself to feel how you feel
- Build up your confidence
- Stay consistent and committed
- Strive for the impossible
- Focus on one thing at a time
- Remind yourself that you can and that it's possible
- Know that the only thing to fear is fear itself
- Hard work is something to be proud of, not shy away from
- Creating a story that aligns with the results you want to create
- You only need to prove to yourself
- Incorporate self-care even at the expense of others' needs

- Take time to appreciate what's good
- Have self-compassion, especially when you mess up
- Focus on learning from your mistakes
- Seek moderation/Avoid excess in anything
- Manage your emotions appropriately
- Hold yourself accountable
- Be intentional about what you spend your time on
- Plan for things in advance and get them done
- Make mindful decisions in each moment
- Automate your self-care through habit building

Notes:
