

STEPS TO SUCCESS CONQUERING YOUR SELF-SABOTAGING PATTERNS



THE SABOTAGING ME



THE SUCCESSFUL ME

I DOUBT MY ABILITY

I CAN TRY IT!

SO I MAKE UP REASONS
WHY I CAN'T

I RELY ON MY INNER
GUIDE TO MOTIVATE ME

I SAY MEAN THINGS
TO MYSELF

I REMIND MYSELF OF
MY STRATEGIES AND
TOOLS

I AM REALLY
WORRIED THAT I
CAN'T

I KEEP MY EMOTIONS
CALM

SO I AVOID TRYING

I ATTEMPT THE TASK
AND ASK FOR HELP IF
NEEDED

THIS THEN GIVES ME
PROOF THAT I CAN'T

I TEACH MY BRAIN
THAT I CAN CONQUER
ANYTHING!

**CHANGE TAKES COURAGE
YOU CAN DO THIS!**