



STEPS TO SUCCESS

CHANGING 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!**

