



Sabotage Worksheet

What am I most
afraid of or want to
avoid?

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How do I typically
sabotage myself
in business? In my
personal life?

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How do I feel when I
sabotage myself?

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What disciplines can
I create now that will
offset self sabotage?

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What would I say
to myself when I
am aware that I am
sabotaging myself?

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Create an **I AM LIST**
that is the opposite
and review daily:

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM