

# Self-Sabotage to Success worksheet



WHAT'S GOING ON? Describe your experience in the moment	DESCRIBE YOUR THOUGHTS, FEELING, EMOTIONS
1. ....	1. ....
2. ....	2. ....
3. ....	3. ....
4. ....	4. ....
IS THERE A PATTERN IN YOUR BEHAVIOUR?	CAN YOU IDENTIFY ITS ORIGIN?
1. ....	1. ....
2. ....	2. ....
3. ....	3. ....
4. ....	4. ....
MAKE NEW AGREEMENTS *Create time/space for self-reflection, find your inner positive voice, change negative patterns of behaviour	

1. ....
2. ....
3. ....
4. ....