

Welcome

Your Panel Facilitator: Janice Hutton

Panelists: Joe Arko
Mia Jerritt
Nathalie Plamondon-Thomas
Todd Durkin



Joe Arko





Mia Jerritt

“Self-sabotage is when we say we want something, then go about making sure it doesn’t happen.”

Alyce P. Cprnyn-Selby



What is the pain you are avoiding?
What is the pleasure you are seeking?



THE PATTERN

The cue.
The behavior.
The reward.

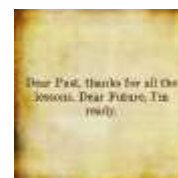
1. Identify the self-sabotage behavior(s) that hold you back. What is it costing you and what are you missing out?
2. What is the positive intent you are looking for? List all the pain you are creating for yourself and the pleasures you are missing out on.
3. Get some elevation or leverage by teaching your brain something else and practicing new actions. This is where coaching is so powerful.
4. Get excited about creating something new.



HABITS RESIDE WITHIN THE BEHAVIOR COMPONENT OF THE PATTERN

HABITS
SUB-CONSCIENCE
SURVIVAL MECHANISM STRATEGIES

THE FUTURE IS WHERE ALL POSSIBILITY LIVES.



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LANGUAGE



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SELF-SABOTAGE



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E.xpectations
A.ppearing
R.eal



Todd Durkin

F.ace
E.verything
A.nd
R.ise

F.E.A.R.



- Best Practices**
-
- 1) Mantras
 - 2) Divorce Your Story?
 - 3) Positive Self Talk
 - 4) Journaling
 - 5) Reading
 - 6) Snap Your Band
 - 7) Text Your Clients
 - 8) Gratitude

Mindset is Everything




Surround Yourself with other Fire Breathing Dragons




Success traps are harder to get out
of than Failure traps.

Questions.....

Ask any or all Panelists



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