


“SELF-SABOTAGE IS WHEN WE SAY WE WANT SOMETHING, THEN GO ABOUT MAKING SURE IT DOESN'T HAPPEN.”



ALYCE P. CPRNYN-SELBY

THE PATTERN

The cue.
The behavior.
The reward.

HABITS RESIDE WITHIN THE BEHAVIOR COMPONENT OF THE PATTERN

**HABITS
SUB-CONSCIENCE
SURVIVAL MECHANISM STRATEGIES**

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



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.



THE FUTURE IS WHERE ALL POSSIBILITY LIVES.



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