

Stop SELF SABOTAGE



Wholehearted
NUTRITION
♡



STOP SELF SABOTAGE

REVIEW YOUR GOALS

We fall off track because a part of us isn't sure that the goal we're working toward is going to make our lives better. This causes inner conflict, and when there's inner conflict, we do the easiest thing of all: NOTHING. We stick with the same old habits and keep feeling stuck.


1. List five reasons you believe your life will be WORSE off when you achieve your goal.

Here are some examples of what I have heard before from clients to help get you started... -

- I don't feel like it's possible, so why bother trying.
- Nothing works long-term, and failing in front of everyone multiple times is embarrassing.
- My boyfriend loves beer; I want to go to breweries with him and drink beers without worrying about calories or carbs.
- I'm scared of dating/doing presentations at work/being promoted.
- I know if I lose the weight, I'll have no excuse not to get out there.

On the next page, pick a goal you want to achieve and write down your 5 reasons...

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STOP SELF SABOTAGE

5 REASONS WORSE OFF...

1. List five reasons you believe your life will be **WORSE** off when you achieve your goal.

GOAL:

Reason 1:

Reason 2:

Reason 3:

Reason 4:

Reason 5:



STOP SELF SABOTAGE

CHALLENGE YOUR FEARS

These reasons all have one thing in common: our powerful subconscious mind believes that rationalising ourselves out of achieving our goal will protect us. But once we identify the real reasons we are holding ourselves back, we can begin to counter them.

Question your reasons and poke holes in their logic so you can remove their power!

As an example, if we look at the reason: "I don't feel like it's possible, so why bother trying. Nothing works long-term, and failing in front of everyone multiple times is embarrassing."

We would ask ourselves, "Is it really true that nothing works long-term? You've seen other people accomplish weight-loss goals, and you're just as capable as they are. Perhaps what you've tried wasn't sustainable. You're worth taking another shot."

Besides, our desire to lose weight and improve our health doesn't fade; we just tend to either realise our goals or rationalise them away when achieving them gets challenging. And if we're honest, "everyone" usually comes down to just a few people, anyway. And who cares what those people think!

Now it's your turn! Use the next page to take each of your reasons from exercise 1 and question them, poke holes in their logic, and remove their power!

SELF SABOTAGE

CHALLENGE YOUR FEARS

For each of your reasons from the first exercise, challenge them, poke holes in the logic and remove their power!

REASON:
CHALLENGE IT:

REASON:
CHALLENGE IT:

REASON:
CHALLENGE IT:

REASON:
CHALLENGE IT:

REASON:
CHALLENGE IT:



STOP SELF SABOTAGE

EMBRACE SUCCESS

List five reasons you believe your life will be BETTER once you achieve your goal.

Here are some examples I've heard from clients:

- I'll have more energy for myself and my family
- I will have more confidence
- I'll feel happy to be in photos instead of hiding away from the camera
- I'll be a good role model for my children so they don't repeat my negative food behaviors
- I will finally stop worrying about my weight

Until we identify and deal with the reasons we fear success, we'll never be successful. A lack of knowledge about what's good for us is rarely the real problem in this day and age. Instead, we tend to suffer from a lack of consistent action... and that usually comes down to what's going on between our ears!

List out your reasons on the next page...

STOP SELF SABOTAGE

5 REASONS BETTER OFF...

1. List five reasons you believe your life will be BETTER when you achieve your goal.

GOAL:

Reason 1:

Reason 2:

Reason 3:

Reason 4:

Reason 5: