

26 July 2021

The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!

Taking Action

This week's challenge is to kick arse and to put a plan in place from what you've learnt this month about self-sabotage. Then you will obviously have to implement it but the hardest parts, which are confronting & understanding the issues, will have been dealt with.

Please do remember that there is a need for self-sabotage - it does have its own purpose & provides you with something too. So having the plan may not mean that the timing is right, this is something you will have to decide for yourself & each self-sabotage situation will have its own merit. Also remember to regularly remind yourself of how far you have come & to reward yourself.



Monday - What's the self-sabotage behaviour? What's your new (kind) perspective & how are you reframing it? What are the new behaviour alternatives? What's likely to get in the way? How will you react?

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