



HELPING YOU TO THRIVE AT HOME,
AT WORK, IN LIFE.

Steps to Reduce Self-Sabotage

www.coachingwithCAKE.co.uk





5 Steps to Reduce Self-Sabotage

Tired of getting in your own way?

Weary of experiencing the conflict between what you say you want and what you allow to happen instead?

Hi, I'm Lou Laggan, I help ambitious professionals reprogramme their brain for success. Moving away from Self-Sabotage and Self-Doubt to Clarity, Self-Belief and High Performance .

Self Sabotage is an unconscious process that derails your progress towards your goals.

You are making changes and moving forward then, inexplicably, you go back to old, unhelpful behaviours.

It can happen in all areas of your life, work, relationships, eating, exercising, studying, you find a way to derail your progress.

These 5 Steps will help you be more conscious of your actions & reduce self-sabotage.



Challenge Action Kindness Energy

5 Steps to Reduce Self-Sabotage

1

Notice Notice Notice

Before you can begin to make changes, you need to notice what's happening and when.

- Notice when the self-sabotage begins.
- Notice what happens just before it begins - what did you see, hear, feel or say to yourself?
- Notice any thoughts about what level of success you believe you deserve in this area of your life.

2

Take Responsibility

There may be many reasons why you behave this way.

It's often something from childhood that created a self-limiting belief.

That's OK, that wasn't your fault.

Your behaviour and actions now ARE your responsibility.

So focus on what you CAN do rather than on blame or self-judgement.



Challenge Action Kindness Energy

5 Steps to Reduce Self-Sabotage

3

Identify the Behaviour

What behaviour gets in the way? This may or may not be directly related to the change you're making.

- Hitting the snooze button & telling yourself how tired you are.
- Irritability - shifting the focus from what you're doing to someone else's perceived shortcomings.
- Are you worrying about something?
- Do you slow down & pull back when you gain momentum?

4

Change the Story

After the Self-Sabotage it's easy to become negative. Change the story.

- You've binged on chocolate - 'Super, I now know what triggered it and I can react more helpfully next time.'
- 'I always mess up' - This didn't go to plan, that's OK, I'm human. I know what to do differently if this happens again.'



Challenge Action Kindness Energy

5 Steps to Reduce Self-Sabotage

5

Gather Evidence

At the end of every day, just before you go to sleep, write down 3 things that went well regarding the changes you are making.

- Write them down.
- Make a note of how this makes you feel.
- Tell yourself that you are proud of yourself.
- Finally, give yourself a pat on the back - yes, I mean it - pat yourself on the back!

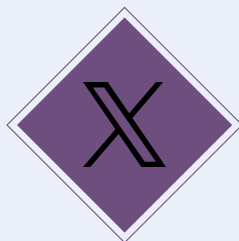
This is a great exercise to complete whatever you are doing. It helps you build up evidence of your success, it trains your brain to see positives and finally, it sets you up for success tomorrow. You wake up in the morning in a more positive and helpful frame of mind.



Congratulations!

You completed the 5 Steps To Reduce Self-Sabotage

let's connect



Curious about the bear?
Click on him to find out more