



Worthy Women's Empowerment Academy

Produced by Lions Vision Productions

~Where Women Go to Discover, Re-Define & Re-Invent~

Imagine Yourself Educated, Inspired, Motivated, Empowered & Supported...

#36 The B.O.S.S. Model Breaking Out of Self-Sabotage

Main Points

1. Definition of **Self-Sabotage**:

- Your mind working against you
- Your **Inner-Voice**
- Negative self-talk that undermines your abilities to be successful

2. How does self-sabotage happen?

- Self-sabotage is mostly a **SUBCONSCIOUS** act
- Many times you don't know you're doing it because it's part of your normal behavior pattern or thought process

3. Common self-sabotaging **behaviors**:

- Preoccupation with what's wrong in your life
- Fear of failure (only seeing failure as a possible outcome)
- Comparing yourself to others (feelings of inadequacy)
- Stopping and starting projects without completion
- Rejecting healthy behaviors
- Not knowing your Worth

4. 6 Steps to **Kill Self-Sabotage**:

Step 1. **Go Deep with God**

- Use self-sabotaging behaviors as **reminders to pray**.
- Lean on your Higher Power for strength and understanding
- Have faith, know that everything will work out (even if it's not as you expect, know that it will be for your best interest because your higher power is in control)

Step 2. **Command your morning**

- Use every day as a new opportunity to start over.
- Leave the past in the past.
- Strive to be a better person and make better choices every single day. We all fall short, but what matters is how we get back up.
- **Speak conviction into your life with daily positive affirmations.**

Step 3. **Consciously take control of your life**

- **Decide what you want**
- Create a plan with goals (what you want to achieve) and objectives (the action steps you need to take to achieve the goal) For example, if losing weight is the goal, then an objective would be to stop eating after 7:00 pm.
- Identify your champions – people in your corner
- Be persistent and consistent

Step 4. **Release the power of forgiveness:**

- Free yourself of negative emotions that generate negative energy
- **Forgiveness isn't for the other person, it's for you**
- Resentment, hostility and lack of forgiveness are Blessing Blockers
- Forgiveness allows you to move forward

Step 5. **Expect to Win**

- Expect your best case outcome
- **Expect setbacks in your process and mentally prepare for them**
- Elect an accountability partner (likely, one of your champions who you can share your plan with, who will check in on your progress and hold you accountable)
- Frequently, re-evaluate your plan for effectiveness

Step 6. **Clear your clutter**

- **Disassociate with anyone or anything that isn't conducive to your success**
- Open your mind to new adventures in new places, with new people
- Surround yourself with others with like minds
- Be aware that not everyone will be happy for your new direction
- Protect your success by avoiding old patterns and triggers for old behaviors