



Move Past the Self-Sabotage!

We all do it. When something is going really well, something else clicks inside of us and we start going the other way! Perhaps you are doing well on a diet, and you start to crave foods that throw you off; or enter a great relationship and start to doubt whether it will last, resulting in major mood swings. Self-sabotage gets in the way of REAL change because self-sabotage actually stems from the FEAR of change. When you self-sabotage, you are actually preventing yourself from embracing change, and a BETTER future.

Change can be scary, but it can also be AMAZING! And it is also the ONLY guarantee in this life. We need to let change happen instead of trying to control things. When you find yourself in self-sabotage mode, find a quiet place and do this worksheet, answering the questions below and reflecting on your answers.

- Where do you feel stuck?
- Where is your energy going? (List several areas you put your energy into and apply a % value: i.e. Family 70%; Work 25%; Online 5%, etc.)
- Who supports you?
- Who holds you back?
- What would it mean to me to NOT complete this goal?
- What does it mean to me TO complete this goal?

Write your thoughts below:



After you've answered these questions, do the following exercises. You can do them all at once or one a day for a week. Simply choose a box and get started.

Reframe your focus: What happens "TO" you is actually happening "FOR" you!

Write positive affirmations on cards or sticky notes in the present tense and post them around the house. (Examples: I am beautiful; I love my body; I have a successful job that I enjoy.)

List 1 to 3 small steps you can start doing right now to get back on track. (Examples: Drink more water, Apologize to someone, Call your Health Coach).

Write a list of all you are grateful for at this moment.

Stop DOING, take a walk and just enjoy BEING!

How can I make reaching my goals more fun?



This worksheet was designed as an introduction to the concept of self-sabotage, as related to food and diet. My hope is that the information and exercises will inspire you to be more aware of your body and your food. Use this sheet as often as needed to help you move beyond the obstacles and form a better relationship with food and your body.

For more help on self-sabotage, healthy eating or body image, please contact Caryn at caryn@appetitesforlife.com or www.appetitesforlife.com