

Self Sabotage and ways to stop it



SELF SABOTAGE



Instead of...

- Procrastinating
- Blaming others
- Comparing yourself
- Negative self talk
- Shaming yourself
- Self medicating



Try...

- Five minute goals
- Taking accountability
- Focus on your unique strengths
- Celebrate little wins
- Ask for support
- Sit with your feelings

Self Sabotage Solve It

M Lipman



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