



ICANStart.

# Self-Sabotage Questions

1. What do you want? Why do you want it?
2. What is the upside/benefit of achieving this goal? (best thing that could happen)
3. What is the downside/price you will pay for achieving this goal? (worst that could happen, what you're secretly afraid of)
4. What is your self-sabotage of choice?  
soft addictions – avoidance behaviors – resistance – procrastination – habitual lateness – perpetual overwhelm – over commitment/booking – patterns of drama – “busyness” – hiding out – perfectionism – fear of success – fear of failure – making excuses (money, time, family, I don't know how...) – limiting beliefs – emotional fears
5. What is the upside of this sabotage? How does it protect you?
6. What price will you pay if you choose to continue this self-sabotaging behavior?
7. What is possible if you choose to stop the self-sabotaging behavior?