

Support System

One of the best support systems you can ever get comes from the people around you.

You are the average of the 5 people you spend most time with.

Who are the 5 people I spend most time with?

1. _____

2. _____

3. _____

4. _____

5. _____

- Do they believe in me?
- Do they support my goals?
- Do they raise my energy or bring it down?

If your answer is NO to any of these questions, what can you do about it?



Sabotage

Sabotage can come from two directions: the behavior of your friends, co-workers, colleagues, and family, or your own inner rebellion. Others watching us venture into this healthier lifestyle may make comments, or they may rebel against us. You may notice that some people close to you feel threatened when you embark on this kind of journey and they will tempt us with food and activities we're trying to move away from.

Sometimes we feel guilty that they feel threatened (it's NOT your fault that they feel bad) and sabotage ourselves to be accepted.

These reactions boil down to fear.

Fear of not being loved.

Others, without the courage to take such a bold step may unconsciously hope we fail. Our success would be uncomfortably challenging. When we take a step toward valuing ourselves more, our relationships are forced to shift. Our own rebellion is often based on our own fear of change, of taking responsibility for our lives.

What if we no longer could hide behind excuses for not becoming anything we want? For not allowing ourselves to really be who we truly are?

Make this program work for you by taking responsibility for your career and how your life turns out.

Self-Sabotage

What does self-sabotage look like and how does it get in our way?

A non-exhaustive list of ways that we can self-sabotage:

- “I don’t know.”
- “I can’t.”
- “I don’t have the money.”
- “I need more clarity before I can ...”
- Reality/fact says ...
- Packing our schedule too full.
- Unwilling to pick up the phone.
- Lone wolfing.
- Disconnected/disempowered relationship with money.
- Asking permission, disguised as “I have to talk to so and so” or, “I have to wait and see what happens with ...”
- Getting ready to get ready – BIG ONE!!!
- Comparing ourselves to others.
- Social media scrolling.
- Prioritizing “looking good”.
- Judgment of self and others.
- Eating sugary or greasy foods frequently.
- Staying up late or hitting snooze on repeat in the morning.
- Jumping into our day before creating space for yourself.
- People pleasing.
- Fixated on how it went in the past.
- Indecision.
- Delaying preparation and avoiding planning.
- Stuck on the logistics.
- Hung up on the “how”.
- Perfectionism.
- Inability to show emotions and be vulnerable.
- Not asking for help.

- Subscribing to disempowering beliefs.
- “Once I ... then I can ...”
- Lack of self-trust.
- Verbalizing a commitment but not taking action.
- Spending more time defending why you think something won't work for you.
- Reluctant to see the possibilities and options.
- Hiding.
- Overwhelm.
- Thinking “this is just how I am” or “this is just how it is”.
- Procrastination.
- Saying, “I don't have time”.
- Not asking people to work with you.
- Afraid of being visible.
- Holding back on your message.
- Inconsistency.
- Taking action from a SCARCITY mindset.
- Playing it safe and staying in your comfort zone.
- Letting your circumstances determine what is possible.

If any of these and more show up in your mind or activities, just know that you are hitting that glass ceiling and your critter brain is trying to keep you safe. **Awareness** is the first step.

Once you see how self-sabotage is playing out for you, now you **GET TO** do something else:

STEP 1: Take full responsibility 100% of the time without guilt, shame, or blame.

STEP 2: Acknowledge that this is just fear. It's totally normal, predictable, and inevitable when you are growing.

STEP 3: Reconnect with your Life Vision, and your Dream Career goals.

STEP 4: Love and accept yourself and give yourself gratitude for showing up.

Remember, a BOSS LADY is NOT afraid to fail. It's just feedback and another steppingstone to greatness.

You NEVER fail. You either WIN or LEARN.