



## The Self-Sabotage Exercise

Take out some paper and pen (or print this out and write on it) and write out your answer to these questions, while thinking of something you want e.g. a goal.

**If you get it, what will you lose?**

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**If you get it, what will you gain?**

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**If you don't get it, what are you losing now?**

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**If you don't get it, what are you gaining now?**

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**What do *really* want?**

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**What resources/people/knowledge/skills do you need to achieve it?**

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**How will you know specifically when you get it?**

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**If your subconscious has raised objections to your goal or dream throughout this exercise, how can you promise to honor its worries, desires and needs, while also pursuing your goal? *e.g. promise your subconscious to honor your need for rest, while pursuing success in career, by taking weekends, exploring self-care, and taking time out.***

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