

Self Sabotage Self Assessment Worksheet



Self-sabotage can be sneaky, and you may not even realize it is holding you back. Or maybe it is obvious, and you can get over it.

Today, I want you to brainstorm any habits, thoughts, and behaviors that have prevented you from reaching your goal and living out your vision.

What roadblocks have been put up, and what strategies can you implement to prevent them from cropping up?

1. Constantly worried about others (family), putting their needs before my own goals, and taking care of myself! S= (I just need to make time for myself FIRST, Not LAST, and stick to a consistent schedule and plan even when I'm traveling or stressed!!
2. All-or-nothing attitude - when I feel I've blown it, I give in until “next time”! Give me grace and keep remembering this is a lifetime change, not just a temporary diet.
3. Lazy—don't feel like cooking and will eat snacks instead of cooking a healthy meal if they are there. S=(ordered an air fryer!).
4. SOOOO tired of thinking about it all S= just need to stick to the plan and do my lessons!)

5. Not motivated to work out consistently and haven't gotten in a groove! I need to set my schedule and not let ANYTHING get in the way of my workout time first thing in the morning!

Remember that strategizing before and having a plan in place in advance is key to ending sabotage. Ex: procrastination, belief in yourself to be able to do it, overwhelm, feeling it's hard, or making you feel too vulnerable.