7 Ways to Break Free from Self-Sabotage & Get Out of Your Own Way.

Often, we get in our own way far more than other people, bad luck or just life itself. Self-Sabotage is the number one assassin of success on all realms. **We really are our own worst enemy.** Ladies you'd be amazed by how much easier your life would be if you weren't constantly sabotaging your success.

I get it; I've been there as well, judging myself through someone else's lens. "Girl put your glasses on" thinking you're not good enough or ready, being a people pleaser. However, knowing you are self-sabotaging is half the battle to begin overcoming it.

Try these techniques to stop sabotaging yourself and move toward self-love:

1. **Let go of the past.** But don't forget the past. Ladies, mistakes from the past don't mean that you're destined for future failures. The past should be used as a learning tool, not as an analyst for the future. Your past does not define you. Leave your past in the past and **take small steps to grow.**

2. **Avoid talking to yourself unless you're going to say something nice.** We tend to say hurtful sh@# to ourselves that we may have heard others say. Spending too much time saying negative things to yourself will eventually have you believing in them. Negativity gives you a wrong opinion about yourself and your capabilities. Start promoting positive self-talk and you'll see the psychological and emotional change within.

3. **Take notice of your behaviors that sabotage your success.** Think about what you want to be successful at. i.e., relationship, career, health & wellness, etc. Notice your habits that stand in your way. For example: If you want to lose weight but you eat a bag of Cheetos every time you're stressed, that habit is sabotaging your success. See the pattern?

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- Make a list of all the habits that sabotage your success. Take mindful steps to change your behavior toward that goal.

4. **Define your fear.** All self-sabotaging behavior is rooted in fear. What exactly are you afraid of? Are you afraid of embarrassing yourself? Are you afraid of success? Are you afraid of how people will view you?

   - Discover what's causing the fear and the self-sabotaging behavior. There are several different factors you can explore. Learned behavior, childhood, unhealthy relationships etc. Until you can either get over that fear or remove it, you'll continue to get in your own way.

5. **Stay in Your Lane.** Ladies, when we venture on unfamiliar waters we may not thrive as we like. I am not saying don't attempt new things, I'm simply stating that you should know how far you can go before the self-sabotaging commence. Those are called "triggers". If you're trying to lose weight, at what point do you begin sabotaging yourself? Take your time with you while implementing self-care.

6. **Identify and change your beliefs.** What are your beliefs? For example, do you believe that you're a positive person? However, your actions display negativity toward self. That is called "Cognitive Dissonance". When your actions and beliefs are at conflict.
   - Look at all your beliefs related to the part of your life you want to be more successful in. Which actions and beliefs are at war? Take a pragmatic review on what you feel and what you do.

7. **Notice the people that get in your way.** Sometimes, we allow people into our lives that don't really want the best for us. You have enough with self- sabotaging behavior. Toxic people will only increase the disapproval of self while you are on a new trajectory of self-care.

   - Avoid the "trend" that it's acceptable to allow someone to get in your way. No! If they choose to be an obstacle, consider removing them from your life. Again, give yourself time and space to grow!

Ladies, applying self-care is the first sign of acceptance of self. Stop capitulating to self-sabotage and embrace the beautiful authentic you. **Since you are the source of your**

challenges, you also have the power to eliminate them. Never underestimate how much you're standing in your own way!