

Worksheet for Smash Your Self Sabotage

www.mindfulmutiny.com



Overcoming Self-Sabotage Worksheet

This worksheet is designed to accompany the video on overcoming self-sabotage. Follow the steps and prompts below to increase your self-awareness, challenge negative thoughts, set realistic goals, embrace imperfection, and seek the right support.

Step 1: Identify Your Roadblocks

Self-awareness is the first step to overcoming self-sabotage.

- **What are the specific things holding you back?** (Examples: fear, negative self-talk, past trauma, ADHD challenges, etc.)

- Write down at least three challenges that you face in your journey.

- _____
- _____
- _____

- **Are these roadblocks the result of specific events or ongoing patterns?**
Describe briefly:

- _____
- _____

Step 2: Challenge Negative Thoughts

Examine the thoughts you have about yourself.

1. **Write down a common negative thought you have about yourself:**

- _____

2. **Ask yourself:**

- Where did this thought come from? (Who said it, or when did it start?)
- Is this thought objectively true, or is it an assumption?

3. Reframe the negative thought into a positive affirmation:

- _____

Step 3: Set Realistic Goals

Setting achievable goals helps overcome procrastination and build momentum.

1. Where do you want to be in the next:

- 90 days:

- 1 year:

- 5 years:

2. Write down 3 realistic, measurable goals:

1. _____

2. _____

3. _____

3. Break down each goal into actionable steps:

- Goal 1: Steps

- Goal 2: Steps

- Goal 3: Steps

Step 4: Embrace Imperfection

Reflect on how perfectionism may be holding you back.

- **What are some imperfections you can learn to accept about yourself?**

- Write down three things that you can let go of or be kinder to yourself about.

○ _____

○ _____

- **What tools or strategies can help you work with your strengths instead of against your perceived weaknesses?**

○ _____

Step 5: Focus on Your Strengths

Identify and emphasize your strengths.

- **What are 3 things you are good at?**

1. _____

2. _____

3. _____

- **How can you leverage these strengths in your daily life?**

○ _____

Step 6: Seek Support

Getting help can make overcoming roadblocks much easier.

- **What type of support do you need? (Examples: coaching, therapy, accountability partner, assistant)**

○ _____

- **List people or resources you can reach out to for support:**

○ _____

Step 7: Accountability

Track your progress by setting up accountability systems.

- **What daily questions can help you stay on track? (Examples: Did I work out today? Did I challenge negative thoughts?)**

○ _____

- **Who will hold you accountable, and how often will you check in?**

○ _____

Step 8: Mindfulness and Meditation

Developing a mindfulness practice can help manage stress and focus your mind.

- **What mindfulness techniques are you willing to try? (Examples: deep breathing, guided meditation, journaling)**

○ _____

- **Set a schedule for mindfulness practice:**

Reflection: Take a moment to reflect on the insights you gained from completing this worksheet.

- What was your biggest takeaway?
- What are the first steps you will take to overcome self-sabotage?
- How will you celebrate your progress?