



Breaking the Cycle: From Self-Sabotage to Self-Awareness Self-Reflection Tool

This resource was created to help you as you participate in our online event. We encourage you to use these questions as an opportunity to reflect on how these themes may apply to your own life.

1. Where do you notice self-sabotage showing up in your life? What values or goals have been stalled because of self-sabotage?
2. What self-sabotaging behaviors have you observed in yourself?
3. What has not worked in your journey to curb self-sabotage?
4. What do you experience when you consider allowing yourself to feel uncomfortable emotions?
5. If you were operating from a place of openness and self-awareness, what might look different in your life?

