



Jennifer Hadley's 6 Day Challenge to End My Self-Sabotage

Day 1 Worksheet

Join our **Facebook group** (facebook.com/groups/endmysabotage) so that you can share your intention and goals. We're doing this together!

Self-medication is a costly form of self-sabotage. Self-medication is anything we do to distract from how we feel. It can also dampen our feelings so we tune-out and are not present with ourselves, loved ones, and Spirit.

Part 1: What types of self-medication do you engage in? Check all that apply. It's not always WHAT we do, it's our motivation for doing it and how we feel after. There's a difference between relaxing and enjoying an activity, and escaping and going to excess. We usually know we're self-medicating because we hide it, we feel ashamed, or we feel hungover afterwards.

Awareness is healing! Awareness is curative! Let's LOVE ourselves so much that we're willing to take stock of what's really going on so we can make informed decisions to do things that better support our life of Love!

Here are some ways that people self-medicate. Please check all that apply and add your own:

- | | | |
|---|---|---------------------------------------|
| <input type="checkbox"/> Eating unhealthily
including overeating | <input type="checkbox"/> Working | <input type="checkbox"/> Cleaning |
| <input type="checkbox"/> Drinking alcohol | <input type="checkbox"/> Reading | <input type="checkbox"/> Drugs |
| <input type="checkbox"/> Watching television | <input type="checkbox"/> Sex/Pornography | <input type="checkbox"/> Fantasy |
| <input type="checkbox"/> Excessive exercise | <input type="checkbox"/> Sleeping | <input type="checkbox"/> Volunteering |
| <input type="checkbox"/> Talking on the phone
way too much | <input type="checkbox"/> Facebook | <input type="checkbox"/> Other _____ |
| | <input type="checkbox"/> Surfing the internet | <input type="checkbox"/> Other _____ |
| | <input type="checkbox"/> Shopping / Spending \$ | |

In order for us to understand the REAL benefits of life without the self-sabotage of self-medication, let's gather more insights.

Money Question 1. Approximately how much of your **money** do you invest in self-medication? How much per week? What does that add up to in 1 year?

Time Question 1. Approximately how much of your **time** do you invest in self-medication? How much per week? What does that add up to in 1 year?

Energy Question 1. Approximately what **percentage** of the total **energy** that you have to live your life do you invest in self-medication per day? What does that add up to in 1 year?

_____ %

Part 2: Consider the effects of self-medicating. For instance, if you have to compensate for self-medicating, what's involved in that?

Example: If your health is challenged because of self-medication, are you taking prescriptions? Seeing doctors? Physical therapists?

Example: If you self-medicate with staying up late watching tv, are you then exhausted the next day, with guilt, and low self-esteem? You don't have time to prepare a proper lunch, so you go out to eat and spend 2x as much or eat unhealthily. You don't have the alertness to do an excellent job at work and you don't get the raise, the promotion, the bonus. What is the EFFECT of your exhausted, low self-esteem choices? And then you have even more reason to self-medicate.

Money Question 2. Approximately how much of your **money** do you invest in dealing with the ramifications and problems caused by self-medicating? How much per month? What does that add up to in 1 year?

Time Question 2. Approximately how much of your **time** do you invest in dealing with the ramifications and problems caused by self-medication? How much per week? What does that add up to in 1 year?

Energy Question 2. Approximately what **percentage** of your **energy** that you have to live your life do you invest in ramifications and problems caused by self-medication? Ask your Higher Holy Spirit to tell you the answer.

_____ %

Now, let's total up Part 1 and Part 2:

Total financial investment in my self-medicating _____
Add together Money Question #1 and #2

Total time investment in my self-medicating _____
Add together Time Question #1 and #2

Total % energy investment in my self-medicating _____ %
Add together Energy Question #1 and #2

How does it feel to see these facts and figures in front of you? Do you feel like making a decision to let Spirit show you a better way?

New Choices – New Decisions

BRAINSTORM: Generally, when you're no longer investing yourself in self-medication, what would you like to be investing yourself in instead? If there were no limitations at all, what would you rather be focused on instead of self-medicating?

Money

When you're no longer investing your **money** in self-medication, what would you rather invest your money in? How, specifically, would you invest your **money** differently?

What benefit would that financial investment bring you? How would you feel differently about yourself? This is important. Don't do this quickly. Allow yourself to FEEL what it would feel like to make this change – this is part of gathering the energy of your healing!

Time

When you're no longer investing your **time** in self-medication, what would you rather invest your time in? How, specifically, would you invest your **time** differently? What would you prefer to be doing?

What benefit would that shift in your use of time be to you? How would you feel differently about yourself? Again, this is REALLY important, don't do this quickly. Allow yourself to FEEL what it would feel like to make that change in your investment of your precious time. This is part of gathering the energy of your healing!

Energy

When you're no longer investing your **Energy** in self-medication, what would you rather invest your ENERGY in? Our energy is all about our intention, our purpose, our creativity, the things we think about WHILE we're doing other things like folding laundry and driving in the car. How, specifically, would you invest your **energy** differently? What would you prefer to be thinking about, talking about, planning for?

SUPER IMPORTANT: What benefit would that shift in your use of **energy and focus** be to you? How would you feel differently about yourself? Again, this is critical to becoming inspired to bring forth a change on a spiritual level. Don't do this quickly. Allow yourself

to FEEL what it would feel like to make that change in your investment of your precious life-force energy. This is part of making a shift into healing!

If you knew that Spirit would do the heavy lifting of figuring out HOW this change could happen, would you be willing to put some attention on this most days?

How willing do you feel on a scale of 1 to 100? _____ %

What is the #1 thing you could easily do to demonstrate your willingness to ALLOW Spirit to make the shift in your life?

What is your DAY 1 aha?

How did this make a difference in your life?

Share the benefits of your aha's to inspire others! Please add a post in our **Facebook group** (facebook.com/groups/endmysabotage) and let others know what you're discovering. Sharing helps spread the Love and release the pain so we all gain!