



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

Day 6 Worksheet

Let's see if we can make some new decisions about our life and ourselves. This is the golden moment NOW.

It takes 28 days to create new habits. And for most of us it takes longer to shift our consciousness and actually change our minds. It all starts with a NEW DECISION.

What are you avoiding by choosing self-sabotage and self-medication? See if you can list at least 5 things.

Example: I'm avoiding looking for a job because it feels overwhelming.

What is it that you truly would like to experience that becomes **impossible** because of the routine of self-sabotage and self-medication? Are you preventing something?

Is there something you're **hiding** from that has you choosing self-medication to relieve that pain AND to give you an excuse to hide or isolate?

Why are you blocking, hiding, and avoiding using self-medicating and self-sabotaging?

If it were possible, WHAT is that you truly would like to have, **BE** or experience instead of self-sabotage and self-medication?

What would you need to have, within yourself, or what would you need to BE in order to move forward with what you truly would like?

*Example: I'd really **LIKE** romance and relationship. I'm blocking it with self-medicating. In order to have what I'd like, I'd have to **FEEL** worthy and open. I'd have to truly **BE** available and willing to have courage.*

1. What I'd really **LIKE** is:

In order to have that, I'd have to **FEEL**:

I'd have to truly **BE**:

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2. What I'd really **LIKE** is:

In order to have that, I'd have to **FEEL**:

I'd have to truly **BE**:

~ ~ ~ ~ ~

3. What I'd really **LIKE** is:

In order to have that, I'd have to **FEEL**:

I'd have to truly **BE**:

~ ~ ~ ~ ~

4. What I'd really **LIKE** is:

In order to have that, I'd have to **FEEL**:

I'd have to truly **BE**:

~ ~ ~ ~ ~

5. What I'd really **LIKE** is:

In order to have that, I'd have to **FEEL**:

I'd have to truly **BE**:

What is your DAY 6 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/endmyselfsabotage) and let others know what you're discovering. Sharing helps spread the Love and release the pain so we all gain!

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