

SET YOURSELF UP FOR SUCCESS

A common mistake most people make is to ignore the inevitable self-sabotage that occurs when we want to make a drastic change in our lives. In order to set yourself up for unstoppable success, you have to take preventive measures and predict setbacks before they occur.

Instructions

Take your journal and start brainstorming potential fears that can come up and hold you back from following through with your goals. Use the templates below to draw some ideas.

“If I follow my dreams, I’ll be risking so much, I have a family who relies on my paycheck”

“If I try to go for the position I want, I’ll be exposed, the world will see more of who I am, I’ll have nowhere to hide.”

“I will have to change every part of my lifestyle, I have so many friends at work, I won’t know anyone in this new field”

“I am afraid of criticism from friends and family.”

“I am worried that changing my routine is too time-consuming and difficult to adapt. “

“I am worried I will fail at what I want, and I will have to deal with the shame.”

“I fear not knowing how to handle getting what I want. What If I don’t have what it takes?!”

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As you can tell, all of your fears and doubts are common. Instead of feeling shame around it, consider yourself lucky for recognizing the fear, and being strategic about it.

Now, let`s reframe it.

Create a positive reframe to each of the perspective self-sabotage scripts you`ve listed.

For example:

“If I follow my dreams, I`ll be risking so much, I have a family who relies on my paycheck”

Reframed: “If I follow my dreams, everyone is winning. My family wants me to be happy. Doing what I love for work enriches my life and the lives of the people in my life. I am finding the perfect job for me that earns me money and brings me fulfilment. I can have it all!”