

Self-Sabotaging Tendencies

As you begin your organizing project, I want you to be prepared for things that will hinder you moving forward. One of those are when we self-sabotage our projects. Sometimes this defect is so unconscious that we don't realize it's popped its ugly head. I want you to be prepared when you see these issues surface and then work on a "counterpart" to get rid of it.

Check off all self-sabotaging things that you have allowed in your life:

- You expect changes but don't allow the physical or mental time to make them happen.
My counterpart will be: _____
- You are afraid and operate in a spirit of fear. You are afraid to do something new.
My counterpart will be: _____
- You have a fear of success.
My counterpart will be: _____
- Fearful you will fail and then what will others think of you.
My counterpart will be: _____
- You are afraid that if you get your home in order you will have nothing to do with your days.
My counterpart will be: _____
- You dwell on too many options or strategies only to have it paralyze you.
My counterpart will be: _____
- When things get hard you quit instead of pushing through.
My counterpart will be: _____
- You think change can only happen if so and so comes along side you. You are dependent on other people to make changes in your own life.
My counterpart will be: _____
- You exaggerate the way other people live and diminish your own way of living.
My counterpart will be: _____

- You are a perfectionist and an “all or nothing” person.
My counterpart will be: _____
- You let others take over your day and your responsibilities.
My counterpart will be: _____
- You’ve allowed so much “busyness” into your life that you have no time to put a plan in place to start this project.
My counterpart will be: _____
- You spend all your time planning but never doing.
My counterpart will be: _____
- You sabotage your sleep by staying up too late and then the next day you are exhausted and have brain fog.
My counterpart will be: _____
- Your diet consists of highly processed foods, sugars and sodas to only deplete you of energy during the day.
My counterpart will be: _____
- You deny yourself pleasures and then when you’ve reached a breaking point you “binge” on those pleasures. You don’t know how to do in moderation.
My counterpart will be: _____
- You ignore the warning signs in your health, your relationships and your environment.
My counterpart will be: _____
- You don’t do tasks you know you need to do because you hold onto the belief “I can’t.”
My counterpart will be: _____
- You waste a lot of time and energy “reinventing” the process instead of following proven plans of action.
My counterpart will be: _____
- You take on other people’s emotional issues which causes emotional overload on yourself. You don’t know how to say no to them.
My counterpart will be: _____
- You have an issue looking at “the bright side of things.” You’ll always steer towards the negative.
My counterpart will be: _____

- You refuse to make routines for yourself and stick to them. You operate more on how you “feel” at the moment.
My counterpart will be: _____
- You create rules that help support you to procrastinate. For example, you don’t have time to clean the whole bathroom, so you don’t clean just the toilet that really needs to be cleaned. You are an all or nothing type.
My counterpart will be: _____
- You over complicate circumstances. Instead of finding a simple solution to the issue at hand, you take days researching how to solve it only to be exhausted from the research and give up.
My counterpart will be: _____
- You stick to something because it feels “comfortable” but isn’t working for you and you like the comfort more than the solution.
My counterpart will be: _____
- You complain about other family members and their clutter but don’t look at what you are specifically causing yourself.
My counterpart will be: _____
- You won’t give up a strategy that isn’t working. You keep at it thinking one of these times it will work.
My counterpart will be: _____
- You don’t operate in the reality but live in the fantasy of how you think it should be. For example, you want your children to keep their rooms tidy but you never teach them how to accomplish it or even keep your own space neat and organized.
My counterpart will be: _____
- You generate your own stress. You start more projects but never finish them.
My counterpart will be: _____
- You work on low priority issues and leave the high priority ones aside. You only work on what “feels good” instead of what is important or critical.
My counterpart will be: _____
- You overwork yourself to the point of exhaustion, but you aren’t accomplishing much.
My counterpart will be: _____

- You have no self-compassion. You only operate in a critical spirit of yourself.
My counterpart will be: _____

- You don't have a good hold of your finances and you are buying items you know you already have but can't find them.
My counterpart will be _____

- You won't spend money getting the help you need to reach your goal(s).
My counterpart will be: _____

- You buy things you rarely use because you use shopping as a way of entertainment.
My counterpart will be: _____

- You feel lonely and rejected and to take that pain away you shop ... or _____.
My counterpart will be: _____

After you have checked off the Self-Sabotaging issues that relate to you, be sure to listen to the Bonus Video helping you with "counterparts."