

How to Stop Sabotaging Your Success

By Joyce Dillon

LET'S ASSUME THAT YOU'VE identified your true purpose in life and you're on your way to actualizing it. Then you fall off track. You realize that you may be self-sabotaging the journey to reach your goals.

Perhaps you're not keeping up with writing your blog. Or maybe you're procrastinating about starting an important new project. What about getting regular exercise or losing those extra 20 pounds? Are you stressed or feeling guilty about time away from family?

The secret is to get motivated to move back on track. But how to start?

Believe you will succeed

Many of us lack the confidence to pursue our dreams. We doubt ourselves or become so afraid of failing that we unconsciously sabotage our success. Sometimes we don't even try something because of pre-conceived ideas of failure.

But failure is the best way in the world to learn stamina and resilience. Louise Hay, motivational author, says to tell yourself every morning, "I am successful, I am confident, I am supported by people who desire to work with me."

Surround yourself with successful people

It is important to surround yourself with positive thinking people—friends and co-workers who are emotionally and spiritually grounded and making a difference in the world. Mix with people who support your dreams and help you find ways to manifest your business or career.



Align your thoughts with your goals

Thoughts and feelings are alive. They are energy, just like everything else in the world. If you have a hard time manifesting what you deeply desire for your life, it could be because you are stuck in an old belief about yourself.

Changing this belief is a critical step in learning to align your thoughts with your life vision or goals. If you want to be successful in your business or in any area of your life you must be aware of your emotions and thoughts. Write down your goals and see them as already happening.

How to avoid self-sabotage

Cultivating mindful awareness of your behavior is key to avoiding the pitfalls of self-sabotage. Follow these steps to find your true purpose:

- Meditate and reflect. Get quiet and connect to the present moment. Acknowledge the critical inner voice whispering in your ear, telling you that you can't succeed.
- Ask yourself: "What did I do or not do to defeat my progress towards my goal?" Write down your thoughts.
- Pay attention! Over time, the deep reasons behind your self-doubt will be revealed. At first the truth might make you anxious because it means challenging deeply ingrained, old, familiar attitudes that you've long held about yourself.

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Change can be hard – don't tough it out alone

Exploring old, unproductive, limiting thought patterns and changing them can be difficult. Our tendency to backslide on the best of intentions is pernicious.

Find someone to help you take control by developing an action plan to move you forward faster. Once you identify and process the root cause of your fear, and learn how to manage it, the self-sabotaging behavior will stop. →



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