



## **SOUL BOOSTER No. 5 | SELF-SABOTAGE**

Have you ever engaged in self-sabotaging behavior whether in a small or big way? Do, you ever feel unmotivated when you're about to begin something that's important? Or do you sometimes think that you aren't good enough or worthy to achieve a specific goal?

Most of the time it's not others who prevent us from achieving our true goal of being all that we can be, or others who knock us off our spiritual path or practices. Sometimes our worst enemy is ourselves. It's that critical inner voice, or negative thought that causes us to self-sabotage and derails our carefully woven plans. This is the act of your conscience getting in the way of your intent or goal, disrupting you to defeat your purpose. You may not even be aware that you are doing it.

This Soul Boost is a reminder: Your soul is trying to assist you in taking the next step towards your purpose and believing in living a soul-led life. Yet before you can do that, you have to recognize and acknowledge the signs and symptoms of self-sabotage.

There are many different ways that we *all* do this and a few signs are: self-criticism, a negative outlook, procrastination, overindulgence, or initiating conflicts. Self-sabotage can be challenging – but the first step is becoming aware of these behaviors. Take a step back and look for one small change that you can make to set you on a more successful course, and by do so, may be the soul boost that you need right now to move forward.

### **This Week's Soul Learning Boost**

This week take notice of any self-sabotaging behavior, especially when something is presented as an opportunity, whether it's new or one from the past.

It's never too late to revisit what you feel could be a soul-led opportunity that keeps coming back into your life.



Changing our self-sabotaging habits doesn't have to happen all at once. Just being *aware* of it is a good start. Don't beat yourself up or blame yourself. Self-sabotage is a form of emotional protection.

This restrictive behavior may have been with you for a while, so give yourself the time to think, address, and have courage as you learn to take that leap of faith as you begin to get out of your own way!

### **Affirmations for the Week**

**"I AM SOUL"**

*"I am NOW aware of my thoughts and easily recognize my own self-sabotaging"*