



## Session # 5: Action Guide

Oh yeah... About Sabotage...

### Sabotage can come from two directions:

- The behavior of your friends, co-workers, colleagues, and family,
- Your own inner rebellion.

Others watching us venture into this healthier lifestyle may make comments, or they may rebel against us. You may notice that some people close to you feel threatened when you embark on this kind of journey and they will tempt us with food and activities we're trying to move away from.

Sometimes we feel guilty that they feel threatened (it's **NOT your fault** that they feel bad) and sabotage ourselves to be accepted.

These reactions boil down to fear.

### **Fear of not being loved.**

Others, without the courage to take such a bold step may unconsciously hope we fail. Our success would be uncomfortably challenging. When we take a step toward valuing ourselves more, our relationships are forced to shift. Our own rebellion is often based on our own fear of change, of taking responsibility for our lives.

### **What if we no longer could hide behind excuses for not becoming anything we want? For not allowing ourselves to really be who we truly are?**

Make this training work for you by taking responsibility for your health and how your life turns out.

### **My Action steps for this week are:**

- 1.
- 2.
- 3.
- 4.



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