**Cease Self-Sabotage ~ Worksheet 1 ~ March 2020**

*Judgement free worksheet – self awareness and observation only, without judgement or editing ourselves!*

*It’s all about learning and self awareness.*

1. **What New Year resolutions and / or Goals With Souls DID you achieve in 2019?**

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1. **WHY did you achieve them? Who were you when you were making them happen?**

***I was a woman who….what?***

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1. **Which ones did you NOT achieve in 2019?**

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1. **Which ones did you NOT achieve in 2019?**

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1. **WHY did you not achieve them? Who were you when you were NOT making them happen? What were you choosing instead? WHY? What stopped you?**

***I wanted to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_but \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***I intended to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_but \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***I promised myself I’d \_\_\_\_\_\_\_\_\_\_\_\_\_\_but \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

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1. **Which New Years Resolutions have you made over and over and over again? Bonus points for any that are more than a decade old and recurring!**

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1. **Why do these good intentions keep being met with self-sabotage? It’s NOT because you don’t have “enough willpower”, I promise. Be KIND to yourself as you answer this… Why did you not achieve them? Who were you when you were NOT making them happen? What were you choosing instead? WHY? What stopped you?**

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1. **Are there any Goals With Souls for 2020 that you are feeling you are struggling with? Where are you sabotaging your good intentions?**

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1. **Why? Who do you need to BE to make them happen?**

***When \_\_\_\_\_\_\_\_\_\_ happens I am a woman who…what?***

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*Okay beauty. I know that was a BIG, and deep self- awareness exercise to kick of the month, so well done.*

*Please – no beating yourself up – bring your curiosity NOT your self censure to the tutorial and learn about what is REALLY going on!*

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