

Brigitte van Tuijl

*Build a thriving, soulful business - on
your own terms, in your own way*



Checklist To Stop & Prevent Self-Sabotaging Behavior



A gift for you

From Brigitte van Tuijl

Checklist To Stop & Prevent Self-Sabotaging Behavior

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Here's what you find in this free checklist:

#1: The complete list of ways I sabotage myself (to inspire you to recognize your own sabotaging behavior.)

#2: 5 other possible symptoms of self-sabotaging behavior (also to inspire you to create your own list.)

#3: Tips to stop sabotaging yourself.

#4: How to create your own list of self-sabotaging behavior.

#5: How to create your own practices that help you prevent self-sabotage.

#1 The complete list of ways I sabotage myself:

#1 I stop doing things that are good for my physical, mental, emotional, financial and / or spiritual well-being.

For example:

Less exercising / less journaling / less inner work / less meditating / taking less care of my surroundings / let the piles on my desk grow bigger and bigger.

#2 I procrastinate.

Not from inspiration or a deep knowing that I shouldn't do something.

On the contrary: I KNOW I should do it, my intuition is telling me to do it, but I choose to ignore that.

As a result, I either don't start something, or don't finish it.

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#3 I do (more) things that suppress my emotions.

For example:

Watch more TV / drink more wine / eat more fast food / and back in the day when I used to smoke, I started smoking even more than I already did.

#4 I unconsciously create problems or conflict.

For example:

Pick a fight with my partner / pay less attention to my finances: get sloppy in paying bills on time / buy things I don't need or can't afford.

#5 Comparisonitis.

I read what other people are doing to make myself feel bad: I feel jealous, judgmental, and insecure.

I don't let what other people do inspire me, but let it make me feel worse.

Instead of spending my time and energy on my OWN business, I waste it thinking about (and feeling bad about) other people's lives and businesses.

#6 Focusing on the negative in general

Seeing fault in everything and everybody. Interpreting everything in a negative way. Focusing on what I DON'T want without looking at what I DO want instead.

#7 Whining, complaining, being reactive, feeling like victim.

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#8 Taking less action

Not from inspiration telling me to slow down, but from an overall feeling of not wanting to do the things I know I should be doing.

Plus: I don't really feel like doing ANYthing.

#9 I spend even more time in my cave & alone than I normally do.

Almost all human interaction feels like a burden. I feel drained even before I talk to or meet someone. The very thought of interacting with anyone makes me tired.

#10 Overcomplicating things

Making things so complicated, that it seems like I have good reason for not doing it.

How I know this is a self-sabotaging thing: I leave it at that, and don't ask for help or try to find a way to solve it / simplify it.

#2: 5 other possible symptoms of self-sabotaging behavior.

1. Getting sick or hurt;
2. Things breaking down (your car breaks down; the washing machine; your computer; laptop; phone, etc.)
3. Unexpected bills show up;
4. Worrying and stressing about things;
5. Not keeping your word / breaking promises / breaking deadlines.

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#3: Tips to stop sabotaging yourself.

- Decide that you WILL stop it.
- Focus on what you want, and why you want it: look at what you gain when you do or get this, instead of looking at what you think or fear you'll lose.
- Look your fear in the eye, acknowledge it's there, and decide to NOT let fear run your life.
- Ask for help.
- Take action on that thing you've been avoiding. If only a baby-step.
- Make a list of things you KNOW make you feel good, and keep you moving forward.
- Turn these into 1 or more daily practice. (See worksheet at the end of this checklist.)
- DO those things every day.

#4: How to create your own list of self-sabotaging behavior.

Now, make a list of EVERY type of self-sabotaging behavior you have.

Use my own list plus the 5 other possible symptoms of self-sabotaging behavior I shared with you in this checklist for inspiration to create your own list.

Answer the following questions for every item on your list:

How I sabotage myself:

.....

How this shows up in my business:

.....

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How this shows up in my life:

.....

How I know this is a symptom of self-sabotaging behavior:

For example: by how it makes you feel / by how frequent you display this behavior / by the combination of this symptom with one or more other symptoms

#5: How to create your own practices that help you prevent self-sabotage.

First, look at all the ways you sabotage yourself, and decide what your top-3 ways of self-sabotage is. What is it you ALWAYS do when you sabotage yourself?

Second, pick 1-3 daily practices that specifically help you prevent your top-3 self-sabotaging ways, to make sure you keep moving forward to accomplish the goals you really want to achieve.

For example: one of the ways I ALWAYS sabotage myself is:

I stop doing things that are good for me, specifically my inner work.

So my daily practice is:

I start each workday by writing in my journal and doing my inner work.

And if I don't feel like it, or want to skip it, I explore why that is:

Am I self-sabotaging?

Am I avoiding something?

If so, what am I avoiding?

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I hope the information in this worksheet helps you recognize, stop, and prevent yourself sabotaging yourself.

Allow yourself to create the business and life you most deeply desire.

There is NO reason you can't have it: you truly CAN manifest everything you deeply desire.

All you have to do is get out of your own way; do whatever it takes; and allow yourself to receive it.

Good luck!!

A handwritten signature in blue ink that reads "Brigitte". The signature is written in a cursive, flowing style.

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About Brigitte van Tuijl

Brigitte van Tuijl is a master business breakthrough coach for women entrepreneurs with ambition on a mission.

She empowers & inspires you to grow your soulful business on your own terms, in your own way – without compromising, sacrificing or changing who you are.

She's the author of the upcoming book 'The Art Of Divine Selfishness – How to transform your life, your biz and the world by putting yourself first.' It's been brewing for years, and will finally be published in 2016.

(And it won't just be 1 book. It'll be a series of 3 books. To be published in the course of 2016 and 2017. Unless she surprises herself and manages to publish them all in 2016. She just might, you know. Stranger things have happened ;-)

Read more about her products & services [here](#) and more about her books [here](#).



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