

BREAKING THE CYCLE



OVERCOMING **SELF-SABOTAGE**
FOR LASTING SUCCESS

Breaking The Cycle ©

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COURSE INTRODUCTION



We developed your Breaking The Cycle: Overcoming Self-Sabotage for Lasting Success course with one very clear goal: to help you identify destructive, limiting behaviors and replace them with positive belief systems and habits that foster personal and professional growth.

In **Module 1: Understanding Self-Sabotage**, you will learn what self-sabotage means and why we are sometimes our worst enemies. Why do we do things that lead us to bad experiences? We consciously want to pursue a goal and head off in that direction. Then, out of the blue, we catch ourselves falling prey to habits that prevent us from creating the desired result.

We'll help you identify what triggers self-defeating behavior. We all have bad habits. Many times, those actions are automatic, and we engage in them before we have a chance to choose a healthier behavior. In this module, you'll discover how self-destructive thoughts appear in your daily routine.

In **Module 2: Why We Self-Sabotage**, we examine self-limiting beliefs. These ideas are solidly entrenched deep in your subconscious. They are powerful and silent, guiding your thoughts and actions. Limiting belief systems is why you haven't achieved important goals in your life, even though you've made a conscious effort to succeed.

You will discover how fear and insecurity can paralyze you into inaction. These and other negative influences can hold you back when you want to create positive change. As with self-limiting beliefs, these powerful emotions are sometimes the reason you can't seem to achieve professional and personal growth.

You discover how your past can negatively impact your present and future. You can learn a lot from your previous experiences, but sometimes, the stories you tell yourself are based on negative narratives. Negative self-talk influences a negative reality, but you can improve by practicing positive self-talk.

In **Module 3: Breaking Our Self-Sabotage Cycles**, you learn how to move past the influence of self-limiting beliefs and habits. We share proven methods for developing a crystal-clear picture of who you are and what drives you. Honest self-awareness is essential to discovering the mental and emotional blocks you must remove to enjoy more personal and professional success.

We show you how to replace self-sabotaging behaviors with actions that align with your goals. You interrupt the subconscious sabotage cycle and make more constructive choices.

Module 4, Building Resilience Against Self-Sabotage, is divided into three sections.

- Reinforcing Positive Self-Perception
- Staying Vigilant against Setbacks
- Building Resilience for Long-Term Success

You learn to embrace a healthy self-image, spot early warning signs of self-sabotage, and build the resilience required to overcome the setbacks life will inevitably throw your way.

Before we begin, remember two things. First, shortcomings in life don't always occur because you are lazy, unmotivated, or incapable of making wonderful things happen. From your earliest days as a child, you have developed negative mental programs that are responsible for a significant amount of your failure and underachievement. Secondly, and this is even more important to remember, you can erase those programs and create new belief systems that influence positive behaviors and lead you to the life you have always wanted to live. That's the truly life-changing power this course gives you. Your journey begins with defining self-sabotage and exploring how it manifests.