

SELF SABOTAGE ELIMINATOR



REFLECT

Does money allure you? Is Success a fleeting wish? Are you still waiting for a “break-through” in your life? Would you feel uncomfortable if you suddenly became rich and famous?

The truth is, we all have many “wants.” One of the greatest sources of fulfillment is to actually get what you want. Here is an example. Have you ever lost your car keys? You know you laid them down somewhere, but you are in a hurry and you cannot find them. You thrash around the house looking in desperation. Each moment that ticks by, your frustration rises higher and higher. You’re going to be late!!.....And then you find them!!!! At the moment you find them, how do you feel? Great right? Your mood level changes, your perspective changes, your view of life changes.....all because you got what you **REALLY WANTED** in that moment.

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It is the most powerful thing you can do to support someone else as well. Ask them what they want and help them get it. **SIMPLE!** Not getting what you want or being prevented from getting what you want or being given something you do not want is called.....abuse. How many times have you abused yourself by not giving yourself what you want?

Well, it may be because there is some **unconscious fear** or **concern** around getting what you want. Your **Little Voice** and subconscious may be sabotaging you from getting what you want because it prevents you from the possible problems that could arise from gettin your wants.

This process was taught to me by one of my great mentors. It changed my life. Hopefully it will change yours.

You can either do this speaking out loud to yourself or by writing all down. Doing it silently in your head will not work!!

TEMPLATE SELF SABOTAGE ELIMINATOR

1. What is it that you really want?

(money, health, love, opportunity, business, acknowledgement, success,.....)

Example answer: Success

2. Describe it.

Example answer: Success to me is when I have the magic touch and all my goals are being accomplished and coming true and I am living on top of the world!!

1. If you had _____, what problem(s) might that create for you?

Example answer... If I were really successful, some of my friends might not like me anymore or they might resent me.

4. How could you handle that problem?

Example answer: Well, I could remain very grateful and humble toward my old friends. I could be very honest and authentic with them and tell them how much I appreciate them (if I really do). And I could make a lot of new friends who DO like me for who I am.

5. What would be the consequences or results of handling that problem?

Example answer: My circle of friends would get bigger and I could continue to show my love for my existing friends. Also those who really like me for who I am will still always be my friends. I could also be free to be the real me!!

6. Have you ever done anything like that before?

Example answer: Yes...and explain

Example answer: No

7. Do you know anyone else who has ever done that?

Describe.

8. Could you do that?

WANT TO TAKE THIS FURTHER?

HAVE YOU TAKEN THE 6 WEEK
LITTLE VOICE MASTERY
PROGRAM YET?

EMAIL "LVMP" TO [INFO@BLAIRSINGER.COM](mailto:info@blairsinger.com)

Blair Singer