

HEAL YOUR SELF-SABOTAGE MASTERCLASS

Let's Process

What is your vision for healing your self-sabotage? Why does it matter to you?

What types do you identify and how do you notice self-sabotage showing up for you?

What do you notice about how self-sabotage has fought to keep you safe?

Which of the power four do you want to explore and what does that look like?

How can you remind yourself of how incredible you are in this process?

What's a self-supportive rhythm you'd love to add in or experiment with?