

The background of the entire image is a large, close-up photograph of a person's face, likely of African descent, with a hand resting on their forehead. Overlaid on this are four smaller, semi-transparent images of other individuals: a young man with a blurred face in the top left, a young woman with dark hair in the top right, a young man with a beard in the bottom left, and a young woman with glasses in the bottom right.

SELF SABOTAGE

Recovery Prompt Cards



Introduction

You know the pattern.

You start strong. You get excited.

Then... resistance shows up.

You procrastinate, second-guess yourself, or disappear completely.

If you've ever said, "I know what to do, but I'm not doing it," this guide is for you.

This isn't about beating yourself up.

It's about unmasking the truth.

It's about becoming conscious of the unconscious stories and habits that sabotage your growth.

Grab a pen. Let's do some honest work.



This Isn't Just a Download. It's a Mirror.

These prompts aren't meant to be rushed.
They're meant to disrupt the autopilot and get you
honest with yourself.



Grab a notebook.
Write freely. Be raw. Be real.



Come back often.
Self-sabotage isn't a one-time fix — it's a pattern we
unlearn with practice.



Journal Prompt 1

What's one thing I keep starting but never finish?

What emotion shows up when I stop?



Journal Prompt 2

What do I usually do when I feel overwhelmed?

Is that helping or hurting me long-term?



Journal Prompt 3

**What's the story I tell myself
before I quit?**

Who taught me that?
Is it still true?



Journal Prompt 4

**Where am I hiding behind
perfectionism?**

What fear is really
underneath?



Journal Prompt 5

Who would I disappoint if I actually succeeded?

What part of me is afraid of change?



Journal Prompt 6

What's one pattern I'm tired of repeating?

What would breaking it do for me?



Journal Prompt 7

**What do I gain by
sabotaging myself?**

What would I gain by
choosing differently?



Ready to Go Deeper?

You've just scratched the surface.

If this hit a nerve—in a good way—join the **Break Free from Self-Sabotage Challenge**.

It's a self-paced journey that helps you identify your sabotage style, unpack your triggers, and create better habits using a step-by-step system.

You'll get:

- ➡ A full Self-Sabotage Recovery Workbook
- ➡ Audio coaching and reflection prompts
- ➡ Bite-sized lessons to reset your thinking



Join the Challenge Now

Or



Book a Free Strategy Session