

HOUSE OF SELF

Self-sabotage *Journal*

DATE:

TIME:

- ✦ What is coming up for me in this moment?
- ✦ What is making me not take action on my goals today?
- ✦ What am I most afraid of in relation to this goal?
- ✦ What one small thing will move me closer to my goal today?

List three things you can do to celebrate your small wins today ...

Additional thoughts: