Empowerment Means Managing Your Sabotaging Voice
Name it. Tame It. Send it Away.

What is the Saboteur? It’s your inner thought process that tricks you into thinking it is protecting you from failure, embarrassment or harm.

Three B.I.G. Steps
1. Build Confidence by Naming It
2. Increase Control by Taming It
3. Gain Courage by Sending It Away

NAME IT
What is it? A lifetime of: ___________ ___________ ___________
What theme resonates with you? Need to ______________________ Fear of ___________________

Everything starts with a thought
Thought + Feeling = Behavior

Name one sabotaging thought Feeling Behavior
T ____________________________ + F __________________ = B ___________________

TAME IT
What human qualities do you recognize in your Saboteur?

My Saboteur sounds like:

My Saboteur looks like:

When It shows up, it feels like:

If my Saboteur weren’t so loud, I might:

My Saboteur’s name is:

SEND IT AWAY
New Thought New Feeling New Behavior
T ____________________________ + F __________________ = B ___________________