

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. **B**uild Confidence by Naming It
2. **I**ncrease Control by Taming It
3. **G**ain 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 _____