

UNSTOPPABLE

28 Day Overhaul

BONUS TRAINING ENDING SELF SABOTAGE

1- What is the behaviour pattern?

2. What benefits do you get from it at the time?

3. What has it cost you in the past?

4. How does it impact you now?

5. Who else does it impact?

6. What will happen in the future if you keep repeating this pattern?

7. How can you interrupt the pattern?

8. What is the benefit of that?

9. Who will this new behaviour impact the most and how?