



#1 HACK
TO STOP
SELF-
SABOTAGE
& Reprogram Your Subconscious

What is Self-Sabotage

Do you often think... I'm not enough, I'm not worthy, I'm not smart enough, I don't deserve it, If I try, I'll fail?

Let me introduce...The Saboteur; those inner critics and inner inhabitants of our minds that come from your subconscious telling you a story about who you are. They form the lens through which you see and react to the world. They cause self-doubt and create lots of noise in your mind.

You may be asking: What is a saboteur? Where did it come from? Why would I self-sabotage?

Self-Sabotage is caused by "Saboteurs" in your mind. The Saboteurs are the internal enemies. They are a set of automatic and habitual mind patterns, each with its own voice, beliefs, and assumptions that work against your best interest. They come in ten varieties: the Judge, Controller, Victim, Stickler, Pleaser, Avoider, Restless, Hyper-Rational, Hyper-Achiever, and Hyper-Vigilant. From the time you were a child, you were being inundated with ideas and myths about success and failure. These beliefs were likely soaked in by your subconscious like a sponge.

We react to it as if it was true. And when we react we give it our power, we are also giving it our time, our focus, our energy and our attention. These saboteurs are not just in your head they are stopping you physically. They have an impact on your both on your physical body and your spirit.

"The first step to an extraordinary life & relationship is untangling negative self beliefs."

SABOTEURS ARE...

- **The voices of fear, and self-doubt and confusion.**
- **Sometimes called the "Inner Critic," "Negative Self Talk"**
- **The internal self-talk we automatically believe as truth.**

The counterpart to Self-Sabotage...is the Sage.

To experience love, freedom and personal empowerment, you have to be the gatekeeper of your words. Making sure it's you and not your inner judge that is talking.

Training your mind all starts with the words you choose. Your words mold and shape you. They form your beliefs and from that, your actions.

If you want positive change, then you have to plant the best words, with the best intentions, and the best possible outcome into your thoughts every moment of the day.

This is consciously creating your future. Sounds easy, right? The truth is that it is this simple and hard all at the same time.

You have over
70,000 thoughts
each day.
95% are repetitive.
When you change
your thoughts,
you change your
reality.



Watch out for these top 3 saboteurs...



I should...

When you say “I should...” you know it’s one of your inner judges talking loud and clear.

Your Judge is the master Saboteur and the original cause of much of our anxiety, distress, and suffering. It also is the cause of much of relationship conflicts. Your judge compels you to find faults with ourselves, others, and our conditions and circumstances. So when you say “I should” it often means you are acting out of your authentic wishes. You are superimposing outside expectations on yourself. When you hear this voice, it’s a great way to tap into your values and get to a deeper understanding of what it is you really want.

I never...

When you say “I never...” you are opening yourself up to victim energy inviting more of that to your life. By focusing on what you don’t have, you are not living in the field of infinite possibilities. You’re asking for more of the same.

Replace “I never” thoughts with positive thoughts. For example, instead of saying, “I’ll never find fulfilling work” say, “I am worthy of all the universe has to offer me and more.”

I can't...

What happens when you say “I can’t” is you are telling yourself and your subconscious that it’s not possible.

Until we delve in and understand which negative inner critic is talking, the best technique to eliminate the word “I can’t” and begin to say “I can”, thinking from a place of infinite possibilities and start to talk about your dreams in the present tense. Or even better. “I am...”

This is consciously creating your future. This requires bravery. And assertion. And clarity. Be brave here...

Every time you hear yourself make a statement of “I can’t, reframe that to a new statement that begins with “I can”.

I won't...

When you say “I won’t” you’re telling the universe where your boundary is and what you are unwilling to do. But, it creates a laundry list of things you won’t do instead of focusing on what you will do.

It’s much faster to clarify your list of healthy beliefs vs manufacturing a big list of negative beliefs. Try to move your “I wons” to “I am’s” and you’ll see faster progress manifesting your goals.

If replacing negative thoughts with more powerful, positive one eludes you, this is the sign that you would benefit from a coach.

Let's Connect

SCHEDULE YOUR FREE CONSULTATION

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**Jade Neuwirth, Life Coach, PCC
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I help clients combat life, love and relationship challenges during one-on-one phone, online or in person sessions.

Through my 25-year history as an award-winning designer, entrepreneur and visionary, working with Fortune 500 companies, I have a unique eye to deeply and quickly get to the root of your challenges, using both intuitive wisdom and practical tools.

I draw on a life-long exploration and knowledge of human behavior, self-awareness, mysticism and philosophy through the study of works of renowned teachers like Eckhart Tolle, Byron Katie and Thich Nhat Hahn. My ten-year experience working one-on-one with a zen monk helped develop my voice and vision. As these teachers have guided my life... I share my wisdom to help clients tap into their heart and authentic self and get unstuck.