

# Quick Check eWorksheet



## 8 Steps to Eliminate Self-Sabotage

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## THIS 3-PART VIDEO COURSE CONSISTENTLY KICK STARTS WEIGHT LOSS

If you're looking for a simple way  
to Lose Weight and

Discover Why Dieting Doesn't  
Work for You, then Watch these

free videos now to kick-start  
your transformation and

overcome the root cause of

your weight problems before  
attempting another failed diet.

[Click here to start now](#)

## ABOUT JODI

My goal is to add so much awesome value to your world by giving you tools, tips, inspiration and motivation that you can use right now to improve your mind, body & life.

NOTE: If you are new to JC, you can click on one of the links below for free, instant access to our most popular articles on the subject that interest you the most:

[Healthy Mind](#)

[Healthy Body](#)

[Healthy Life](#)

[Weight Loss](#)

I help people get the mind, body & life they love and back it up with daily tools, tips & resources to create measurable results.

If you like what you see, [subscribe](#) to my weekly updates and get new content delivered into your inbox every week.



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## *8 Steps to Eliminate Self-Sabotage Worksheet*

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1. Am I clear on my goal?

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2. Did I make a plan to reach the goal?

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3. Am I being honest with myself, tell yourself the truth: own up and take responsibility

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4. What is the emotional gain of my goal: Am I connecting to the goal emotionally, is it compelling enough?

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5. What do I gain (secondary gain) from not getting my goal?

*e.g. no attention, I can hide, I can use my weight as an excuse for: not putting myself out there to find love, protect myself from unwanted attention, I don't have to face how unhappy, overweight, unhealthy I am? I don't have to take responsibility or work.*

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6. What are my limiting beliefs?

*e.g. my family are all large, nothing works, I always fail. Challenge these beliefs – are they true?*

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7. Am I trying to do too much - overwhelmed, is my goal realistic?

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8. Brain training- have I just not done it (new behaviour) long enough for it to become autopilot. Hypnotherapy gives you quicker results by talking directly to the part of the brain that controls our auto pilot habits & behaviours the RAS, otherwise some re-training may take months even years!

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Do you need help? [The Never Diet Again Program](#) is design to help tackle the underlying cause of your weight issues such as emotional eating, self-sabotage, depression and finding the time to focus on you and your health, then develops new habits and new ways of thinking that result in **fast, long lasting weight loss**, without the constant internal struggle or unrealistic diets programs.

[Click here](#) for more information or to Start your Free Trial today, it might just be the change you need.

## CONCLUSION

Now you have a bigger picture of what is really going on you can go about making changes and adjustments. Then you can merrily skip along, down the path until you hit another bump in the road and make adjustments again.

We often look for ideas on what to change to gain better health or sometimes, forget what we already know.

It is getting tougher and tougher to find the time to focus on health with all of life's distractions.

If you want to eliminate Self Sabotage in your life, then take action, this eWorksheet is a great place to start.

Print this eWorksheet and keep it handy. Access the eWorksheet when you hit a bump to take charge of your mind and life.

Tip: Start at number one, moving down the list, answering the questions as you go. I wonder what life will be like once you've made the changes.

Much Love

*Jodi*