

A photograph of a woman with blonde, wavy hair, smiling and looking down. She is wearing a light-colored top. The background is a bright, sunlit outdoor area with a thatched roof structure visible. The overall tone is warm and positive.

# Kate Sedon

HOLISTIC HEALTH AND WELLNESS

## More Self Care & Less Self Sabotage Workbook

KATESEDON.COM

# More Self Care & Less Self Sabotage Workbook

Date: \_\_\_\_\_

How are you feeling today?

On a scale of 0 - 10 (10 being extremely stressed), what number would you rate your overall stress levels this week?

0. 1. 2. 3. 4. 5. 6. 7. 8. 9. 10

What have been your three main emotions this week?

What do you feel good about right now?

Ranking of mental health this week:



# Understanding Self-Sabotage

## The Cycle of Self Sabotage

Self-sabotage is when we do (or don't do) things that block us from achieving our goals or success. Self-sabotage can happen consciously or unconsciously and can affect impact all areas of our life from professional endeavours to friendships, to our mental health. These behaviours are often influenced by our experiences, values, and core beliefs, making self-sabotaging patterns difficult to break.

When self-sabotage becomes a pattern it can quickly deplete our motivation and self-esteem, leaving us feeling disappointed, frustrated, and anxious. If left unaddressed it can lead to a chronic cycle leaving us feeling out of control. The cycle often looks something like this:



# Understanding Self-Sabotage

## Self-Sabotage: What it looks like

Since self-sabotage behaviours are highly influenced by our experiences and the beliefs we developed in early life, they may look very different from person to person. Below are just some ways that self-sabotage may manifest in ones life.

| SELF-SABOTAGE BEHAVIOUR | POTENTIAL FUELLING BELIEFS   | MANIFESTS AS   |
|-------------------------|--|--|
| Perfectionism           | <ul style="list-style-type: none"><li>• If it's not perfect, it's not worth doing</li><li>• People will judge me if it's not perfect</li><li>• Mistakes mean I'm incompetent</li></ul> | <ul style="list-style-type: none"><li>• Nothing ever being 'good enough'</li><li>• Refusal to try new things</li><li>• Hinging self-worth on output</li></ul>                |
| Procrastination         | <ul style="list-style-type: none"><li>• If I wait long enough the issue will go away</li><li>• I'll get to it eventually</li></ul>   | <ul style="list-style-type: none"><li>• Refusing to start projects</li><li>• Never handing things in</li><li>• Starting projects but never finishing</li></ul>               |
| Self-Criticism          | <ul style="list-style-type: none"><li>• Nothing I do is good enough</li><li>• I am a bad person/ I do bad things</li><li>• Everyone else is better than me</li></ul>                   | <ul style="list-style-type: none"><li>• Only seeing the negatives of things</li><li>• Ignoring positive traits</li><li>• Various forms of self harm</li></ul>                |
| Cynicism                | <ul style="list-style-type: none"><li>• Nothing really matters</li><li>• Why should I care</li><li>• This specific thing doesn't matter</li></ul>                                      | <ul style="list-style-type: none"><li>• Unwilling or unable to set goals</li><li>• Inability to see potential positives</li><li>• Complete lack of motivation</li></ul>      |
| Martyrdom               | <ul style="list-style-type: none"><li>• It's better if I just do everything It will be easier this way</li><li>• I can just do it all</li></ul>  | <ul style="list-style-type: none"><li>• Being unable or unwilling to ask for help from others</li><li>• Feeling resentment towards others</li></ul>                          |
| Isolation               | <ul style="list-style-type: none"><li>• I am safest when I am alone</li><li>• The world/others are dangerous It is easier to just be alone</li></ul>                                   | <ul style="list-style-type: none"><li>• Avoidance of relationships, social events, friendships, etc.</li><li>• Feeling discomfort around others.</li></ul>                   |
| Approval Seeking        | <ul style="list-style-type: none"><li>• I need to be liked by others</li><li>• If others don't approve then there is something wrong with me</li></ul>                                 | <ul style="list-style-type: none"><li>• Placing disproportionate value on the opinions of others</li><li>• Inability to do things independently</li></ul>                    |
| Willful Ignorance       | <ul style="list-style-type: none"><li>• It's better if I just don't know</li><li>• If I'm not aware of it it doesn't exist If I disagree with it it's likely untrue</li></ul>          | <ul style="list-style-type: none"><li>• Avoiding difficult conversations</li><li>• Denial of information or facts</li></ul>  |
| Self-Comparison         | <ul style="list-style-type: none"><li>• Achievements are weighted based on others achievements</li><li>• I am always competing with others</li></ul>                                   | <ul style="list-style-type: none"><li>• Making decisions based on the decisions or achievement of others</li><li>• Denying successes based on others</li></ul>               |
| Over Responsibility     | <ul style="list-style-type: none"><li>• I am 100% in control of what happens</li><li>• Everything is my fault</li><li>• If I do everything right, it'll be perfect</li></ul>           | <ul style="list-style-type: none"><li>• Trying to over-control every detail</li><li>• Always blaming self for mishaps</li><li>• Constantly doing things for others</li></ul> |

# Understanding Self-Sabotage

## Self-Sabotage vs Self-Preservation

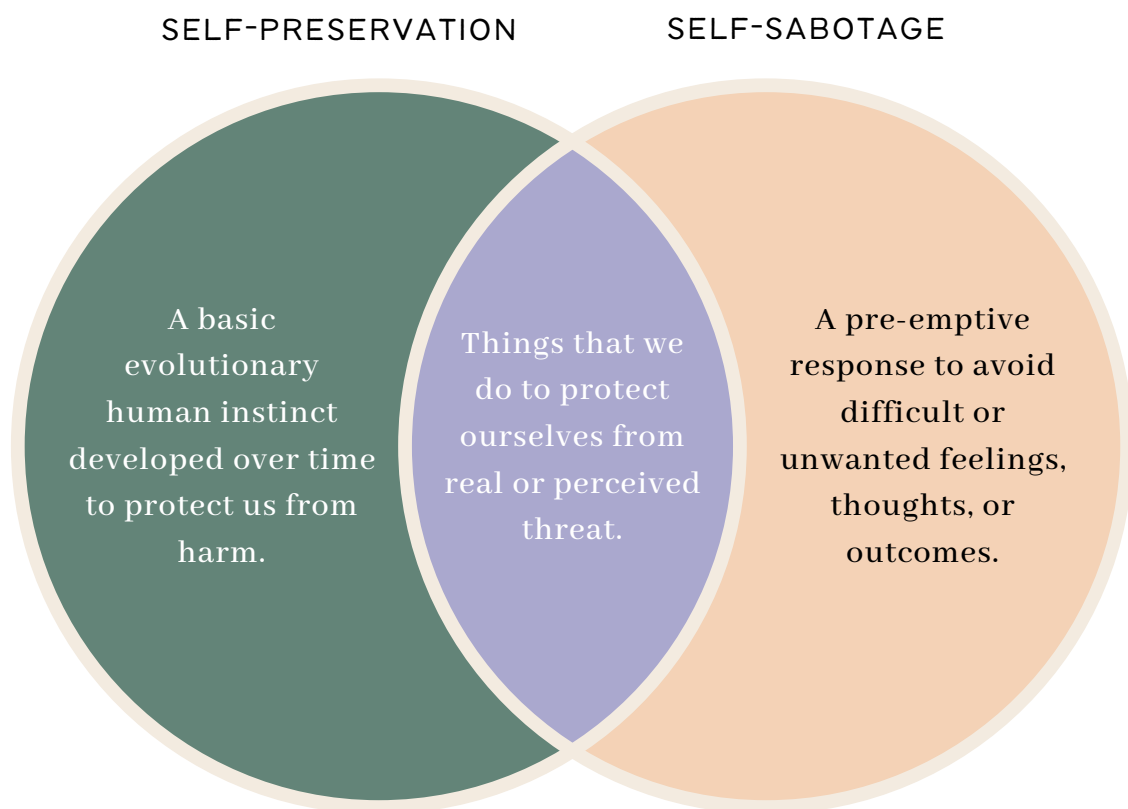
When we peel back the layers of self-sabotage, we see that many self-sabotaging cycles are actually patterns learned earlier in life as self-preservation. In this way, the same behaviour in one situation may be necessary and helpful (self-preservation), but unnecessary and unhelpful in another (self sabotage). For example:

As a child, it was expected that you did everything perfectly and mistakes came with consequences.



As an adult, you never feel like your work is good enough so you avoid handing it in all together.

This is how self-preserving behaviours can develop into self-sabotaging behaviours once the 'threat' or potential harm has gone away. These patterns can be very difficult to break, and take time.



What self-sabotage and self-preservation have in common is that they are both attempts to protect us. However, when our body attempts to protect us when we don't need protection (when the threat is gone), self-sabotage occurs.

# Understanding Self-Sabotage

and working through it

Self sabotage can describe a range of behaviours that will be unique to each individual and their experiences. Use the examples below to explore if there are any ways you self -sabotage?

1. Circle any of the the below self-sabotaging behaviours you are familiar with.

|                          |                       |                      |
|--------------------------|-----------------------|----------------------|
| PERFECTIONISM            | FOCUSING ON FLAWS     | APPROVAL SEEKING     |
| GIVING UP RESPONSIBILITY | UNHELPFUL RULES AND   | POOR TIME MANAGEMENT |
| DENIAL OF SELF-CARE      | EXPECTATIONS          | PROCRASTINATION      |
| BURNING OUT IN HUSTLE    | POOR EMOTIONAL        | CYNICISM             |
| CULTURE                  | MANAGEMENT            | LACK OF SELF-CONTROL |
| SELF-CREATED STRESS      | COMPARISON TO OTHERS  | DENYING HELP         |
| ADDICTION TO DRAMA       | IGNORING PROBLEMS     | LYING TO YOURSELF    |
| STAYING ATTACHED TO      | OVERINDULGENCE        | MARTYRDOM            |
| MISTAKES                 | EMOTIONAL REPRESSION  | WILLFUL IGNORANCE    |
| INEFFECTIVE PROCESSES/   | MAINTAINING TOXIC     | OVER-RESPONSIBILITY  |
| ROUTINES                 | RELATIONSHIPS         | LOOSE BOUNDARIES     |
| LACK OF RESOURCEFULNESS  | REFUSING TO TRY       | OVER-ACHIEVEMENT     |
| SELF-CRITICISM           | HOPING FOR A CHANGE   | ISOLATION            |
| SELF-DEPRECATING HUMOR   | WITHOUT TAKING ACTION | UNDER-FUNCTIONING    |

2. Now bring awareness to possible causes of self- sabotage in your life. Circle any of the below causes that could be impacting you.

1. PATTERNS LEARNED IN CHILDHOOD - CONNECTED TO LIMITING BELIEFS
2. FEARS - EX: OF FAILURE, SUCCESS, INTIMACY, REJECTION
3. COPING MECHANISMS OF PROTECTION - PARTS BATTLING THEMSELVES, TRIGGERS
4. LACK OF MENTAL ALIGNMENT - HIDDEN AGENDA, SECONDARY GAIN, ANTS
5. LOW SELF-WORTH, SELF-ESTEEM, SELF-CONFIDENCE
6. IMPOSTER SYNDROME
7. DOPAMINE RUSH
8. NEUROBIOLOGICAL IMPULSES

# With this awareness, lets create GOAL ACTION PLAN

Start Date:\_\_\_\_\_

\_\_\_\_\_

Goal:

Why?

Motivation

Action Steps:

Obstacles to  
overcome (self-  
sabotaging patterns)

# Self Reflection –About You

Name: \_\_\_\_\_

What are you thankful for?

What or who inspires you?

What do you love about yourself?

What do you dislike about yourself?

What are you afraid of?

When are you the most happiest?

What are you looking forward to?

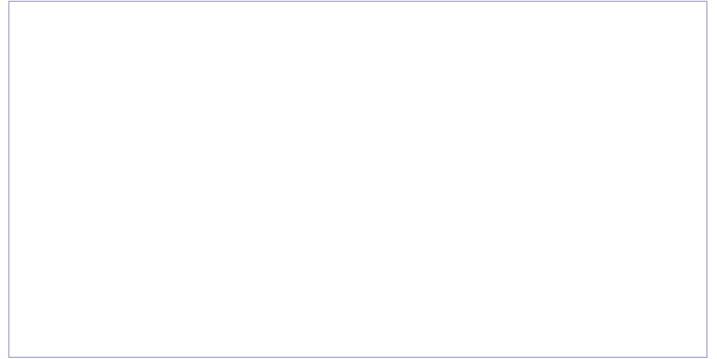


# Your Favourites...

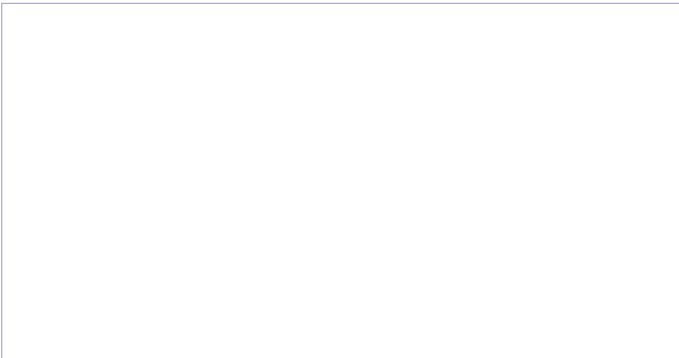
Your favourite food

A large, empty rectangular box with a thin purple border, intended for writing the user's favourite food.

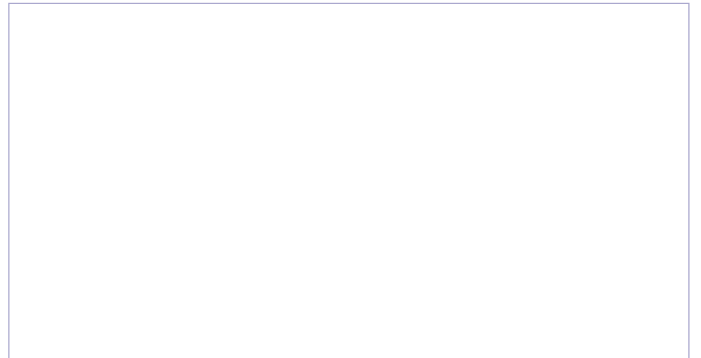
Your Favourite music

A large, empty rectangular box with a thin purple border, intended for writing the user's favourite music.

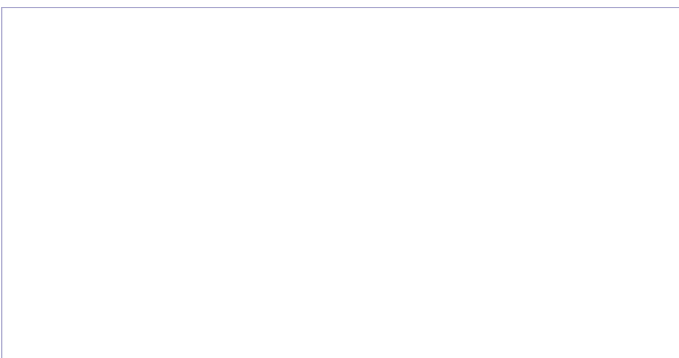
Your favourite books

A large, empty rectangular box with a thin purple border, intended for writing the user's favourite books.

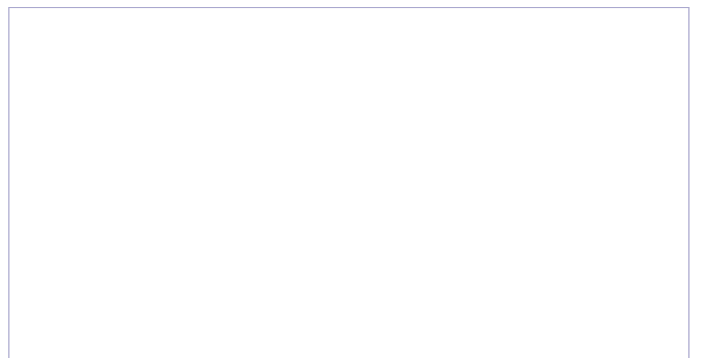
Your favourite movies

A large, empty rectangular box with a thin purple border, intended for writing the user's favourite movies.

What makes you feel alive?

A large, empty rectangular box with a thin purple border, intended for writing what makes the user feel alive.

Your favourite possession?

A large, empty rectangular box with a thin purple border, intended for writing the user's favourite possession.

# Tapping into gratitude

Date: \_\_\_\_\_

What are you thankful for? Write EVERYTHING you are grateful for in the jar down below



# Thought Clouds

Date: \_\_\_\_\_

In the clouds, write words to describe your thoughts, feelings and emotions from the last week or last month.



# What Makes You, You?

Understanding who we are as individuals, develops self-confidence and awareness.

Read the following qualities and colour the top five that best describe you.

|              |            |            |
|--------------|------------|------------|
| honest       | friendly   | adaptable  |
| loyal        | generous   | energetic  |
| sensitive    | creative   | determined |
| curious      | organised  | reliable   |
| co-operative | helpful    | respectful |
| innovative   | logical    | happy      |
| ambitious    | dependable | patient    |
| kind         | thoughtful | practical  |

# Sleep Tracker

Month: \_\_\_\_\_

Hours:

Days:

|   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | SLEEP QUALITY |
|---|---|---|---|---|---|---|---|---|---|----|----|----|---------------|
| 1   |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 2   |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 3   |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 4   |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 5   |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 6   |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 7   |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 8   |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 9   |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 10  |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 11  |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 12  |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 13  |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 14  |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 15  |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 16  |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 17  |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 18  |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 19  |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 20  |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 21  |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 22  |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 23  |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 24  |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 25  |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 26  |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 27  |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 28  |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 29  |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 30  |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| 31  |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
| Are there any habits I am noticing that are impacting my sleep quality? |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
|   |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |
|   |   |   |   |   |   |   |   |   |   |    |    |    | ☆☆☆☆          |

# Daily Intention

Date: \_\_\_\_\_

Daily quote:

Today I am grateful for these 3 things:

Today's focus

How I will move & nourish my body?

Notes

# Self-Care Tracker

Date: \_\_\_\_\_

[illegible]

# Water Tracker

Date: \_\_\_\_\_

|     | Week 1  | Week 2  | Week 3  | Week 4  |
|-----|---|---|---|---|
| MON |    |    |    |    |
| TUE |    |    |    |    |
| WED |  |  |  |  |
| THU |  |  |  |  |
| FRI |  |  |  |  |
| SAT |  |  |  |  |
| SUN |  |  |  |  |



# Your Wildest Bucket List

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

# Your greatest Accomplishments

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

# Confidence Worksheet

Describe a time you felt the most confident?

---

---

---

---

What gives you strength or courage?

---

---

---

---

Describe the bravest thing you have ever done or remember a time you stepped out of your comfort zone.

---

---

---

---

# Calming Technique

## 5-4-3-2-1

Instructions: Sitting or standing, take a deep breath in, and complete the following questions.

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste

# Self-help if feeling stuck?

Ask yourself these questions

1. Do I need to physically rest?

2. How can I ask for support?

3 Am I getting enough sleep?

.

4. Are there any tasks I can outsource eg, cooking, cleaning etc

5. Is there something I am trying to avoid or that I am procrastinating from doing? If I do it will life feel less stressful?

# 30 Day

## Self-Care Challenge

| <i>DAY 1</i>            | <i>DAY 2</i>                   | <i>DAY 3</i>                   | <i>DAY 4</i>                | <i>DAY 5</i>                       |
|-------------------------|--------------------------------|--------------------------------|-----------------------------|------------------------------------|
| Take a bubble bath      | Go for a 15 minute walk        | Spend the day off social media | Write a bucket list         | Call a friend                      |
| <i>DAY 6</i>            | <i>DAY 7</i>                   | <i>DAY 8</i>                   | <i>DAY 9</i>                | <i>DAY 10</i>                      |
| Listen to a podcast     | Listen to a new genre of music | Cook a meal from scratch       | Try a new hairstyle         | Practice deep breathing            |
| <i>DAY 11</i>           | <i>DAY 12</i>                  | <i>DAY 13</i>                  | <i>DAY 14</i>               | <i>DAY 15</i>                      |
| Create something        | Read a book for 15 minutes     | Drink more water than usual    | De-clutter a room or desk   | Go to bed 30 minutes earlier       |
| <i>DAY 16</i>           | <i>DAY 17</i>                  | <i>DAY 18</i>                  | <i>DAY 19</i>               | <i>DAY 20</i>                      |
| Have a sweet treat      | Wake up 15 minutes earlier     | Learn something new            | Buy yourself something nice | Meditate                           |
| <i>DAY 21</i>           | <i>DAY 22</i>                  | <i>DAY 23</i>                  | <i>DAY 24</i>               | <i>DAY 25</i>                      |
| Watch a movie or series | Write down your thoughts       | Upgrade your undies!           | Do something creative       | Read inspirational quotes          |
| <i>DAY 26</i>           | <i>DAY 27</i>                  | <i>DAY 28</i>                  | <i>DAY 29</i>               | <i>DAY 30</i>                      |
| Stretch for 10 minutes  | Spend some time outside        | Look through old pictures      | Pamper yourself             | Get up early and watch the sunrise |

# Notes

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.