

Sahar Consulting, LLC.



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2019

3 self-destructive habits holding you back from success (that you need to stop right now!)



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*Hey, it's Sahar Andrade,
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*Thank you for downloading
the
**“Three self-destructive
habits holding you back
from success (that you
need to stop right now!)”***



In this manifesto, I am sharing the three most significant self-destructive habits or behaviors that at times, hindered me from moving forward. Over time, I've come to realize that I wasn't alone—others had these same habits and were feeling the same way.

The 3 main self-destructive habits are discussed here, along with a couple of solutions to help you handle them.

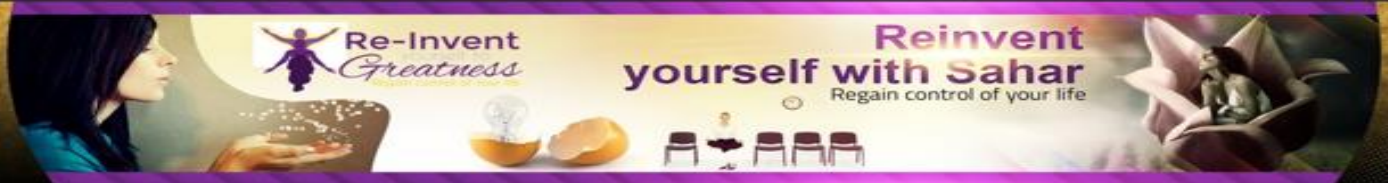


A manifesto on how to handle (and eliminate) three significant self-destructive habits

- Do you get the feeling that you are not good enough; so, you drag your feet and accept whatever happens around you and to you?
- Do you ever feel frustrated for not doing the things you need to do but rather keep postponing them to a tomorrow that never seems to come?
- Do you feel stuck where you are, while watching people you feel less smart or less qualified than you moving up in life?
- Are you overwhelmed by the lack of time in your days yet find yourself saying “YES” to everything thrown at you except what really matters to you?
- Do you feel depressed because you keep getting distracted? Do you keep trying to change, just to fall back into your old habits and give up?

Have you ever really asked yourself what is getting in your way, keeping you from achieving your dreams, reaching your true potential, and to becoming the best possible version of you?

I struggled for years with this question. I blamed everything and everyone, I cried the blues, and blamed my lack of money or support or help or resources. But I never ever looked at myself as the cause.

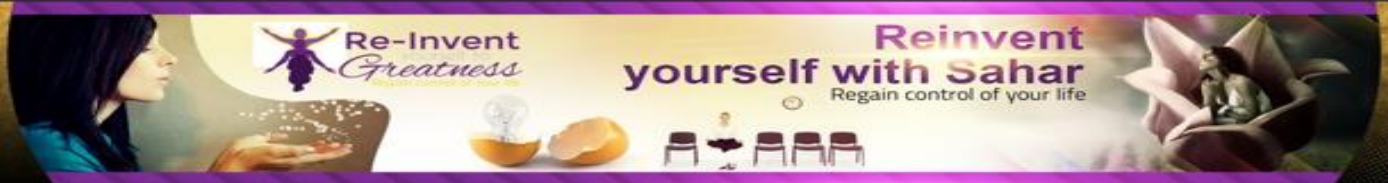


Until one day I had that “AHA” moment that everyone’s talking about. Let me tell you--you will not get there till you have hit rock bottom. It will force you to take a mirror to your face and look at your reflection to open the doors to your creativity and abundance.

Before my “AHA” day, many incidents and events brought pain, and increased my self-doubt and self-loathing. That day came few months after my baby sister was diagnosed with Cancer in both her breast and liver. When we received the news, I broke down. She did too, but she took back her power just two weeks later.

The prognosis was only one year. She educated herself on what treatments were available, she went through intense chemotherapy while taking care of her two young babies, her family and working two jobs: A College professor at a medical school and an Immunity Doctor. She fought back and never blamed anything or anyone. She never asked “Why me?” She just lived every single day of her life like it was her last.

At that point, I felt embarrassed and ashamed of myself. Here I was, healthy and able, and still breaking down at every corner. I realized I was not taking responsibility or accountability for my life. That was my “AHA” moment, when my life changed forever.



Self-destructive habits not only get in the way of our productivity, but also destroy our dreams, aspirations, and change our life path forever.

I couldn't comprehend how we ourselves could be the real reason why we are not moving forward for hours, weeks or even years.

I found the answer. I'm delighted to share it with you to help shorten your "reinvention journey" and hopefully change what is no longer working for you in your life.

Some call them "**self-Destructive**" **habits**" and some call them "**self-limiting**" **beliefs**. Whatever you call them, they are real. You may not believe you could destruct your own future. I get it—I was there.

Do not beat yourself up. **Self-destructive habits or behaviors** are mainly unconscious--meaning we are not aware when, how and why they happen.

Self-destructive habits are a deep negative force within our own minds holding us back from becoming who we are destined to be.



In this complimentary eBook, I will analyze and help you manage three common self-destructive habits or behaviors.

But first, try to answer this as honestly as you can:

“If my life were a picture of perfection, what would it look like?”



What are you doing now that is getting you closer to your dream life?

What are you doing now that you need to stop to get you closer to your dream life?



How would you describe your role model in life (It could be a personal hero, a historical figure, a writer, an activist...)? Why do you admire them?

What are the qualities that you admire most in them?



How would you describe yourself?

Did you describe any of your qualities similar of those qualities you admire in your hero? If yes, what are they?



If you didn't include any of the same qualities in your self-description? Which are they?

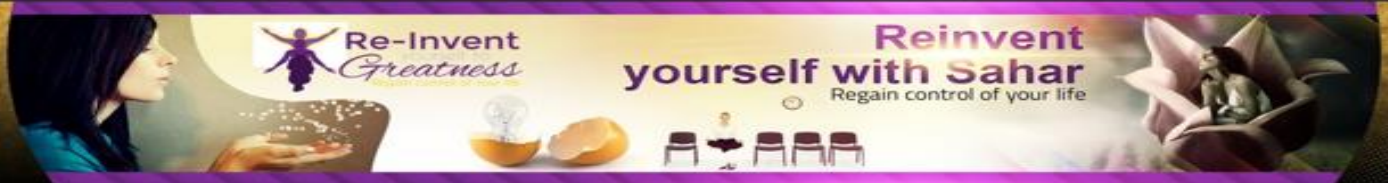
Why didn't you include them? If you mentioned them, move to the next question



What are the challenges preventing you from achieving your success?

Pause for a minute. Close your eyes, take a deep breath, and without stopping to think, name the main three habits that you think might be getting you stuck. Write them down

1. _____
2. _____
3. _____



Here are the three *most common* self-destructive habits or behaviors that can keep us from moving forward:

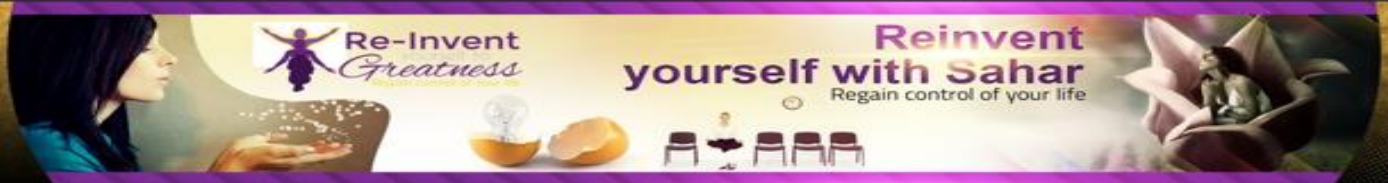
1- **Self-doubt**: It is that little voice that creeps in and asks you, “Who do you think you are, and why do you think you can do this?” You start a project, a job or a relationship with all the hope and enthusiasm in the world. Then self-doubt creeps in--usually leading to low self-esteem and low self-confidence. You feel unworthy, and undeserving of anything good happening to you. You predict failure at every step, until it becomes a self-fulfilling prophecy. We basically set our selves up for failure. We predict it from the get-go giving us the excuse why bother even trying?

Self-doubt can cost us our happiness, relationships, jobs, and careers.

Feeling not good enough is another symptom of self-doubt

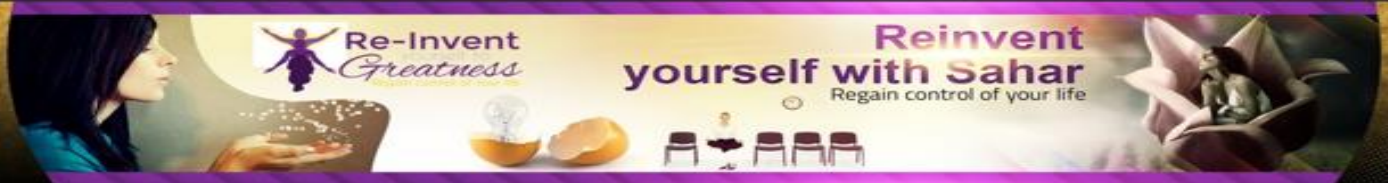
We start thinking: Gosh:

- What if they find out that I am not who I seem to be?
- Do I even know what I am doing?
- Am I worthy of appreciation?
- Do I deserve to be loved?



How to deal with self-doubt:

- First you need to acknowledge that self-doubt, not feeling good enough about yourself, or feeling like a fraud is something you are experiencing.
- Ask for help. Help can be a friend, a mentor, a coach or a therapist -- depending on the work needed.
- Here are some steps you can start doing for yourself right now:
 - Switch the channel: The minute you start having self-doubts, change the channel. Think about something you recently achieved with success and focus your thinking on that instead. This way, you disrupt the negative dialogue going in your head.
 - Give credit to yourself when due. If you are part of a successful project, accept compliments even if it is uncomfortable.
 - Own who you are: the good, bad, and ugly. Know what you need to change and start one step at a time. There is no perfection in life.
 - Surround yourself with positive people that support you.
 - Write down on paper (not in your head, *on paper*) everything you've achieved since you were 10 years old (including the gold stars and A's on your report card.) Keep on adding to the list as you remember things. You will see what a long list of successes you have already achieved in your life.



2- **Inaction**: Is the lack of action (Duh!) when you are expected to do something. It is when you are feeling stuck in place, running on empty. You feel paralyzed either by over thinking or simply by fear. Fear comes in many forms, and fear of failure, rejection, embarrassment, or loss can stop you from taking any action.

Inaction is when you know you need to do something, but keep postponing it to later or to a tomorrow that doesn't seem to come soon enough.

Inaction has a price tag attached to it. We fall behind, and little by little we erode the confidence that others might have in us as we fail to deliver on time or we fail to deliver period.

Inaction can stop you from seeking that job you always wanted, or approach that person or relationship you have been longing for, or ask for that raise that you deserve, or leave a relationship or a friendship that is bringing you down. You come to a standstill.

As a result, your goals are not achieved—which can send you in a down spiral of lack of self-confidence, depression or worse.



How to deal with inaction:

- Stop overthinking everything. Stop the monkey chatter in your brain. When you find yourself obsessing, do something else. Get up, get a drink of water, make some coffee, go for a walk, or listen to music; any diversion works. Our brain is very easily distracted to avoid “*paralysis by analysis*”.

- Commit to do one thing at a time, no matter how small it is. You do not need to run a full Marathon on day one.

Start to walk 5 minutes per day, 3 days a week. Then increase it to 7 minutes, then 10, then 15, then 20, and so on. Start adding a bit of fast walking one minute a day, then increase it. If you're up to it, start adding a bit of jogging 1 minute per day, and so on.

- Reward yourself when you achieve a goal you committed to--no matter how small. The reward doesn't have to be big or expensive; just something that will give you joy.

This way you are sending your brain the message “job well done”. When you reward the behavior, the brain will try to keep replicating the action that was rewarded until it becomes an automatic habit.

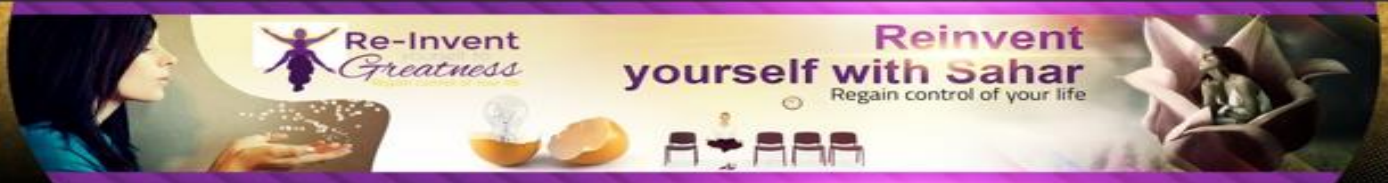
- Mark whatever you need done no matter how small or big on your calendar. They say whatever is not on your calendar, will not happen.



I color code my calendar, if the goal I want to achieve is big. For example: if I am studying a new subject. I will block 30 minutes daily in the morning or evening in my calendar to dedicate it to the new subject.

After I am done, I put a line through it. It feels very satisfying that I accomplished a goal I planned for myself.

Notes:



3- **Assuming the worst**: Did you notice how many of us (I am guilty of this sometimes) imagine the worst-case scenarios in everything we do?

We see everything as doom and gloom. We feel everything is a catastrophe which in turn can makes us feel like victims -- another self-destructive habit in itself.

Say you send your boss a report, and your boss takes a while to get back to you because they have been in meetings all day.

Your mind starts by imagining your boss didn't like it and you're getting fired.

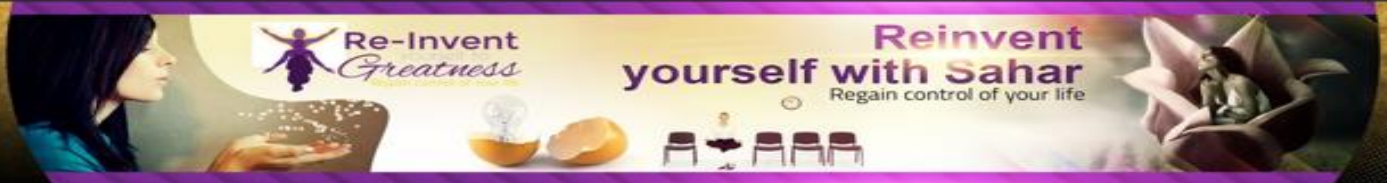
Or you have a heated discussion with your spouse and you think they are divorcing you.

As a result, we constantly live in anxiety, stress, and anguish.

We expect the ships to fall--not as a matter of "if" but as a matter of "when".

We predict a very dark future. We are never relaxed and fail to enjoy any moment in our life, no matter how great it is. We keep waiting for the other shoe to fall.

Because of assuming the worst, we can get stuck and let inaction dominate our world. This in turn increases our self-doubt and decreases our self-confidence.



How to deal with assuming the worst:

- If you think about a negative outcome, think about a way to make it less negative. Any step that you take towards mitigating the risk is a gain, and will be a resource for you in the future.
- For a while, I wore an elastic band around my wrist. The moment I started assuming the worst, I would snap that band on my wrist. That little pain snapped me out of my negativity; as I said the brain is very easily distracted. Once I snapped the band, I would take two to three deep breaths to get oxygen to my brain to try to relax it. I repeated this until it became a habit, and I could mentally snap the elastic band to get myself out of the rabbit hole.
- Meditation helps the brain cycles to slow down or relax. I found out that “guided meditation” works better for me and prevents me from falling asleep. There are plenty of videos online that you can find that will work for you.

Morning affirmations: Affirmations are very powerful but alone will not get results. You need to have the intention to make them happen, and take action to execute them. Otherwise, they will be useless.



- Start a gratitude journal: Write 2 to 3 things you are grateful for everyday (different ones) at the end of the week, look how many little things are going right in your life. This will change the chemistry in your brain, removing negativity bit by bit. Gratitude is a healing process on its own.

What do you commit to today to start minimizing your self-destructive habits?

What are two actions that you will start taking immediately?

1. _____

2. _____



What are the skills you need to start working on to make your life better?

1. _____
2. _____
3. _____
4. _____

Are you ready to start your journey towards becoming the “BEST version of YOU”?

The first 7 people to take action can schedule a complimentary discovery session with me personally:

<https://saharandrade.youcanbook.me/>

You can also join my Facebook private group; Members join by special invitation ONLY

<https://www.facebook.com/groups/808608675921808/>

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