

Thrive Test Page

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Welcome to the 1st Masterclass in this series – How to Beat Self-Sabotage

Self sabotage is what causes most coaches to fail. And it the primary root cause for my clients in my practice. Regardless of what they THINK is the problem, we usually distill it down to this.



Self-sabotage is....?

- Doing things that don't make sense
- Inevitable
- What's holding us back from reaching our goals
- a myth

Procrastination is a sign of...?

- Intelligence
- Caution
- Laziness
- Freeze

Public speaking is a common fear?

- True
- False

You make your goals safe by....?

- not setting any
- writing long lists of micro actions
- hiring others
- taking BIG actions

Negative self-talk is a form of self-sabotage because...?

- It makes you sad
- It motivates
- What you focus on expands
- No one can hear it but you

Submit Answers!

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