

IDENTIFY YOUR SABOTEUR

Answer the following questions to identify the main sabotaging voice that's preventing you from living your ideal life.

01

Imagine your ideal life. Make a list of the phrases that pop up into your head telling you why it isn't possible.

02

Describe the voice. Is it male or female? Is it older or younger than you? Is it familiar? (Sometimes we don't like to pin it on one person, so it can be an amalgamation of people – in which case you can create a character.)

TIME TO WRITE

03

What does the voice's owner look like, including, stance, gait, and clothing?
What's their profession?

04

What are their habits around you and habits when alone?

05

What does the voice's owner care about and value most?

06

What are their hobbies or pastimes?

07

Now give the voice a name. When this saboteur next shows up, use this check-in question: 'How is it serving me right now to listen to this voice?' If it isn't, send it off using one of the following methods: send it to do its favourite hobby/put it in a box/slap a thigh/tell it to go away.