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THE GROWTH EDIT - ISSUE 8



“I am the greatest obstacle to my dreams”

Craig D. Lounsborough

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#### Ask this:

Think about a recent situation where you self sabotaged, however big or small.  
Mentally put yourself back in that moment:

- What was going on in your environment?
- What were you doing in that moment?
- What were you feeling when you took that action away from what you wanted to do? *(this is important - awareness of the feeling will help you pinpoint what you were avoiding)*
- What were you thinking in that moment? *(I can do this later, It's not going to work, Ill be judged, I'll fail anyway)*

**Suggestion:** Journal on these questions and try pinpoint where the disconnect happened that took you away from your goal.

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#### Ponder this:

The success and the goals that you are seeking are often hidden in the work and actions you are avoiding. No one else can sabotage us, we are the ones that get in our own way.

What we are trying to achieve becomes easier when what we're feeling, what we are thinking and our environment are set up for our success. Reflect on this and share your insights.

*Reflect on this and share any insights you have.*

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**Experiment with:**

With your expanded awareness around the moment that self sabotage starts to kick in, try to bring that awareness to what you are working on, or trying to achieve this week.

Notice when those same thoughts, feelings or behaviours come up. See if you can redirect them towards what you are doing instead, despite the discomfort they bring up.

This will bring about a huge sense of empowerment, knowing that you have control over what you pay attention to, and what action you then take.

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Till next time.

Lots of love,

Rachel

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