



# Thoughts & Beliefs that sabotage your success



## The Categoriser

It's All or nothing, Right or Wrong, Good or Bad, Black or White.

## To the Categoriser

Life cannot be measured out into all or nothing, white & black categories, life is very gray & "right" is relative



## The Perfectionist

I must strive to be perfect or it not worth doing

## To the Perfectionist

Nothing is perfect and that's Okay.. strive for progress not perfection



## The Rule Maker

I Should, Must, or to and have too

## To the Rule Maker

I can make up my own mind instead of listening to your prescribed "rules"



## The Defeatist

I'll never be able to, I give up

## To The Defeatist

I am worth the effort, no matter what has happened it the past



## Two Year Old

"NO! YOU CAN'T TELL ME WHAT TO DO!

## To The Two Year Old

I can act like an adult and do what feels right for me today.



## The Blamer

It's her/his fault or it all my fault

## To the Blamer

I will take responsibility for what i want and need in the present



## The Comparer

I'm not as good as, Less than or worse than, him/her

## To The Comparer

I am incomparable and perfectly fine just as i am.



## The Labeller

I'm fat as a cow, My belly is disgusting my thighs are wiggly!

## To The Labeller

There is no label that can capture who i am as a whole person.