



ACTIVITY: Is Self Sabotage Holding You Back?

Purpose

- Generate self awareness of self sabotage thoughts and behaviors.
- Complete assessment to identify self sabotage thoughts and behaviors.
- Discussion of impact of self sabotage

ESTIMATED TIME

30 minutes

MATERIALS

Required:

A. Prework

- Complete Online Self Assessment

Background

- Self sabotage often appears as self talk that generates negative emotions in the way you handle life's everyday challenges. They represent automated patterns in your mind for how to think, feel, and respond. They cause all of your stress, anxiety, self-doubt, frustration, restlessness, and unhappiness. They sabotage your performance, wellbeing, and relationships.
- Self saboteurs include the following:
 - Avoider
 - Controller
 - Hyper Achiever
 - Hyper Rational
 - Hyper Vigilant
 - Pleaser
 - Restless
 - Stickler
 - Victim



RESILIENCE

CHAMPION GUIDE

Activity

As prework, ask participants to complete the self assessment here:

- <https://www.positiveintelligence.com/saboteurs/>

Gather as a team and discuss the a few of the questions in the Discussion Questions/ Key Points section below.

Discussion Questions/ Key Points

- What insights did you gain from your self-assessment?
- Considering your self-assessment, what is one thing you can do to overcome your saboteurs?
- Share a story where you observed one of your saboteurs.
- What is your number one saboteur, how does it show up at work?
- Considering your self-assessment, what strengths do you have around this topic?
- What are the pros and cons of one of your saboteurs? Do the pros outweigh the cons?
- Where have you seen one of your saboteurs in your personal life, what was the impact?
- What can we do as a team to support one another to combat our individual saboteurs?

Let's Try This!

Consider one thing you can do for the next 2 weeks to address a saboteur of your choosing and act.

Follow-up

In 2 weeks let's revisit this topic and evaluate how your solution impacted you.

<https://www.positiveintelligence.com/saboteurs/>

Positive Intelligence: Why Only 20% of Teams and Individuals Achieve; Shirzad Chamine

Build Powerful Habits for a Positive Mind

- <https://www.positiveintelligence.com/program/>