



## Identifying your Saboteurs

It is just as important to determine what might sabotage your goals as it is to learn how to achieve them. Take 30 minutes to review this chapter in “The Underdog Curse” and write down at least three saboteurs in each area. Once they are made aware of we can then create a plan to overcome them.

Internal Saboteurs: 1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

Intimate Saboteurs: 1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

External Saboteurs 1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

Action Steps: Write out the list of saboteurs from most damaging to least damaging below. For each of these saboteurs create a plan on how you will make sure they do not sabotage your goals and purpose. Some things we can't change but we might be able to change what the meaning is to us or spend less time with that person or place.

- |          |          |
|----------|----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ |          |