

This worksheet is from the Everyday Self-Care Workbook
by Linda Dessau, the Self-Care Coach

To learn more about the workbook, please visit
<http://www.genuinecoaching.com/esc-workbook.html>

SABOTAGE WORKSHEET

Self-Care Goal:

How I may sabotage myself

Surroundings & Systems:

Emotions & Thoughts:

Lifestyle Habits:

Friends, Family & Peers: