

# Exercise Day 11:

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Stopping self sabotage and self betrayal.

Identify a situation where you feel stuck. This could be a situation where you don't feel any movement and it's keeping you from getting what you want.

Then list out ways that you could turn this situation around to actually create what you want. If you don't know what that is, that's ok. Start asking for answers and then get quiet to listen.

For instance, if you want a new job but you are making excuses as to why you can't have one, be aware you are making excuses, stop the thoughts and start implementing more positive ones.

Next start taking inspired action.



21-day Self-Love Challenge

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