

The Top 5 Reasons Why Women Self Sabotage

1) They don't believe they can get what they really want. Either they don't think it's possible, or they don't think they deserve it. This is called a limiting belief.

2) They have unrealistic expectations regarding the amount of time, effort and energy it often takes to get what they want.

3) They give up too soon because of normal frustrations and setbacks that appear along the way.

4) They do not give themselves enough credit and "grace space" for the hard work they are doing.

5) They do not have accountability partners (paid--like a coach) and unpaid (like a group of like-minded people) to check in with regularly.

Contact Coach Karen

www.karenastromsky.com