



SABOTAGE

Most recognize the common sense truth that sabotage and failure look the same, they just have different motivations.

So I have spoken of the skier who wanders accidentally onto a black slope. As they begin to pick up speed, and they feel out of control, many will manufacture a weak fall to slow themselves down completely. And they limp off the slope as best they can, falling each time, solely as a braking strategy. They would prefer to ski blue slopes the rest of *that* day, and focus on not falling.

Pick a time in your business career, or relationship, or health, where you fell to be safe and journal on it now:

Why does this make sense?

Now, as the ***Greatest Version of You***, it gets even hairier! Here's your metaphor: race car drivers focus on death defying speeds to win a race – think of a tight, turning, dangerous course. Once you have that picture, know this: to win, they cannot brake in curves, they must accelerate into the curve and through it in order to win! They brake, full on, Level 10, just before the curve, to set up the acceleration in the curve. Can you feel the difference as the ***Greatest Version of You?*** It is not that you cannot ever brake, it is that you must focus on speed, and “foot-on-brake” braking is very conscious, as is “foot-on-gas.” Pick three crucial challenges right now to your Greatness. What would it *feel* like to accelerate into and through them? Focus on what your thoughts, feelings, and actions would be.

1.



2.

3.

Failure management versus Sabotage – Do you understand the difference? Can you feel your motivation in action? Give specific examples that may apply to these three challenges. Make sure that you discuss both. Feel both. The actions might even, in fact, be the same. But the point of this exercise is to really **feel** the difference in these two strategies and how they actually appear in your life. One creates your Greatness; one inhibits it.

1.

2.



3.

Go to the **Old You** and the old programs of you. When you have tried to change in the past, what triggers have fired? How did those triggers appear? What caused them to appear? Do you know the rule for their appearance? Was this random or did you, in fact, create them – allow them – attract them – choose them? Have they “tormented” you into not changing? And in this journal answer, focus on what you think the new , **Greatest Version of You** triggers will you fire? Be specific, be detailed.

Dig into your old strategies of “failure management.” What did your family-of-origin teach you? How will you change these in the **Greatest Version of You**?



What are your current sabotage strategies? How have they worked in the past? Again, how will you focus on ensuring that the **Greatest Version of You** eliminates these strategies?

What are you going to **do** in the future to eliminate sabotage? And as you feel those elimination strategies working, also feel your fear management strategies kick in as your fear and anxiety is rising because *sabotage is no longer benefiting you and keeping you safe*. And feel your failure management strategy kick in when, like Picabo Street, you start falling harder and more frequently on the difficult slopes of your life. Journal on this.

What fears have you held through school, through higher education, through your first-time job? Reference your success versus failure theories and strategies. Were you one of those who really “went for it” – were you Picabo Street? Who were you really?

Feel that now. Journal that **Old You** and feel those old programs.



Now, write the Truth of who you are. Feel the **New You** coming into focus. Feel the **Greatest Version of You**. Feel the greater thoughts, greater feelings and higher fears as you commit to more, Greatest Action. What does that look and feel like to you?
