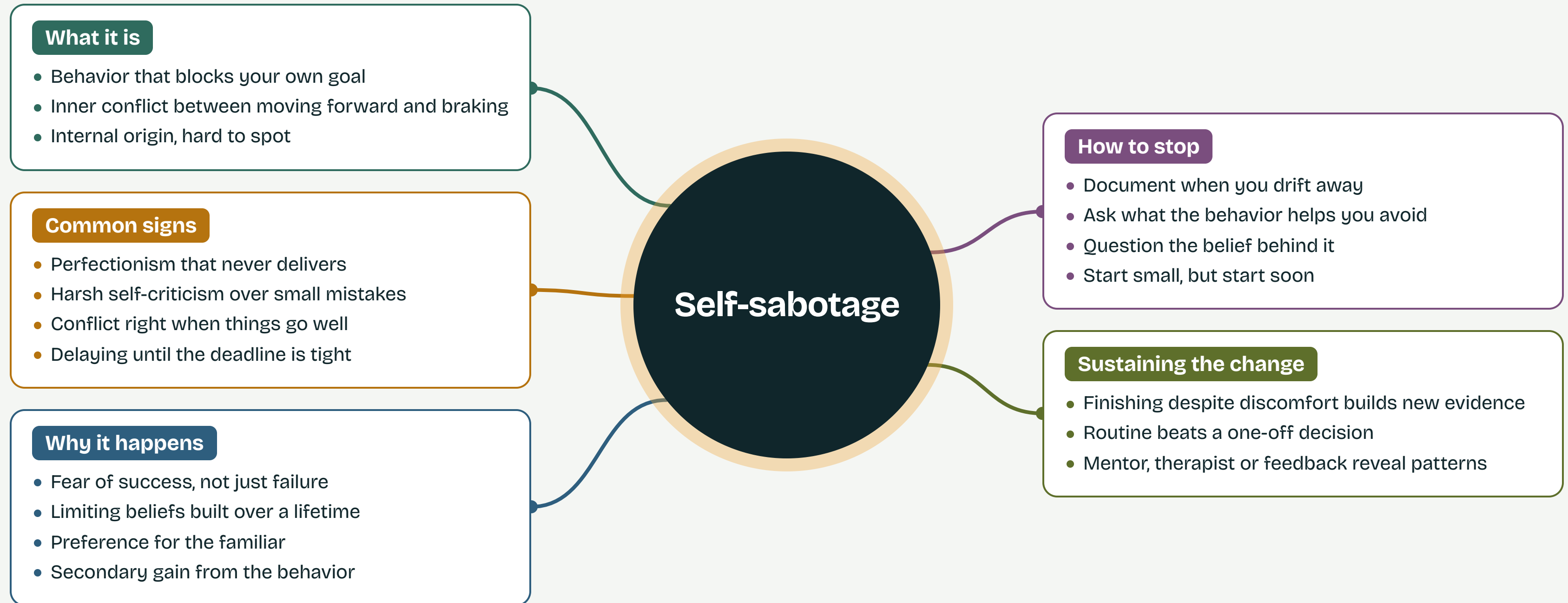


Self-sabotage: why you stall and how to stop



Action plan

1

Write down when and where you drift from your goal

2

Ask what you avoid feeling when you postpone

3

Question where the belief behind the pattern comes from

4

Start small and finish something, even when it feels uncomfortable

5

Seek a mentor, therapist or structured feedback

Key takeaway

Self-sabotage isn't a lack of willpower: it's miscalibrated protection that gives way to new habits.