



## 8 Ways You Unknowingly Sabotage Your Life

**“One man cannot do right in one department of life while he is occupied doing wrong in any other departments. Life is one indivisible whole.” - Ghandi**

No one sets out to deliberately sabotage his or her life. Yet, that is what many of us do on a daily basis without ever being conscious of it.

Living an empowered life means being true to yourself in the highest sense. To do this takes personal integrity. It is bigger than honesty, morality or credibility, although it can encompass all of those. Having integrity creates less stress, greater self-esteem, and makes you feel more energized and empowered. Being in integrity is an on-going process for each of us; it must be toiled at our entire life. Here are some ways you may be sabotaging your integrity and thus your desire to live an empowered life:

1. **If you don't identify and fulfill your personal and emotional needs.** Not getting our needs met is the #1 way we sabotage our lives. Unfulfilled needs drive us to do things that are out of integrity (overspend, overbook ourselves, overeat, look outside ourselves for love and acceptance, etc.) If you don't know what your needs are, it's hard to stay in integrity. (Work with a Life Coach if you aren't clear about these)
2. **If you don't complete the past.** We all make mistakes. We all put our foot in our mouth at times; it's part of being human. The difference between those in integrity and those not, is how they handle it. To restore integrity in personal relationships one must be willing to let go of ego in order to clean it up. If you have people you need to clean something up with, do it today. Each day that we avoid saying what needs to be said drains our energy and ultimately keeps love from being fully expressed in our lives.
3. **If you don't eliminate the energy drains in your life.** Integrity is about wholeness. To restore wholeness we must plug the energy drains in our life. Energy drains are those things we are tolerating or putting up with (the missing button, the unbalanced checkbook, the

negative friend). Imagine your life as a Styrofoam cup filled with water. The water represents energy. We only have so much of it to give each day. Tolerations poke holes in our cup of life and deplete our energy. Restore your energy and your life by plugging the holes.

4. **If you don't do what YOU want to do in life.** Living a life based on someone else's idea of what's right for you (be it societal or cultural) is not being true to yourself. Forget what you think you *should* or *ought* to do, what is it you *really* want to do with your life? Start telling the truth to yourself. Confront your fears of the unknown. If you aren't living an authentic life, then part of you is missing, incomplete, and out of integrity. What's the worst that could happen? You will start living your own life and loving it!
5. **If you don't set boundaries or have standards for your life.** If you don't have boundaries or know what your standards are, it's hard to stay whole. A boundary is what someone can or cannot say or do to us (e.g. People cannot make rude remarks or subtle digs at me). Standards are the conduct we hold ourselves to (e.g. I am a person who is always on time. I do not lie). Defining how you want to be treated and how you will treat others builds self-confidence and allows you to be your best self.
6. **If you don't honor your word.** This is a biggie! Honoring our word is the cornerstone of personal integrity. Honoring our word means treating our words with deep respect. It isn't a moral judgment, right or wrong proposition. It's giving the highest regard to what we commit to and promise. Things still get in the way, after all, life happens and there will be times when we can't keep our word. It does mean, however, honoring our word enough to be in communication when we are unable to keep our commitments and promises. Really take on practicing this one to alter your world and how people listen to you. Very powerful!

7. **If you don't know your special talents and gifts.** Greatness resides in each of us. To not know what your talents and gifts are is at some level to not be true to yourself. It is worth spending time to figure out what your natural strengths and abilities are so you can orient your life around them and live your passions. What are you naturally good at that you could become masterful at, with additional training? Life is so much easier and enjoyable when we do what comes naturally.
  
8. **If you don't have a support system.** As a reformed 'lone-ranger', I know all too well the impact of thinking "I have to do it on my own." or "I can't ask for help...so and so will think I'm (fill in the blank)." If you want to succeed faster and with less effort, join a support group or create a powerful partnership with someone committed to helping you succeed. The synergy of either propels you forward in life. It gives you a playground to explore ideas, get feedback and gives you the extra push when needed.

Adapted from the book *The Portable Coach*

To your success,

Coach Christine

Bio:

The author of this is Christine Silvey. As a certified Life, Career and Personal Development Coach, Christine is passionate about empowering YOU to actively create exactly what you want for yourself and for your life! To find out more about how coaching can stop the struggle and learn more about working with Christine, please go to

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