

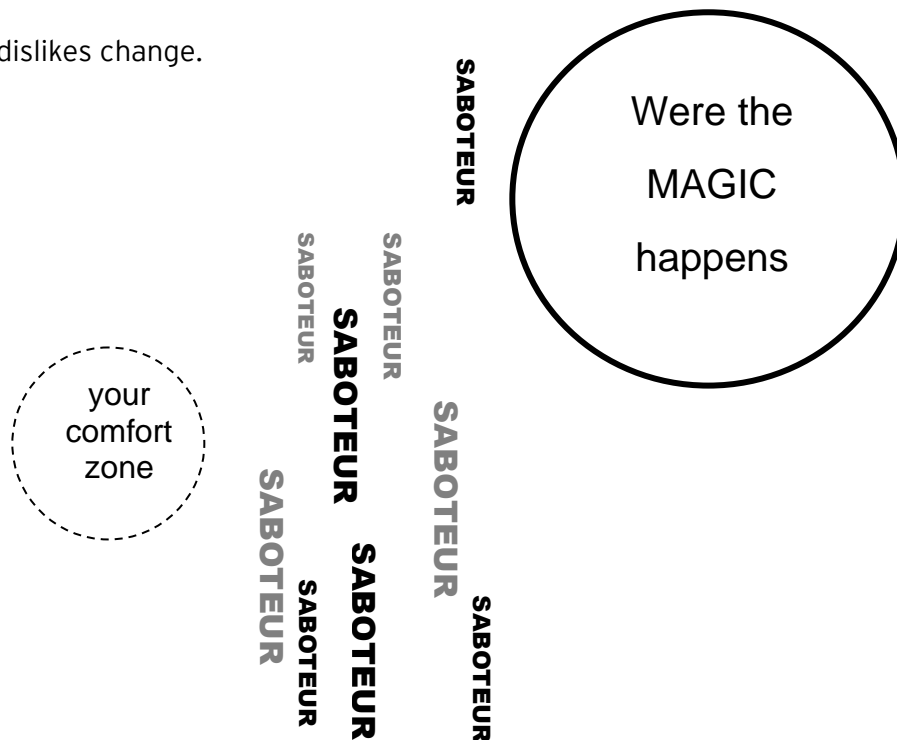
## Identify your Saboteur

### Saboteur (Inner Critic, Gremlin, Resistance)

This is the inner negative voice that tells you in different ways that you're not good enough. Our saboteur often develops in childhood from the messages we hear growing up, and even if we allow it to, the saboteur voice can stop us from taking risks and make it difficult for us to trust what is *actually* true about ourselves today.

NEWS FLASH: We all have a saboteur!

And your saboteur dislikes change.



## Identify your Saboteur.

- Name of Saboteur:
- Physical Description (including gender, voice, stance, gait and attire):
- What are your saboteur's habits around you and what are his/hers habits when they're alone?
- What are his/her favorite sayings or stories (i.e., the stories and opinions they like to share with you all the time to influence you or your decisions)?
- What triggers your saboteur to show up?
- What are your saboteur's favorite activities when you are asleep, joyous, or otherwise unavailable to it?
- What are your saboteur's special skills and abilities?
- How does it hijack your values?

Use the space below, or grab a piece of paper and **take 10-15 minutes** to write down how your saboteur shows up for you. ✍️

Once you learn to recognize the way your saboteur talks to you, you can decide with more clarity whether you want to listen. And if you need one-on-one coaching on ways to manage that inner critic, connect with me via [www.michellecederberg.com](http://www.michellecederberg.com)

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