



10 Things You Could Be Doing to Sabotage Your Happiness



Most successful professionals and small business owners do the job of three or four people in a day. Then they go home to their families and, again, do-it-all. Is this you? Run down this checklist, and see how many things you're doing to sabotage your own happiness.

Doing It All

Do you often feel tired and defeated? _____

Have you been so discouraged you've lost sight of your dreams altogether? _____

Do you find yourself giving up on doing things for yourself because they seem unrealistic or you have no time for them? _____

Do you think doing it all and never saying no is what is required? _____

Your Dream or the American Dream?

Do you believe that in order to be happy you must first _____ (fill in the blank)?

Do you focus on what you don't have and don't like about your life? _____

Do you spend time and money on the media's portrayal of happiness? _____

Do you believe that there are certain steps you have to complete before you can be happy?
_____ To be happy, you must first _____ (fill in the blank)?

Do you equate happiness with reaching success and acquiring status and/or possessions? _____

Do you look outside yourself for instructions or solutions instead of listening to and trusting inner guidance? _____



Shoulding

Do you feel like you're not where you wanted to be by this stage of your life? _____

Do you have expectations and beliefs for yourself about how things should and shouldn't be?

Do you judge by right or wrong, good or bad? _____

Do you think that fixing things that are wrong will make life better? _____

Are you constantly thinking about what you want to change? _____

Do you have unrealistic expectations about the proper conditions for success and happiness (eg. I should have and be x, y z)? _____

Do you work toward goals others find important instead of working towards what resonates with your heart and soul? _____

Do you feel guilty for the success you've achieved and wanting more? _____

Stuck-in-a-rut by Giving Your Power Away

Do you focus on *why* you're not satisfied and able to come up with many reasons? _____

Blaming Outside sources blaming and giving up control? _____

Do you feel like the only person you can count on is yourself? _____

What are the Sexy Excuses you are using?



Numbing

Do you find ways to forget? _____

Do you indulge in pleasures and comforts and other mind numbing activities like sweets, alcohol, TV...? _____

Sacrificing vs Serving

Do you want to be helpful only to find yourself only to find yourself buried by obligation? _____

Do you put other people's needs above your well-being? _____

Do you find you are attached to outcomes? _____

Are you experiencing moments of "Make Wrong"? _____

Boundary Issues

Ego mind is in charge? _____

Is your sense of worth based on external factors like how much money you have or living up to certain social expectations? _____

You care what others think and seek validation from others? _____



Congratulations on taking this step forward! Don't forget to refer back to this list and check in with yourself to keep generating (instead of sabotaging) your own happiness. And always remember to celebrate your **all** your victories big and small!

