

# PREDICT

## self sabotage

### action guide

DAY 2

Yesterday you identified the reasons you can **EAT HEALTHIER AND TAKE CARE OF YOURSELF**. *Congratulations!* Today we'll look at ways we are sabotaging ourselves amidst the corona curve ball. If you've experienced this, you're not alone! We are navigating uncharted territory right now with this global pandemic. There is so much we can't control right now ... but the good news is that we CAN control how we take care of ourselves. The key to stopping self sabotage is to become aware of your patterns, predict when it will happen again, and have a game plan in place to avoid it.

#### List Kelly's 5 W's of Self Sabotage:

- 1.
- 2.
- 3.
- 4.
- 5.

[CLICK HERE NOW](#) to reserve your spot  
for Stop The Madness Masterclass



How do you feel after you **self-sabotage**?

How do you feel when you make **healthier choices**?

## DAY 2 - ACTION STEPS

To get the most out of this Connect to Conquer Challenge, be sure to:

### 1. COMPLETE THIS ACTION GUIDE.

You'll need to tune into the training to get my 5 W's of Self Sabotage. But go ahead and complete the 2 questions at the bottom. **Then bring this Action Guide to the training.**



### 2. POST IN THE FACEBOOK

How do you feel after you self sabotage? And how do you feel after you make healthy choices? Identify both of these scenarios and share your answers inside our [Facebook](#) group so other ladies can follow in your footsteps. You can find today's graphic inside our [Kelly's Healthy Weight Loss Challenge Facebook group](#).

### 3. JOIN ME ON FB LIVE AT 6:30 PM CST /4:30 PM PST/7:30 PM EST (OR CATCH THE REPLAY).

Today you'll learn how to become aware of your patterns of self sabotage, predict when it will happen again, and have a game plan in place to avoid it.

Join me at 6:30 PM CST /4:30 PM PST/7:30 PM EST inside the [Kelly's Healthy Weight Loss Challenge Facebook Group](#).

### 4. CELEBRATE YOUR PROGRESS WITH THE [CONNECT TO CONQUER SCORECARD](#).

I know the power of accountability (and prizes!) in helping you achieve your goals. That's why I created a colorful scorecard for you to track your progress. Grab it here, print it out, and give yourself some love as you check off each task you complete. We'll raffle off some great prizes at the end of our time together!. Good luck!