



CANDICE JANE

LEADER & TRAINER IN HOLISTIC HEALING

FINALLY OVERCOME THE SELF- SABOTAGING
BEHAVIOURS AND MAKE YOUR IMPACT AS A
SPIRITUALLY-LED, COACH, THERAPIST OR HEALER

INTRODUCTION

This eBook is designed to help you understand why your coaching, healing or therapy business is never truly helping you live the life of Freedom, Impact and Purpose that you desire and how self-sabotage is likely to be the silent killer.



CJ MindCleanseMethod®

As an Executive and Corporate Coach, a Tutor in Silent Counselling (a Rapid Energy Release healing modality), founder of CjMindCleanseMethod®, and trainer in a number of healing and coaching processes, I have helped thousands of coaches and therapists across the globe. I truly recognise how much self-sabotage is preventing so many amazing people take their life and business to the next level.

MY BIG WHY?

I am passionate about helping you overcome this as I also struggled for too many years with self-sabotage and the saboteur still shows up now and again in my life and my business, usually when I am on the brink of something big and exciting. I wish someone had helped me identify it sooner, before I spent thousands and thousands on marketing strategies, coaching packages, social media and reading every self-help and business book that I could find. I didn't appreciate that I had such a blind spot around self-sabotage.

"Self-sabotage is like a virus that can infect your business and eat away at your success, often without you even realising it – Gay Hendricks, Author of "The Big Leap" The Big Leap is a popular self-help book that offers insights and strategies for overcoming self-imposed limitations and achieving success.


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CONTENT

IN THIS BOOK, WE WILL EXPLORE

01. WHAT SELF – SABOTAGE IS

02. HOW IT AFFECTS YOUR COACHING
OR THERAPY BUSINESS

03. CASE STUDY

04. STRATEGIES TO HELP OVERCOME
SELF-SABOTAGE

05. CONCLUSION

CJ
CANDICE JANE

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What is Self - Sabotage ?

Self-sabotage refers to behaviours, thoughts or actions that prevent an individual from achieving their goals or reaching their full potential. It is the act of intentionally or unintentionally causing harm or failure to oneself, often due to subconscious beliefs or fears.

Self-sabotage occurs when we have our own deep emotional unhealed core wounds that we have experienced in life, often during childhood. Those core wounds can shape how we see ourselves and the world around us and can help us create many limiting beliefs that inhibit us from leading a fulfilling life.

If those wounds are not acknowledged and healed, at some point this will have a detrimental effect on your coaching or therapy business. They will continue to shape your thoughts, feelings and behaviours in a negative way.

How can self-sabotage be affecting your business ?

Self-sabotage can have a profound impact on your mindset in your coaching and therapy business. It can lead to feelings of self-doubt, fear and anxiety, which can ultimately affect your ability to work with clients effectively.

Here are some ways self-sabotage can affect your business.

1. Fear of success:

The fear of success can lead to self-sabotage in a coaching or therapy business. A coach or therapist may unconsciously hold themselves back from promoting their services, taking on new clients, or expanding their business because they fear the responsibility that comes with success.

2. Impostor syndrome:

Impostor syndrome can cause a coach or therapist to doubt their own abilities and qualifications. They may feel like they are not good enough to help their clients and may avoid taking on new clients or promoting their services.

3. Procrastination:

Procrastination can be a form of self-sabotage. A coach or therapist may put off important tasks, such as marketing or client outreach, which can lead to a decline in their business.

4. Negative self-talk:

Negative self-talk can lead to self-sabotage in a coaching or therapy business. A coach or therapist may have negative thoughts about themselves or their abilities, leading to a lack of confidence and motivation.

5. Perfectionism:

Perfectionism can be a form of self-sabotage in a coaching or therapy business. A coach or therapist may feel like they need to have everything perfect before launching a new programme or taking on new clients, leading to delays and missed opportunities.

Case Study

Meet Sally

Sally is an amazing energy healer and coach who has trained in Silent Counselling.

She has qualified in Reiki Training, offered many modalities to her clients and is very successful at making an impact with people. When it came to making a living and running a business, Sally was struggling, she had come through a toxic relationship and was rebuilding her life, however low self-worth and low self-esteem was impacting on her ability to fully embrace life and her business opportunities.

Sally would avoid showing up for her business, she didn't enjoy social media and being visible and her business was more like a hobby than a business. She often offered her services for free and struggled so much to put a price on her worth. She paid for a number of coaches and marketing consultants to help her market her business however she never felt aligned with their strategies.

In supporting Sally through the CjMindCleanseMethod® process, we helped her heal and connect fully with her Inner Child, she learned to enjoy her and have fun with her. We also worked together to install new programming into her around her limiting beliefs. Sally left with her own individual Mission Statement that she used to tap in those positive mantras which helped re-programme her subconscious mind. Sally had some big “aha” moments throughout the session that took her right back to the womb. She was blown away by the insights that she gained about herself during the process and how something that happened in the womb had formed a belief in her that was still impacting on her life today.

Sally's feedback

"Having a Mind Cleanse Method session with Candice was the kick start to my personal and business life that I needed. It was truly eye opening and I felt like a completely different person afterwards. I could actually feel the weight being lifted off my shoulders. I had never experienced anything like it".

Sally has now written her first book, spoke on many different podcasts, newspaper articles and is making a difference in the lives of many people across the globe who have struggled or are struggling with toxic relationships. She is also training to become a CjMindCleanseMethod® Practitioner



Strategies To Help Overcome Self-sabotage

During the CjMindCleanseMethod® Process, we help you identify the core wounds that require healing and support your Inner Child through the healing process.

Ways that you can help identify some of your core wounds are to explore our needs and feelings list on page below.

Feelings	Needs and feelings list	
- Happy	- Love	
- Sad	- Empathy	
- Angry	Needs:	- Understanding
- Frustrated - Anxious		- Acceptance
- Excited	- Safety	- Growth
- Content	- Love	- Contribution
- Hopeful	- Belonging	- Purpose
- Enthusiastic	- Connection	- Creativity
- Disappointed - Confused	- Respect	- Joy
- Lonely	- Trust	- Peace
- Grateful	- Autonomy	- Fulfillment
- Overwhelmed - Worry	- Support	- Health

This is not an exhaustive list, however, it can help you identify what needs are not being met and what feelings that this raises for you. These feelings are important and need to be acknowledged.

Often, self-sabotage is a way of protecting yourself from fear. It may help to sit with your feet on the ground, practice breathing in through your nose and out through your mouth while touching your sore spot (see picture). Acknowledge any tension and anxiety that you feel around this fear, give it a number between 0-10 (10 being that the emotion is very strong). Sit with this, gently breathing in through your nose, then one short breath out through your mouth and one long breath out through your mouth until you feel this number reducing. Allow yourself to feel a sense of peace and calm.

TRUST THE PROCESS

Trust everything is working out exactly as it is meant to for you and your business. While tapping the side of your hand, as per diagram, say: “I trust in my abilities and knowledge as a I am worthy of success and I am capable of achieving it. I release any negative thoughts and behaviours that are holding me back and I choose to focus on positive outcomes and growth.”

Journaling prompts can be very useful to reflect on your journey and try to identify the root cause of the sabotage. Once you have identified the root cause and understand your own thoughts, feelings and behaviours you can take steps to address this.

It is also important to set realistic goals for yourself, setting goals is crucial to avoiding self-sabotage. Unrealistic goals can lead to feelings of failure and self-doubt, which can trigger self-sabotage.

Learn from your failings, in business, you will fail many times before you succeed and it is very much part of the learning process. Instead of beating yourself up for mistakes, use them as an opportunity to learn and grow. This can help avoid self-sabotage in the future.

JOURNALLING EXERCISE

1. Grab a pen and paper
2. Give yourself 30 mins, find a safe and quiet place.
3. Think about the last time you felt “triggered”. How did you react?
4. What emotions came up for you?
5. Can you trace these emotions back to any experiences from the past, or unhealed core wounds?
6. Can you think of some other areas in your life that you feel “triggered”?
7. Can they relate to some unhealed core wounds?
8. How does being triggered affect your relationship with others?
9. What coping mechanisms do you use when you feel triggered i.e. Do you withdraw, cry, lash out, go to the gym, smoke, drink, take illegal substances?
10. Are your coping mechanisms healthy or unhealthy?
11. Can you identify any patterns in your triggers and how they might relate to your unhealed core wounds?
12. When you feel triggered, what support do you need from yourself and others to leave you feeling safe and supported?
13. Are there any triggers from the past that you have already managed to heal from. If so, how did you do it?
14. Finally, what steps can you now take that will help you start to heal your unhealed core wounds and reduce your triggers?

GREAT READS

1. "The Big Leap" by Gay Hendricks: This book explores the concept of the "upper limit problem" and how we often sabotage ourselves when we start to experience success. It offers strategies for breaking through these limitations and achieving your full potential.
2. "The Power of Positive Thinking" by Norman Vincent Peale: This classic self-help book offers practical techniques for overcoming negative thought patterns and developing a positive mindset.
3. "The Success Principles" by Jack Canfield: This comprehensive guide to success covers everything from setting goals to overcoming obstacles and achieving your dreams. It includes practical exercises and strategies for overcoming self-sabotage.
4. "The 5 Elements of Effective Thinking" by Edward B. Burger and Michael Starbird: This book offers practical strategies for developing critical thinking skills and overcoming mental barriers that may be holding you back in your coaching business.
5. "Mindset: The New Psychology of Success" by Carol S. Dweck: This book explores the power of mindset and how our beliefs about ourselves can either help or hinder our success. It offers strategies for developing a growth mindset and overcoming self-limiting beliefs.
6. "The Miracle Morning" by Hal Elrod: This book offers a morning routine designed to help you start your day with purpose and intention. It includes practical strategies for overcoming self-sabotage and achieving your goals.

Conclusion

In conclusion, identifying and healing core wounds is a crucial step for coaches and therapists to which to expand their business and expand on the effectiveness of their services.

By recognising the impact of these wounds on their personal and professional lives, coaches and therapists can create a safe and supportive environment for themselves and their clients, leading to greater success and fulfilment.

Through self-reflection, seeking professional support and implementing practical strategies, coaches and therapists can build a strong foundation for their business and make a difference for their clients while also living a life of Freedom, Purpose & Impact.

If you need additional support and feel ready to take your life and business to the next level, you can book a discovery call with me by clicking on the link below.

<https://bookings.candicejanelimited.com/booking>



**Thank you for taking the time to download and read to the end.
Wishing you all the very best on your business journey Keep shining your light**

Love Candice x



CANDICE JANE

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CONTACT

www.candicejanelimited.com

hello@candicejanelimited.com



@CandiceJanelimited