



# Unity Center for YOUniversal Prosperity™

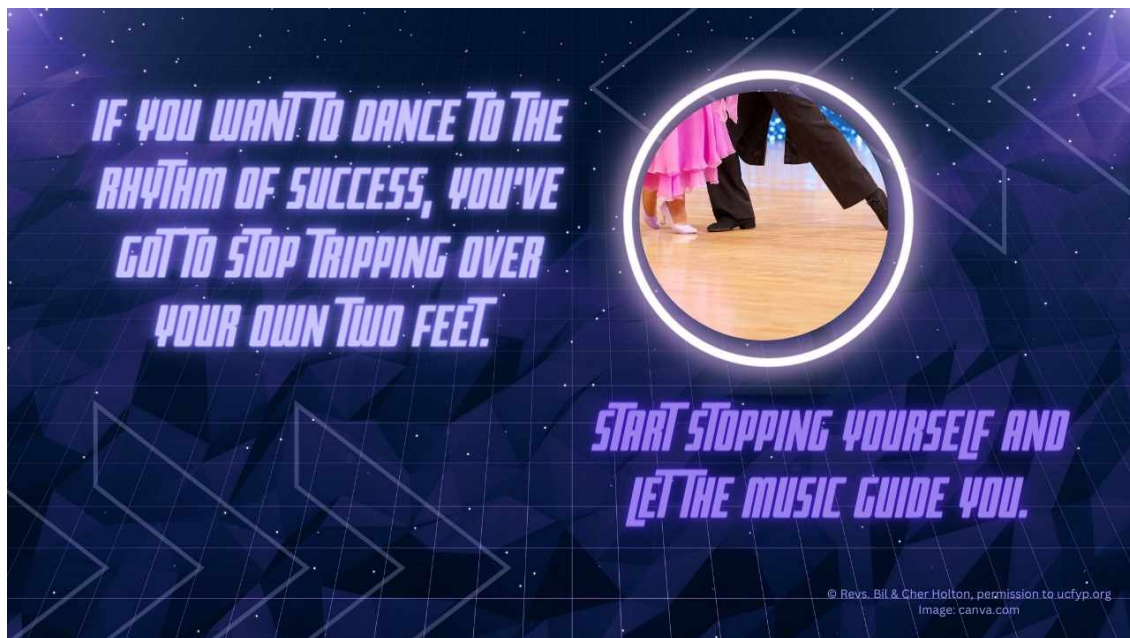
*Walking the spiritual path on practical, positive, prosperous feet*

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11. **Hold Yourself Accountable For Your Thoughts, Choices, and Actions:** Set up regular check-ins with yourself to monitor your progress and adjust your strategies as needed.
12. **Celebrate Successes:** Acknowledge and celebrate your achievements, no matter how small. Recognizing your progress can boost your motivation and confidence, reducing the likelihood of self-sabotage.
13. **Seek Professional Help:** If self-sabotage is deeply ingrained or causing significant harm, consider working with a therapist or counselor. They can provide guidance and strategies tailored to your specific challenges.

Remember that overcoming self-sabotage is a gradual process, and setbacks are a part of it. Be patient with yourself and keep working on self-improvement. It's important to stay committed to your personal growth and well-being.



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## 30 Ways to Start Stopping Yourself

This post invites you to **start stopping yourself doing these 30 things** that keep you from enjoying life filled with happiness, health, inner peace, love, and joy. Start with these 30 and then start stopping other downers too:

1. Stop making self-defeating thoughts, choices, and actions.
2. Stop filling your life with unnecessary regrets.
3. Stop eating foods and taking drugs that compromise your health.
4. Stop believing in certain beliefs that limit your wisdom and rationality.
5. Stop hanging around people that attack your self-esteem.
6. Stop sabotaging yourself.
7. Stop postponing your greater good.
8. Stop spoiling your happiness.
9. Stop ruining your chances for advancement.
10. Stop undermining your success.
11. Stop thinking negative thoughts about yourself.
12. Stop wrecking your potential.
13. Stop aborting your overall success.
14. Stop butchering your good qualities.
15. Stop damaging your reputation.
16. Stop dismantling your current achievements.



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- 17. Stop neglecting your spiritual growth and wellbeing.
- 18. Stop defacing your public image.
- 19. Stop nullifying your awesome potential.
- 20. Stop torpedoing your brilliant ideas.
- 21. Stop wasting valuable time and resources.
- 22. Stop suppressing your psi abilities.
- 23. Stop zapping your intuitive wisdom.
- 24. Stop nuking your joyfulness.
- 25. Stop quashing your spiritual exploits.
- 26. Stop hamstringing your innovativeness.
- 27. Stop muzzling your objectivity.
- 28. Stop throwing the baby out with the bath water.
- 29. Stop shattering your best laid plans.
- 30. Stop refusing to question unquestioned answers.



Action Ideas: \_\_\_\_\_