

Name: \_\_\_\_\_

Date: \_\_\_\_\_



# Entrepreneurland Self Reflection: Self Sabotage

Entrepreneurs often become their own worst enemies by engaging in behaviors that undermine their success. Steve Distanto refers to this as being an "arsonist" in our own businesses, where we unconsciously set fires that disrupt our progress. These self-reflective prompts are meant to organize your thoughts and work for you to help you from engaging in this metaphorical arson.

**Has there ever been any points in your life where you became an arsonist and unnecessarily messed something, only to realize the self sabotage in hindsight?**

**Consider the following behaviors: procrastination, negative self-talk, avoidance of responsibilities, impulsive decisions, and reflect on if/when you have engaged in them.**

**Can you identify any patterns leading up to the self-sabotage and "arson"?**

**Create a system or plan to prevent being an arsonist and engaging in self sabotage.**