



# LIFE UNBOXED

Module 7 : Navigating Roadblocks, Detours, & Potholes

Mike and Megan Knorpp

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*“For every failure, there’s an alternate course of action.  
You just have to find it. When you come to a roadblock, take a detour.”*

*-Mary Kay Ash*

### Recognizing Self Sabotage

As we get close to or come up to a new level of success, it is easy to create our own roadblocks that keep us from moving forward. These can look like getting sick, lashing out at loved ones, an abundance of stressful feelings, or looking for a way to escape. Identify some of the self sabotaging behavior you have engaged in or had to deal with in the past.

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Now that we have identified some of the self sabotaging behaviors you may have had in the past. Let’s identify what thoughts or past experiences you have had with success that might cause those behaviors. These can be related to generational issues, fear of responsibility, worthiness or self worth issues, or fear of losing what you attain.

*My success is frightening because...*

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Additional Notes

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