

WEEK 12  
*Sexy* MOTIVATION

*10 Most Common Sabotage  
Tactics & How To Avoid Them*

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# THE SUCCESS TRAIN

## PART 2.

### *Renew . Restore . Rebalance*

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#### THE 10 SABOTAGE TACTICS THAT WILL CRUSH YOUR SUCCESS & HOW TO AVOID THEM

##### **TACTIC #1** **I'M NOT READY**

RENEW

Renew your mind. Make a new choice

RESTORE

Restore your faith in yourself by taking ACTION.

REBALANCE

Reset your course as needed.

##### **TACTIC #2** **IT'S EVERYBODY ELSE'S FAULT**

1. CATCH it
2. CHALLENGE it
3. CHANGE it

It's true that you can't control what you think but you CAN control HOW LONG you think it.

##### **TACTIC #3** **I CAN'T HELP IT THAT I'M THIS WAY**

PLAY THE MATCH GAME: Do my feelings match my desires?



#### **TACTIC #4**

##### **I'LL LOSE WEIGHT FIRST AND DEAL WITH THE REST LATER**

Your mind has to arrive at your destination before you life does.  
WHO YOU ARE and WHAT YOU DO comes from what you THINK.  
Can't separate them.

#### **TACTIC #5**

##### **I DON'T HAVE WILLPOWER / MOTIVATION**

Willpower and Motivation are your natural desire or state to do WHAT YOU BELIEVE IS OF BENEFIT TO YOU.

What do you need to start doing, what do you need to stop doing and what do you need to keep doing?

#### **TACTIC #6**

##### **I'M TIRED OF DEALING WITH THIS**

Write down what is happiness to you? (no brules allowed)  
The purpose of the goal is not to achieve the goal. The purpose of the goal is who you become in the process.

#### **TACTIC #7**

##### **I'M SCARED I'LL GAIN THE WEIGHT BACK**

Your past is not a TV guide for your future. Feelings don't live in food. Food can provide a temporary escape.

#### **TACTIC #8**

##### **MY EATING HAS TO BE PERFECT**

You can never get enough of what you don't really want.  
Every decision you make, you set a process in motion.  
If you believe you are DEPRIVED of anything, your PERCEPTION becomes distorted.

#### **TACTIC #9**

##### **I KEEP FALLING BACK INTO OLD HABITS**

We will always choose KNOWN over UNKNOWN and FAMILIAR over UNFAMILIAR. habits are not big, little, powerful or weak...They are merely BENEFICIAL or NOT. If it's not beneficial, let it go via REPLACEMENT.

#### **TACTIC #10**

##### **I DON'T DESERVE TO SUCCEED**

Stop trying to hold on to beliefs that don't deserve to stay. Negative thought patterns need to be REPLACED with new ones.



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Passion . Purpose . Power

## **MODULE 2**

Clairty vs. Resistance

## **MODULE 3**

Commiment to success

## **MODULE 4**

Overcome resistance & fast track your success

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Letting go of the past

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How to become a success magnet

## **MODULE 7**

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7 Steps to rewriting old patterns

## **MODULE 9**

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Self Trust.

## **MODULE 12**

Setting yourself up for success Pt.2  
10 Sabotage Tactics that will crush your success and how to avoid them.

# RESOURCES

## **KYLIEPAX.COM**

### **Ditch the Diet Online Bootcamp**

[kyliepax.com/bootcamp](https://kyliepax.com/bootcamp)

### **Nutritional Support Protocol**

[kyliepax.com/nutrition](https://kyliepax.com/nutrition)

## **1:1 SUPPORT**

### **Private Coaching & Support**

[kyliepax.com/coaching](https://kyliepax.com/coaching)

## **DEPRESSION & ANXIETY**

### **In Australia**

[beyondblue.org.au](https://beyondblue.org.au)

[mycompass.org.au](https://mycompass.org.au)

[thiswayup.org.au](https://thiswayup.org.au)

[moodgym.anu.edu.au/welcome](https://moodgym.anu.edu.au/welcome)

## **DEPRESSION & ANXIETY**

### **Outside Australia**

[adaa.org](https://adaa.org)

## **SUICIDE PREVENTION**

[lifeline.org.au](https://lifeline.org.au)

## **EATING DISORDERS**

[thebutterflyfoundation.org.au](https://thebutterflyfoundation.org.au)

[nationaleatingdisorders.org](https://nationaleatingdisorders.org)

*Success is created one decision at a time*

KYLIE PAX