

8 Ways You Are Sabotaging Yourself

From Sabbath Worship (Sabotage) October 21, 2023

- 1. Procrastination
- 2. Impatient (with yourself)
- 3. Self-Criticism
- 4. Perfectionist
- 5. Resistant to Change
- 6. Already Know Attitude
- 7. Distrust (Yourself)
- 8. Self-Neglect