

# "I Would, But..." — Recognizing the Ways We Block Ourselves

Self Sabotage-August 2025  
Week 1: 8-4-25

 Affirmation

“I see the patterns that have held me back, and I choose to move forward with kindness and courage.”

 Task:

Pick one small task you've been avoiding — something you've said “I would, but...” about.

Set a timer for 10 minutes and start it today. You don't have to finish it. You just have to begin.

***Bonus points if you do it imperfectly —  
progress, not perfection!***