

International Bestselling Author

Foreword by James Malinchak  
Featured on the ABC Hit TV Show, *"Secret Millionaire"*

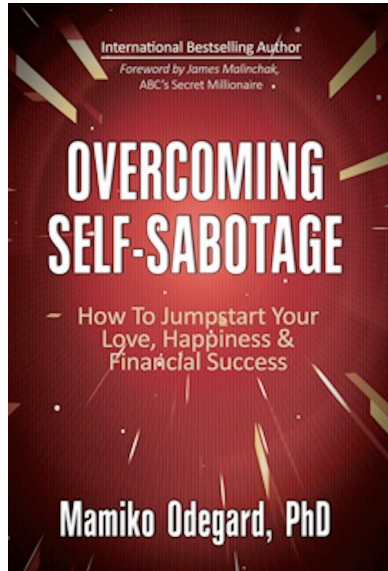
# OVERCOMING SELF-SABOTAGE

How To Jumpstart Your  
Love, Happiness &  
Financial Success

Activity Guide

Mamiko Odegard, PhD

## A MESSAGE BEFORE YOU BEGIN...



Thank you for investing in *Overcoming Self-Sabotage* as a start to being your best self. Congratulations for requesting the **ACT**ivity Guide, which will help you to clarify and customize your intentions and goals. I want to acknowledge the feeling that this guide's success is all about YOU! It is designed to strike a chord and give you permission to get off the life-draining treadmill brought about by self-sabotage.

I am grateful for your support of my work, and spreading the word. In the entire world, there is only one you. I honor you for changing and shaping your life... and mine as you encourage me, challenge me, and motivate me as a writer and as a professional who continually strives to help you attain all you desire in life.

I have included the introductory materials from *Overcoming Self-Sabotage* so that you might be reminded of the reasons you first decided to make the purchase and embark on this journey. I encourage you to establish a clear focus of what is in your heart, what you want to transform, and what is possible for you as you work your way through this complimentary **ACT**ivity Guide. Remember... the universe rewards action! Enjoy this opportunity to discover yourself and claim the MVP residing within.

*Mamiko*

## *Advance Praises*

*Overcoming Self-Sabotage*... this wonderful and motivating book shows you how to release your brakes and live an inspiring and inspired life!

~ **Brian Tracy**  
President - Brian Tracy International  
<http://www.briantracy.com>

Dr. Mamiko Odegard cracks the code to unlocking the power within through self-acceptance and love to overcome any and all challenges. *Overcoming Self-Sabotage* is a must read for claiming your personal power and experiencing new heights of success in every area of your life.

~ **Robert G. Allen**  
New York Times Bestselling Author  
<http://robertallen.com/>

When I first read *Overcoming Self-Sabotage: How to Jumpstart Your Love, Happiness and Financial Success*, the phrase by Albert Einstein came to mind, “Learn from yesterday, live for today, and hope for tomorrow.” It is a rare person who is not affected at some point in their lives by negative emotions; it is a wise person who finds value in this book, which in many ways illustrates that while struggles and trials of life are present, we can choose to use them to grow stronger in the face of the adversities with which we must deal. The author addresses the inner-self and provides the proper focus for positive change in myriad negative aspects of life—from stress at work to relationships with peers, spouses and other family members.

The book is easy to understand and the chapters, each a varied topic, are short and filled with the kind of humanity and wisdom where readers share the author’s experience in a way that fills the book with interest and compassion. Dr. Odegard writes in a unique style, and combined with humor, humility and humanity, is an overriding confidence she has what it takes to provide guidance, direction and the tools to ACT on her advice.

You may find you relate to one of the self-sabotage behaviors more than another; you may be enlightened to discover what you have always thought was the “norm” may be an area of your life where things can change... for the better! A refreshing and helpful book, the pages are replete with sense and sensibility—and a no-nonsense approach to recognize and deal with self-sabotage. I highly recommend it to anyone who recognizes change is the answer to the hope they have for a rich and fulfilling life—and willing to make the effort to engage in the process.

~ **T. R. Stearns, EdS**  
Editor, Retired Superintendent of Schools

Mamiko Odegard's latest book *Overcoming Self-Sabotage* is an absolute go-to guide for anyone who has been plagued by the pervasive feelings—duly reinforced on a consistent basis by the media and corporate advertising—of "never good enough." From her own forthright and clear personal story, and the compassionately revealed stories of some of her many clients over more than 30 years of clinical practice and coaching, Mamiko delivers hope and a way out of this vicious and personally abusive pattern of behavior and lays a foundation for a thriving life.

~ **Amethyst Wyldfyre**  
Master Mentor & Medicine Woman  
for Wealthy Women Of Wisdom  
[Http://www.amethystwyldfyre.com](http://www.amethystwyldfyre.com)

Dr. Mamiko's book, *Overcoming Self-Sabotage*, is full of heartfelt stories of the actual process that anyone can make in getting past life's challenges. Her passion, caring, and wisdom shine through in any language! *Cada experiencia narrada llega a lo mas profundo del corazón de quien la lee!!* (Each "narrated" experience deeply touches whoever reads it.)

~ **Ma. Alma Garza Cano**, Founder and Academic Director  
Cognitum School of Languages  
Spanish-English Translator, Interpreter  
Former Professor at Thunderbird Univ. ITESM-Mexico, Univ. of New Mexico, Univ. of Houston  
MA, Linguistics/Spanish Literature and Grammar  
Degrees from Montemorelos, México, Univ. of Texas-PanAmerican, Univ. Complutense, Madrid, Spain



# OVERCOMING SELF-SABOTAGE

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## *How to Jumpstart Your Love, Happiness, and Financial Success*

**Mamiko Odegard, Ph.D.**

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# *Foreword*

**I AM HONORED** to write this Foreword! Dr. Mamiko Odegard is a master at coaching others to create personal change and positive transformation. She has a sincere passion for helping them overcome the self-sabotage that often interferes with the pursuit of dreams and goals.

You may remember me from being featured on the hit ABC TV show, *Secret Millionaire*. If you do not know of the show, here is the basic premise from show promotions:

“What happens when business motivational speaker and self-made millionaire, James Malinchak, is picked up by an ABC television crew, placed on an airplane with no money, credit cards, cell phone, laptop or watch, and is whisked off to an impoverished neighborhood, where he has to survive on \$44.66 for a week?

The show features Malinchak leaving his current lifestyle in search of real-life heroes who are making a difference in their local community. He ultimately reveals himself as a millionaire and rewards them with a portion of his own money to further their cause by gifting them with checks of his own money totaling over \$100,000. If you watched ABC’s *Secret Millionaire* you know that James is no ordinary entrepreneur; he is a self-made millionaire with a strong passion for giving back and serving others.

Amazingly, over 10 MILLION people watched me on the show! Whether I am speaking at a conference, walking through an airport, consulting for an entrepreneur or just hanging out at a coffee shop, I always seem to get asked the same question: “What was it like being on *Secret Millionaire* and how did it affect you?”

My answer is always the same. “The greatest feeling you can experience is knowing you have made a positive difference in lives of others. The show reminded me of that!”

And that is exactly what my friend Dr. Odegard and her teachings can do for you! Dr. Odegard will make a positive difference in your life through sharing her suggestions in this brilliant book. She is a speaker, author, coach and seminar leader who truly cares about assisting in confident transformations, using her unique strategies to empower you to overcome self-sabotage and live a more abundant, fulfilled life.

People, for the most part, are not aware of their self-sabotage. The effects of these behaviors are often not revealed for some time, which unfortunately, makes it difficult to connect a particular behavior to a specific self-defeating consequence. Fortunately, as Dr. Odegard notes in her book, it is possible to overcome almost any type of self-sabotage, and with the support of professionals like her, people accomplish it every day.

Self-sabotage impacts three important parts of our lives: love, happiness and financial success. Through the real-life stories found in her book, you will begin to understand the ingrained beliefs, thought patterns, and behaviors that cause self-defeat, and learn actions and strengthening processes that will reconnect you with personal values, goals and dreams. Dr. Odegard will help you to understand many ways we all get in our own way and reveal certain underlying causes of various self-sabotaging behaviors.

Some of her suggestions may comfort you while others may challenge your old paradigms. One thing is for certain: Dr. Odegard and her suggestions will stamp your spirit with an abundance of hope, inspiration and encouragement so you can reach new levels of success, fulfillment and personal happiness.

It is my sincere honor to introduce you to Dr. Odegard and her brilliant book!

~ **James Malinchak**  
Featured on the ABC Hit TV Show, *Secret Millionaire*  
Author, *Millionaire Success Secrets*  
Founder, [www.BigMoneySpeaker.com](http://www.BigMoneySpeaker.com)

## *Acknowledgements and Dedication*

**DEEP GRATITUDE GOES** toward all of you... each client who trusted me and was open to new ideas and possibilities. You were courageous, determined, and dedicated individuals and couples applying your newfound knowledge and skills. I am so proud of each and every one of you for creating and practicing to be the best version of yourselves—while working towards and achieving your goals. In the process, a strong bond occurred between us in which we each appreciated the other and felt much warmth toward one another. Each meeting filled me with excitement and anticipation while instilling even more appreciation and awe of your progress and your building of personal resources. I couldn't wait to work with you, to follow-up with you, and share your excitement and delight, and sometimes your tears of joy... as you experienced and rediscovered the love that had been missing for so long within you and your partner.

Each meeting with you, my treasured clients, filled me with happiness, inspiration, and gratitude as you rapidly created successful and empowering patterns of thought and actions. The synergy of mutual trust, appreciation, and acceptance increased my passion of working with you to achieve your dreams.

Thank you for being EXTRAordinary in being vulnerable and honest while openly discussing problems and roadblocks as you shared your vision of a greater life for you. I am honored and so appreciative to you for including me in your journey! I am overjoyed and passionate that your life is becoming richer and more rewarding.

Eternal love and appreciation fill my spirit and soul for my husband, **Greg Odegard**, for his steadfast love, which supports me each day. Each of us needs to have at least one person who can be our cheerleader, that one person who can provide unequivocal love, emotional and physical support to listen to us, to understand our feelings and needs, and to assist us in reaching our daily and long term goals. Greg, I am blessed to have you in my life. You are my living miracle and a testament to how far a person can grow in emotional wellness when shown love and understanding, and prioritized as the most important person in the world. It is through your loving contributions in words and actions that I am able to be my best self. It is through being my best self and overcoming challenges and self-sabotage that I am able to help my clients claim their best self. Thank you, Greg, from the bottom of my heart. You and I were meant to be together... I cherish our love and each day with you.

Words and feelings of gratitude are deep in my heart for my dearest friend and editor par excellence, **Anna Weber**. She has been steadfast in her belief of me as a highly regarded person, professional coach, speaker, and author. Her keen intellect and her sage mastery of the written word



have taught me numerous lessons on how I could become a better writer to more effectively reach my audience. She has encouraged me from the beginning of our work together to use various platforms so that people could hear and see my words to enhance their lives. Her literary and aesthetic talents have contributed to the formatting and the design of this book, which is destined to become a best seller with Anna's loving and spot on guidance. She is a person I trust completely as she freely gives from her heart. Her wisdom and skills are astounding and impeccable. I am truly blessed to have her as my literary strategist and friend. Thank you, Anna for being in my life!

A heartfelt thank you goes to my friend and mentor, **James Malinchak** who suggested that I write this book to showcase the types of clients whose lives I had touched and transformed. He was able to see beyond my titles of love, relationship, and performance expert and was the catalyst for my new identity as the "leading authority" in overcoming self-sabotage. James is an absolute genius in his ability to think out of the box with innovative yet practical ways to help build businesses. James' genuine care for me as his coaching student and his commitment to assist my career success, are forever appreciated.

Love, appreciation, and blessings are given to my parents, **Michiko and Enrique Martinez**, both of whom are deceased. I want to acknowledge and thank them for my experiences and their contributions that formed the person I became—one who cares deeply about others and who seeks a better life for myself. My father, a United States citizen in the military was stationed in Japan and married my mother. I recently realized and was grateful that my father was the person who was the catalyst for the miraculous opportunities that I had to thrive personally, educationally, and professionally by bringing us here. My mother loved me completely and was so proud of me that she believed I could achieve anything. I knew through their actions that they loved me in the ways that were possible for them. During the last several years of their lives, my father demonstrated an incredible turnaround. He let go of his impatience and anger and became a true model of love and caring, totally devoting himself to the 24/7 care of my mother who had become stricken with dementia. To witness and experience that profound love and tenderness from my father towards my mother was a gift from God. They were meant to be together after all, overcoming their many personal and relationship difficulties... and teaching a living lesson and tribute to how pure love can be manifested. Yes, true love overcomes all obstacles and brings out the best within us.

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## *Introduction*

**ANXIETY, DEPRESSION, STRESS**, financial strains, loss of job or status, rejection, marriage, separation, and divorce—so many challenges naturally occur as you go through life. You simply can't escape the ups and downs of life. Would you like to know how those who have been battle-tested come out as they transcend crises in their lives?

As a professional, my goal from the earliest stages of being in the helping-healing profession stemmed from assisting people to feel a sense of hope, to alleviate pain, become one's best self, and to experience the joys of close, intimate, and trusting relationships, and for all to reach their peak potential for maximum success. I am a life and business coach supporting and partnering with people so they can attain love, happiness, and be and feel EXTRAordinary. I've worked with thousands of individuals and couples over the past 30 years as a psychologist, individual and marriage therapist, and now as professional coach. My hallmark is my ability to turn around problems quickly as I teach people to reach their goals literally in hours, days, or weeks.

Case studies are presented so you can be confident that you, too, can have hope and easily overcome any challenges. The outcome is that you become stronger, healthier, and more resilient as you acquire more awareness and tools to better handle any and all challenges that come your way. This doesn't mean that you escape stresses in your life. Instead, it is about your ability to be flexible and have the best coping skills to minimize and successfully navigate distressing situations. It's about letting go of a victim mentality that you cannot do anything to change your fate. It is also about rising to embrace your power to make changes when you can, and simultaneously develop even more love and acceptance of who you are.

The coaching case studies that follow are designed to show you that others share the same problems and difficulties as you. If they can change for the better, so can you! I want to instill hope and for you to experience my ACT on Love™ process as you learn to be more tender and loving to yourself and others, and more comfortably take steps to change. By becoming emotionally healthier, you pave the way for greater love, happiness, success, and closer connections with others. Also, by taking steps to change, you positively influence those around you, and attract others to the new, confident you. You are able to influence present and future generations by leaving a legacy of love and acceptance through your own demonstration of proactive loving attitudes and behaviors that are being passed down through generations.

Are you ready to get started? I can hardly wait to help you move through your own challenges, be inspired, and know that a better today is already happening for you. It's not about where you start, or even where you are right now. It's about getting to where you want to go.

*It's time to live your best life!*



# OVERCOMING SELF-SABOTAGE ACTivity Guide



## *How to Jumpstart Your Love, Happiness, and Financial Success*

*You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You, yourself... as much as anybody in the entire universe, deserve your love and affection.*

~ Buddha

**I HOPE YOU** have been inspired by the journey to greatness by the extremely brave and dedicated individuals and couples described in the previous chapters. They were each like you, sharing their fears, vulnerabilities, and doubts about whether they could achieve their goals. Yet, they all took a chance, feeling tired of the old patterns that enveloped them and left them feeling trapped. They, like you, dreamed of a life that was easier and one that produced joy, freedom, and ease, and regularly sought the positive adrenaline rush that occurs when you truly are in love with yourself and your life.

The steps toward you being EXTRAordinary make overcoming self-sabotage doable and achievable. Tap into the following secrets of loving yourself and creating your ultimate life:

**Start with awareness:** Not knowing where you are going and lacking a blueprint or plan to get there opens the door to self-defeat. Unless you are aware of what you want to achieve, you lack direction, motivation, and consistency. Common to all the cases presented, these individuals and couples all knew generally where they wanted to go. They were, however, without the knowledge or skills to navigate themselves to the life they so yearned.

*The truth is... all change begins with awareness.*

To help you to create your own awareness for life and work success, complete the following ACTivities. You may also find it helpful to organize all your thoughts, emotions, actions, and progress in a journal or on your computer. This PDF copy of the accompanying workbook, will make it easier to complete your answers directly under each question, and refer to it from time to time as you make progress on your transformational journey



What is your business success or the other successes you listed going to look like, feel like, and sound like?

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Do you measure monetary increase as your achievement with an appropriate time line?

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How else do you measure your steps toward your goals?

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**Most importantly, how are you bringing yourself closer to your goal?**

Do you want an overall goal such as having more love in your life? If so, how is this measured and manifested?

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Does this mean that you learn how to initiate and start conversations with strangers, participate in new activities, physically and verbally show affection such as increasing hugs, kisses, compliments and recognition, read self-help books or hire a coach to build your confidence and esteem?

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## ***ACTivity 1: Setting Goals***

**Goal #1:** List as specifically as you can what you want to achieve. If possible, make it measurable to let you know if you are getting closer or shifting further away from your goal.

**Example:** Increase self-acceptance and love by acknowledging/complimenting myself with at least three statements that honor myself, or my accomplishments, each day.

Make sure your goals are all clearly defined and ACTIONable, such as in the above-noted example, and not too vague or general such as this one: “To accept and love myself fully and unconditionally.”

**Now write your own:**

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Ways to achieve my goal: (ACTion steps I'm taking to reach goal)

Example (s):

Actively recognize and compliment myself at least three times daily.

Whenever, I am judging or being critical of myself, I change this to a supportive, affirming, loving, or neutral thought/statement.

I write and read daily affirmations that I create about my uniqueness.

**Now write your own ways to reach your goal:**

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**Goal #3:**

**Define another goal you want to achieve, and document ways and the steps necessary to achieve it: (ACTion steps I'm taking to reach goal) Repeat these goal-setting steps with any additional goals on which you choose to focus.**

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Unless you are aware of the ways you harm yourself, or prevent yourself from fully loving yourself and enjoying maximum success, you will repeat the same sabotaging behaviors over and over. Successfully overcoming personal deficiencies with changes in thinking, feelings, and actions requires you to be alert and perceptive to fine-tune your observational skills so you can catch yourself and change course before you spiral down to your typical and often automatic non-productive habits.

In taking the first step to manifest your healthiest self, draw on the support of a person who understands your pitfalls, experienced struggles, has triumphed over pain and blocks similar to yours, and can see things and guide you toward the finish line. Otherwise, you only know what you currently know and tend to repeat self-defeating patterns. An enlightened teacher, mentor, or coach can facilitate your awareness and show you the shortcuts to hasten the fulfillment of your goals.

In business and life, you want to ask yourself on a moment-to-moment basis, “What’s the fastest way to reach my goal?” Many times throughout your day, you have the opportunity to take yourself closer to your goal or further away from it. “Contaminating” your goal is one way that my own coach, James Malinchak, likes to explain how we sabotage where we want to go. Either you’re getting “closer” to your goal or moving further away by “contaminating.” These are the two “C’s” that James’ emphasizes about success. Can you go through this process alone, or would you benefit from a partner who is vested in you to successfully navigate your way to acceptance, love, and peak performance in the

Quickest amount of time? All great athletes, business executives, homemakers, celebrities and even students have had people who consistently guide them to be their optimal self.

You are no different! You deserve to have quality people in your life who can jumpstart and maintain keen levels of awareness with new information, insights, and skills. Believe it or not, this is one test of how much you can love yourself... by being generous to yourself and investing in your own financial and relationship capital, and the all important relationship with yourself.

## ***ACTivity #2: Surveys and Inventories***

Conduct an honest, soul-searching inventory of the ways you think and act that sabotage your goals and happiness and list your findings in this **ACTivity** Guide.

Fortunately, there are myriad ideas to promote healthy changes in your life and business. As an additional bonus for my readers I have created a checklist of qualities and actions for optimal performance in every area of your life. You can opt-in and receive a PDF download for your own personal inventory at my website: <http://bit.ly/OpPerformCklst>. As you go through your own checklist, and become more aware of the ways you strive for happiness and your optimal life, you'll reinforce the areas in which you exercise healthy emotional and personal wellness, as well as areas that you may want to improve.

Make a list of areas in which you are inspired to impact change:

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## II. Make a Commitment to Change

**ARE YOU READY** in your heart and mind to say, “Yes!” to become the person you dreamed of with the lifestyle that you desire? If you can honestly and enthusiastically answer with a resounding “Yes,” then you’ll want to write down the reasons why you are committed to making changes to claim your best self. Writing solidifies the covenant you choose to establish with yourself to change.

Only you can change yourself. No one else has power over you. If you do not fully accept and love yourself, no one can convince you to do otherwise. The critic within you cannot be convinced of the inner flaws no matter how much you gain compliments, recognition, physical affection, or even sex! Worse yet, when you don’t fully love yourself, your closest supporters—friends, family, or even your lover—give up, because instead of meeting and reciprocating their loving intentions, you withdraw, complain, or demand even more love and attention.

When you feel unworthy and whatever you do is not good enough, that is exactly the same message you give back to others... that their efforts don’t satisfy you or are simply not good enough. Your loved ones, in turn, will respond to you with impatience, frustration, and anger and back away both emotionally and physically at the very times you crave and need even more tenderness and understanding.

Yes, you are central to the ways you feel and the effect you have on others. By changing yourself, you actually influence positive changes in the quality of your relationships. This is the concept of “give to get,” rather than waiting for your partner, family, friend, or teammate to change, you give away what you desire. By doing so, you create a circle of goodwill, which starts the movement of others to treat you differently, reciprocating with more of what you’ve given. In other words, kindness begets kindness, and love makes the world go around.

## *ACTivity #3: Reasons to Change – “My Whys”*

List the reasons why you want to change for the better to create your best self. The main thing is to go at least five layers deep to uncover the real motivation for you to change. When you identify that core need and desire, you will have a powerful ally to bolster you to success. Some of the following reasons or “whys” may exist for you:

I’m tired of being so critical.

I don’t want to be depressed and anxious any longer.

I’m tired of struggling alone and want a soulmate who understands me and gives me support.

I have hope that I can change my life.

My ability to love myself will lead to loving others and getting love in return.

I have personal freedom to achieve and gain the love and happiness I’m seeking.

I let go of my fear of rejection; instead I feel empowered and secure to give myself love and approval.

Now use this **ACTivity** Guide and list your own reasons for changing to a healthier YOU!

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## III. Learn The Art of Conscious Loving™

**YOU WALKED INTO** a trap of being critical and diminishing your self worth and love. Stepping out of that and into Conscious Loving allows you to think of yourself, others, and situations through new perspectives. You are able to withhold and change your previous critical and judgmental reactions with fresh ways of looking and interpreting actions and emotions to ones that are more tender, loving, and supportive. This allows you to start over and cherish your uniqueness rather than dwell on your deficiencies. Mindfully loving yourself in this manner doesn't imply that you have to be a rah-rah cheerleader, needing to interpret your feelings and behaviors in an overly positive light. Instead, it is learning to be gentle with yourself, and giving yourself the "benefit of doubt," so that you stop judging, berating, and putting yourself down.

Conscious loving is about freedom of choice. Each and every moment, you are faced with choices of how you want to perceive, feel, and respond to various situations. It involves a moment-to-moment awareness without judgment so you can make the best possible choice for the most favorable outcome. It also requires you to refrain from being critical of yourself or others and to strive for neutrality. If you are unable to affirm a supportive outlook, then aim to be neutral in your thoughts and impressions. Conscious loving is allowing the powerful and highly refined state-of-the-art camera of your mind to take multiple photos simultaneously, within milliseconds, of any and all events of your life. The skilled photographer takes numerous shots and carefully examines each one to determine the best image that he or she has captured. Similarly, you repeat the same process, choosing the picture that will most likely yield the best perception and results for you.

It's important to center yourself into a state of calmness to enable you to most effectively choose the picture or scene that will give you the best outcome. It is human nature when you are emotionally aroused that your thoughts mirror your emotions. For instance if you are angry or scared, your thoughts are consistent with these emotions, justifying your reactions and actions. Therefore, returning to a calm state is a necessary ingredient to foster best choices and outcomes by using both your mind and emotions to guide you.

To practice conscious loving, take time to re-examine any critical thoughts and patterns of judgments that cause you to lose energy, focus, feel discouraged, derailed, and feel less worthy. Imagine you are using a high-powered camera within your mind, and take on a perspective of acceptance to rewrite new beliefs and thoughts that promote your highest self. Are you noticing any changes in your

body and the way you now feel towards yourself? When you affirm yourself, you instantly boost your energy, motivation, and feelings of worthiness.

A word of caution! Understand this is a journey, not a marathon. I want you to experience small steady steps to success to build your confidence and esteem. Conscious loving is a lifelong skill. You weren't born with it; you aren't supposed to automatically know how to put these steps into action. Mindfully loving yourself is a skill you develop and will come more naturally to you as you engage in new ways of viewing yourself and everyone around you. It gives you the power and means to embrace and stand by the greatness of yourself and others... allowing you to fully love without limits.

## ***ACTivity #4: Developing Awareness***

Brainstorm the typical ways you downgrade yourself and keep a notepad with you to write down thoughts when you find yourself being critical of yourself or others.

What are you telling yourself?

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What patterns do you notice?

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How do you feel if you criticize yourself or another?

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Do you believe these messages?

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What are your payoffs for keeping these messages?

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How do these critical thoughts/messages undermine you?

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## ***ACTivity #5: Assess Feelings***

Only when you honestly seek to be open to new awareness and better understand yourself, will you find the answers hidden deep within. It is sometimes far easier to live on the mere surface of life, but when you take time to ask how you really feel about yourself, you can discover the rich treasures of transformation. You'll be surprised as to how new insights and changes in your thoughts can foster new feelings and actions. The following activities will assist you with that process.

Write down thoughts and feeling as they come to you.

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Go back to **ACTivity #3** and read your original reasons to change; if the work you have done thus far has had an impact, you may feel enlightened and want to modify your reasons for change. (This helps you to recommit to changes you deeply desire.)

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## ***ACTivity #6: Deeper Examination***

Begin to examine the sabotaging beliefs that you carry that somehow you are unworthy, less than, not as smart, attractive as others...

Doing your own detective work, look back to your earlier years as a child and adolescent and examine your memories and beliefs from them.

How did you feel then?

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What were your experiences?

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How were you defined; who defined you?

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Overcoming Self-Sabotage ACTivity Guide

Write down old beliefs you acquired.

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Do you recognize any common themes?

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What new insights emerged for you?

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## ***ACTivity # 7: Promoting Positive Choices and Actions***

Create and write down new beliefs and rules about yourself that promote feelings of appreciation, gratitude, and love for the person that you are.

These new beliefs promote warmer, more secure, and confident feelings about yourself with guidelines to steer you toward healthier, more productive and loving choices and actions. Writing your answers to the following questions help you become more aware of your feelings, choices and actions.

How do you feel in creating new operational rules and beliefs for success?

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Overcoming Self-Sabotage ACTivity Guide

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How do you feel about starting anew?

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If there is any old baggage still remaining, reach out to a professional coach, mentors, loving family, and friends. Write your action steps here.

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*Enjoy your sense of freedom and power!*

*Smile and enjoy the feelings that go along as you take steps toward love and acceptance of self.*



## IV. Let Go of Past Mistakes and Forgive Yourself

**IF YOU CONTINUE** to focus on choices and actions you regret, you drain both your energy and motivation, and also feel overwhelmed and defeated. The past is already gone; you cannot change it. Living in the past causes you to have regrets, bringing up waves of shame and guilt. It also robs you of enjoying and appreciating the gifts of living in the present.

### *ACTivity 8: Release and Start Anew*

Once again, use this ACTivity Guide and write down all the mistakes, regrets, and shortcomings you would like to release... to feel free to start anew. Using only the language you so aptly carry in your head, spew out the loathing and blame you commonly use to undermine your value, credibility, and yourself. It is likely you have elevated your feelings with some of the previous exercise, and you may feel an immediate shift with this ACTivity as you think of blaming yourself and convincing yourself that you are “stupid, worthless, ugly, don’t have enough to offer another, not a good conversationalist,” etc.

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A large rectangular area with a dark red border, containing 25 horizontal black lines for writing. The lines are evenly spaced and extend across the width of the page, leaving a small margin from the left and right edges.

## *ACTivity 10: Love Letters*

Now is the perfect time to write a tender loving letter to specifically forgive yourself. Please make sure you show compassion and understanding to the less enlightened, younger you who committed these errors. You can also use this time to include any shame you are holding.

You may want to close your eyes and listen to gentle, soothing music before you write your loving letter. You may also find it beneficial to do a peaceful meditation and visualization prior to forgiving yourself to get yourself in the “flow.” Visualize yourself physically letting go of your past and forgiving yourself. Of course, you can repeat this process whenever desired, before, during, and after as you work toward forgiveness.

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## *ACTivity 11: Letting Go*

The process of letting go is best if not left to passively thinking your way through. Put your emotions and energy to these statements and say them out loud! “I forgive myself fully and completely; I let go of any and all past mistakes. I let go of the past... I am starting over.”

Follow your verbal proclamation with a ritual for letting go of your mistakes, blame, guilt, and shame. This could involve burning your list of your painful past, burying them, letting them sail away on a little toy boat, drawing a picture representing your pain, and replacing it with a picture that represents your present and future happiness and peace... whatever facilitates your letting go in a more actionable manner.

If necessary to truly free yourself, go back to the steps in **ACTivity 10** to let go of any hurt or anger you hold toward another by writing a loving letter toward that person where unfinished feelings exist for you. You want to clarify how you have been angered, threatened, disappointed, betrayed or hurt by another.

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When you forgive yourself, you tear down the barriers that prevent you from succeeding. You also learn how to accept and love yourself. You aren't perfect, nor are you meant to be. You are in the process of learning to cherish yourself so others can also treasure and support the wonders of you. In turn, you learn to accept others the way they are rather than taking such strong positions they must live up to your expectations of them.

**Notes:**

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## V. ACT on Love™

**YOUR ACTION LIST** is not fulfilled until you take time to embrace and celebrate the new improved version of yourself; knowing that you are starting with small steps, which can make dramatic differences in arriving at the destination you choose. It's important to start with tiny achievable goals that you easily reach and then progressively fine-tune and increase the level of difficulty, commitment, and effort. In each case, you want to ensure success in your milestones, not accept defeat.

Instead of becoming overwhelmed, think about the methods used to train animals, even as monstrous in size and ferociousness as a whale. First steps would include throwing fish out in the water so the animal approaches you. After repeated trials in which 100% success is ultimately achieved, you begin to toss the food closer and closer, continuing the process until the goal is achieved when a gigantic creature approaches you... even when you hold no food in your hands.

A concept known as *successive approximation* is what I want you to remember. Not many of you were taught the skills to truly succeed in life. It's unrealistic to think you could know how to magically change your thoughts and your energy to quickly and easily attain the goals you seek. Similarly, the majority of you were not taught how to truly love yourself or others, or how to handle disagreements. In fact, more often, you witnessed the extremes: no conflicts or its opposite, raging and loss of control during arguments or bouts of anger. Is it really fair or rational for you to have an incomprehensible, impossible mission to always hold the perfect thought, quip, or response to perfectly handle all challenging and emotionally charged situations in your life?

Each time you reach any objective or goal, reward yourself with a smile, jumping for joy... where you instantly feel recharged and alive, congratulating yourself—in written form—or verbally in your head. Conscious actions to share your breakthroughs with a friend, family member, significant other, or supportive co-worker are encouraged... to help you claim your own magnificence and to debunk the erroneous myth that “you should not be boastful.” Only you know the small and large battles you conquer. You no longer need to be the suffering victim or martyr. Instead, use your newly gained skills and mindfully choose to allow others to join in the celebration of a more impassioned, fun, spontaneous, and iridescent you—a you that glows with a love for yourself and your life. Allow your best-self and most-remarkable life to be continually upgraded to an “ultimate performance” that equates to the ways you show up in every aspect of your life.

The common element in overcoming sabotage is learning to love yourself and others no matter what problems or blockages you face. Without loving and cherishing yourself through kind, considerate acts of self-care, you physically and emotionally erode. The biggest secret of all is your power to believe, to change, and to claim your greatness was within you all along... hidden deep in your heart and mind. I hope you have, through the work you completed in this ACTivity Guide, been able to bring them to heightened levels of awareness, and you can claim your best self and the rewards that accompany your journey.

**CONGRATULATIONS TO YOU** for accepting the challenge to become your best self. You have started your journey to greatness. When you know the innermost reasons for your “whys” that motivate you to transform, you have the strength to be consistent and to persevere. Here you have the blueprint to get you started. If you want further help in refining your efforts to be truly successful in every area of your life, I am here for you. Together we can customize true lasting solutions for fully accepting, loving yourself, and overcoming any challenges while promoting your highest possible potential. Wouldn't it be wonderful, engaging in a VIP one or two-day program to gain dramatic results to completely transcend and reach your dreams?

***May you find much love, happiness, and success in all areas of your life!  
I celebrate with you on your new beginning!***

For more information about how I can help you reach your goals and find the MVP inside,

call: 480-391-1184

or email me at: [Success@drmamiko.com](mailto:Success@drmamiko.com)

## *About the Author*

**DR. MAMIKO ODEGARD** is the leading authority on love, relationships, and high performance; with over 30 years of experience as a highly sought out professional life and executive coach, psychologist, individual and couples therapist, and seminar leader. She has helped thousands of individuals and couples to be and feel EXTRAordinary and to find happiness and success. Mamiko is known for getting dramatic life-changing results in hours, days, and weeks—rather than months or years! She has literally saved at-risk-marriages from divorce and helped couples to thrive and be closer than ever before, even after they've experienced an affair! With her bold coaching style, myriad women and men have overcome self-sabotage and settling for less than they deserve in partners, financial abundance, business success, and joyful lifestyles. She has also worked with people who want to excel in their fields such as musical artists and athletes.



Dr. Mamiko has been happily married to Greg, the love of her life, for more than 40 years. She and Dr. Greg were interviewed and honored as *The Couple of the Week* on the Dr. Laura Berman Show, Oprah Productions. Because of their deep love, Mamiko was inspired to write about the ways to show love in an international best selling book, *Daily Affirmations for Love*. She is also the co-author of other award winning books such as *The Voyage to Your Vision* and *Miracles, Momentum, and Manifestation*. As the Emotional Wellness Expert, she writes monthly on relationships for Smartfem Magazine and for the Trivita Wellness Journal. Mamiko received Strathmore's 2012 Who's Who Worldwide Professional Award as the Life Coach of the Year, has served as the President of the El Paso Psychological Association, and currently is the co-chair of the Arizona Asian Pacific Women's Giving Circle. Philanthropic at heart, Mamiko also assists the founder of an international charitable foundation, The Perfect Day.

Providing content rich and skill building seminars and retreats, participants experience her wisdom in topics such as:

**Manthology:** Getting More Love and Attention from Your Man;

**Loving Yourself:** Loving the Caregiver;

**365 Days of Love:** Making Relationships Even Better;

**Abundance Beyond Money:** How to Attract Your Ideal Relationship: Client, Business Partner, or Mate;

**Igniting Your Inner and Outer Beauty** With Love and Style;

**Balancing Home and Work;** and

**Reaching Your Goals:** The True Secrets to Overcoming Self-Sabotage.

Greg and Mamiko have a daughter, Mariesa, who completes their circle of love and adds richness to their lives. Passionate about her work, Mamiko maintains a private coaching practice in Scottsdale, AZ.

She can be reached at:

Phone: 480-391-1184

Email: [Success@DrMamiko.com](mailto:Success@DrMamiko.com)

Website: <http://www.drmamiko.com>

## *Other Books by the Author*

Delivering heart-felt messages has become second nature for Dr. Mamiko Odegard. You can access them on:

Her website: <http://www.drmamiko.com/>

Amazon Author Central: <http://www.amazon.com/Mamiko-Odegard-PhD/e/B004PHTA5A>

Barnes & Noble: [http://www.barnesandnoble.com/s/mamiko+odegard?\\_requestid=500996](http://www.barnesandnoble.com/s/mamiko+odegard?_requestid=500996)

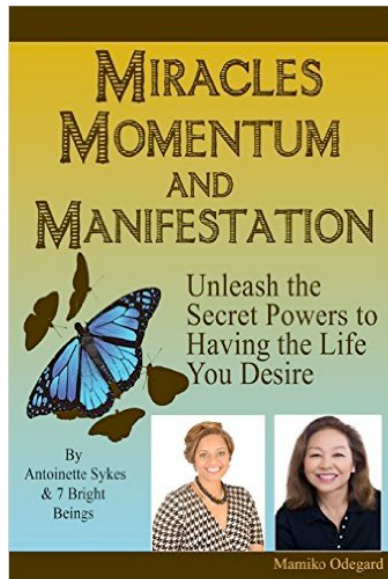
### *Daily Affirmations for Love: 365 Days of Love in Thought and Action (Amazon International Best Seller)*

Without quality relationships, you seriously limit what you can accomplish in life. *Daily Affirmations for Love* is 365 ways to learn how to experience the closeness, romance, passion, joys, peace, and dreams that are possible in all relationships. It can be used daily to recognize, remember, and celebrate the love and warmth toward a special someone in your life. The most important relationship is the one with yourself and you will find ways to strengthen the love within you, allowing you to more fully share and receive love.

*Daily Affirmations for Love* is not just about romance! To truly succeed in all areas of business and life, you must also develop and maintain life-long quality relationships with those with whom you do business, the people who know you intimately, and the family and close friends who support you with encouragement and affection. Through insights and activities, you also learn how to love yourself more deeply. Yes, the relationship with self as the core is the most important relationship of all. When you can truly love yourself, you can then more easily share love that enriches not only yourself, but all those around you.

It is the author's hope that this book will be shared with others. These expressions of love through verbal communication and acts of kindness can be shared with lovers, parents, children, and friends. Though practical steps, Dr. Odegard guides you to a new and heightened awareness, and provides tools to help you connect with others in life... with depth and love.





***Miracles, Momentum and Manifestation:  
The Miracle of MAN-i-Festing the Ultimate Love Relationship  
(Amazon Best Seller)***

Self help; dealing with couple and family issues, love and relationships. We are all confronted with them from time to time...

In *The Miracle of MAN-i-festing the Ultimate Love Relationship* Mamiko Odegard, PhD illuminates many fear-based beliefs and thoughts, each of which undermines healthy love and ultimately leads to suffering and tragedy in our relationships.

This chapter in *Miracles, Momentum and Manifestation* picks up where *Daily Affirmations for Love* left off... Mamiko Odegard builds on many of the principles found in her first best-selling book. Here she explores, at a deeper level how to shift from “wishing and hoping” to using a tried and true blueprint to “MAN-ifest” the kind of love, respect, and devotion you deeply crave. If you’re ready to go for the gold, then read on, and build some momentum in your quest for an ultimate LOVE relationship.

Odegard helps readers discover certain truths she believes accelerate quality changes in relationships. Accessible and practical, Dr. Mamiko’s wisdom invites you to look at your own life and see how MAN-i-festing a quality relationship can shift your relationship to one where you more quickly claim your true desires by cultivating a deeper awareness, detaching from unhealthy beliefs, and ultimately... discovering your true self.

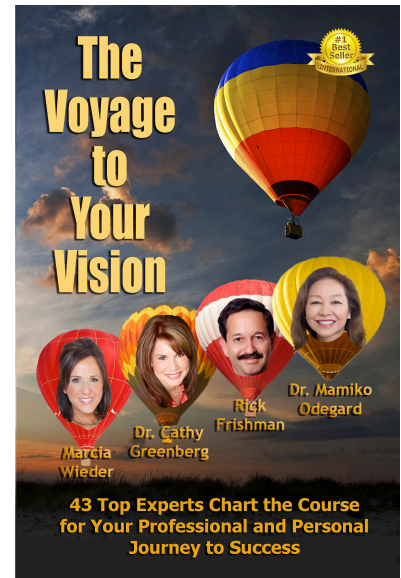
Throughout *Miracles, Momentum and Manifestations* stellar writers contribute their journey to find each... with an underlying message of hope that defines when life happens or YOU can happen to life! In this anthology, eight authors share super successful Miracles and Manifestation concepts as dynamic and transformational experts—all leading to a better place in what we call an intentional LIFE!



***The Voyage to Your Vision***  
***Top Experts Chart the Course for Your Professional and Personal Journey to Success***

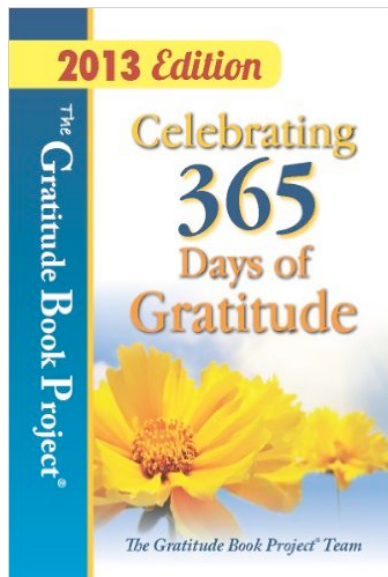
(Amazon International Best Seller)

We all have the capacity to become what we want to be, and achieve what we want to contribute to the world. Each of us is blessed with unique skills and abilities needed to become successful. On the path to success, we undergo a wonderful and adventurous voyage. In the recently released book, *The Voyage To Your Vision*, experts from across the globe gather to share the wisdom from their vast experiences with others and change lives during turbulent times.



Making the decision as to what we want our life to look like personally and professionally is not an easy task, as it requires the balance of our abilities, skills and passion. However, if we are clear in our choice, our minds and actions will be gracefully guided on the path to reach our goals. Being successful is not just about reaching the goal; it is also measured by what we are willing to do in order to see our mission fulfilled.

As we experience challenges, we become stronger, when we are willing to share these experiences with others, they can become invaluable, change lives and help others define and achieve their success.



***The Gratitude Book Project: Celebrating 365 Days of Gratitude***

*The Gratitude Book Project: Celebrating 365 Days of Gratitude* People from all walks of life join together in this collection of essays—one for every day of the year—about the things, people, circumstances, and events they're grateful for. Need a pick-me up? How about a gratitude adjustment? Look inside—you'll be grateful you did.

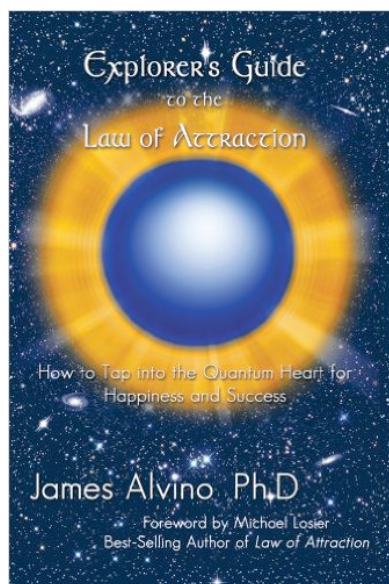
*Celebrating 365 Days of Gratitude* is brimming over with appreciation and inside you will find evidence that harnessing the power of gratitude can be a life-changing force. These true life stories are about more than the polite "thank you" we casually exchange every day. They're testimonials to the people and things we often take for granted.

Join us in this growing movement of people from around the world who have committed to asking themselves this simple yet profound question every day of the week—what am I grateful for? Net

proceeds from the sale of this book go to support Feeding America, the American Society for the Prevention of Cruelty to Animals (ASPCA), and Women for Women International.

### ***The Power of Letting Go: How to Heal Yourself & the World***

In the *Power of Letting Go*, experts from all over the world share their stories and advice to help you let go, move on, and finally heal. It is no secret our world can be intense. Learning how to let go of pain or weight (emotionally and physically) for instance starts by learning how the pain manifested in the first place. Over a dozen experts across many professions share their advice and stories to help you embrace the power of letting go each day and begin to heal yourself.



### ***Explorer's Guide to the Law of Attraction How to Tap into the Quantum-Heart for Happiness and Success***

Explorer's Guide to the Law of Attraction: How to Tap into the Quantum-Heart for Happiness and Success explains how the Law of Attraction works, why it works, and how to make it work for you!

The book explains the philosophy behind the Law of Attraction and related principles; its underlying science of quantum physics, takes you on the author's spiritual journey of self-discovery, and gives you a road map for your own personal development.

## *Reader Bonus*

Note: Thank you again for opting in for this ACTivity Guide. I want to remind you of the other Reader Bonus items listed in the book that you will be receiving as well, and which links were provided when you requested this ACTivity Guide.

1. The **personal assessment**, *Inventory for Optimal Life Performance in Relationships, Love, and Career*, which you may have previously downloaded as an integral component to the work you are doing as you go through in this guide. Periodically assessing your *Inventory* can reveal changes you are making.
2. Daily Affirmations for Love **Sampler**—First 30-days.
3. **Now... as a special bonus** to you for having taken the deep dive to a richer, happier transformed YOU, I want to offer you a Complimentary Initial Consultation with me... a \$750 value. People often complete this kind of dramatic change, begin to feel like they have just reached the tip of the iceberg, so to speak, and are excited to see what more is possible. That is what the consultation can do for you – open even more avenues to be rewarded for the **ACT**ions you take. To claim this very valuable Bonus, please email me at [Success@DrMamiko.com](mailto:Success@DrMamiko.com), and put CIC in the subject line so I might easily be alerted to your desire to take advantage of this one-to-one conversation with me.

## *Request for Reviews*

If you have not yet had the opportunity to take time to post a review for the book on Amazon, I want once again to encourage you to do so, with the thought in mind that many readers will not make the decision to purchase and read a book... until they know someone else has read and benefited from it.

If you enjoyed reading *Overcoming Sabotage* I would appreciate it if you would help others enjoy the book, too.

LEND IT. This book is lending enabled so please feel free to share with a friend.

RECOMMEND IT. Please help other readers find the book by recommending it to readers' groups, discussion boards, Goodreads, etc.

REVIEW IT. Please tell others why you liked this book by reviewing it on the site where you purchased it, on your favorite book site, or your own blog: <http://bit.ly/OSSAmazonReview>.

EMAIL ME. I'd love to hear from you: [success@drmamiko.com](mailto:success@drmamiko.com).

Thank you for making the connection with me, taking time to do the work. Congratulations on your successful journey toward greater love and happiness in every area of your life.