

Dealing With Those Who Block Your Success

"Don't be distracted by criticism. Remember—the only taste of success some people have is when they take a bite out of you."

— Zig Ziglar

How do you stay true to your goals when others get in the way?

Basically, there are three types of people who might try to derail you:

Saboteurs: They purposely put obstacles in your way. For example, your husband brings home your favorite type of candy bar and leaves it in a bowl in the kitchen, even though you've asked him not to.

Pushers: Similar to Saboteurs, they undermine your efforts by appealing to your emotions and giving you "permission" to lapse. For example, telling you, "One little bite won't hurt," or "You've been exercising so much, you deserve a day off."

Enforcers: Although well-intentioned, these folks watch over you like a hawk, and "make sure" you stick to your program. An example here might be asking you "is that on your diet?" or "Should you be spending your money on that?"

How to handle each type:

Saboteurs:

- Assume it's your responsibility
- Clearly state what you need
- Explain how you feel
- Accept the results

Pushers:

- Thank them for the intention
- Explain why it's a problem to you
- Give them something else they can do instead

Enforcers:

- Thank them for the intention
- Tell them how you feel when they watch over you
- Explain what you're doing and how it's "on plan"

Having the conversation: (3 Rs)

"Thank you for..." _____

However, when you do that, I feel _____

Therefore, what I would really like is _____

Notes:

Intentions Affirmations Manifestations
FROM "WHAT IF..." TO "WHAT NEXT..."

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