Most of us might associate the phrase “spring forward” with the dreaded loss of one hour of sleep when the entire country changes to Daylight Savings Time later this spring. I prefer to view it as a way to think about changing a personal pattern or way of doing things. As we think about spring as a time for new beginnings here is a look at how we might be getting in our own way of being successful.

Terri Levine, president of Comprehensive Coaching U does a wonderful job of articulating 7 Signs of Self-Sabotaging Behaviors and I present them here to allow you to do some personal soul-searching to see if any fit.

1. **Focusing on what is not working or not right.**
   Do you spend all your time on what didn’t work out? Instead of focusing on what is wrong, give your attention to what is working in the present moment.

2. **Being stuck in Fear.**
   Do you worry so much about the future and what “might” happen that you never get around to attempting anything? Most likely the things we fear the most never come to pass. Remember the old Nike commercial “Just do it.”

3. **Feeling you have no value.**
   If you often criticize yourself or can’t accept compliments, you aren’t allowing yourself to love yourself. What you focus on persists, so rather than focusing on what didn’t work out in the past, place all your focus on what you have already done well or plan to do in the future.

4. **Comparison of self to others.**
   It is said that you are the only one of you that there will ever be! Comparing ourselves to others doesn’t motivate us. It only makes us feel we will never be good enough. Find and write down your 5 best qualities and several things you have accomplished. Place your focus there and not on a comparison to another person.

5. **Meeting goals and then losing them.**
   Do you set and meet goals and then forget that you deserved to accomplish your goals and dreams? In some ways, this is a skill of having pride in what we accomplish and knowing the value and power of setting and updating our goals and dreams in life.

6. **You chase away relationships.**
   Do you often feel something is missing in your relationships or find fault with the other person? Perhaps what is really going on is a fear of real intimacy and underneath that is a fear of abandonment. Create a list of what you value in a person and relationship and cultivate connections with people who hold those values and qualities.

7. **Having no purpose.**
   Do you feel you have no reason for being? No purpose in life? We all have innate value and worth and have some purpose for being on the planet. We all must take the time to discover and refine our true purpose and calling. It is about the joy of the journey of discovery.

If you find yourself needing extra support in changing some of these habits, feel free to schedule an appointment at the Counseling Center at 903-886-5145.