

Nathalie P.

THINK Yourself®  
D.N.A. SYSTEM

WHY DO YOUR CLIENTS  
SELF-SABOTAGE?

THINK Yourself™ DNA System

DNA

fitCALGARY  
November 10-11 2018  
Calgary, AB

## WHY DO YOUR CLIENTS SELF-SABOTAGE?

Saturday November 3<sup>rd</sup>  
2:00pm to 3:30pm

Session 337

by Nathalie Plamondon-Thomas

Transformation Expert

No.1 Best Selling Author, Master Coach, Speaker, Publisher

[www.thinkyourself.com](http://www.thinkyourself.com)



## **FEEL LIKE THIS?**

- You know what to do but you are not doing it
- Fear
- Stress
- *Knowing and not Doing is like not Knowing at all!*

NOTES: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **YOUR BRAIN POWER**

- Logical Mind
- Unconscious Mind
- Personal Assistant
- Self-Sabotage

NOTES: \_\_\_\_\_  
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## **THE D.N.A. SYSTEM**

DESIRE (Environment & Behaviours)

NEW YOU (Skills & Beliefs and Values)

ACTUALIZE (Identity & Life Purpose)

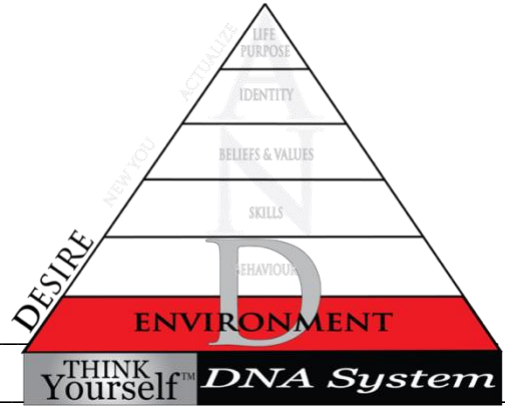
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# THE “D” - DESIRE

## ENVIRONMENT

- Assess your environment / Balance

NOTES: \_\_\_\_\_  
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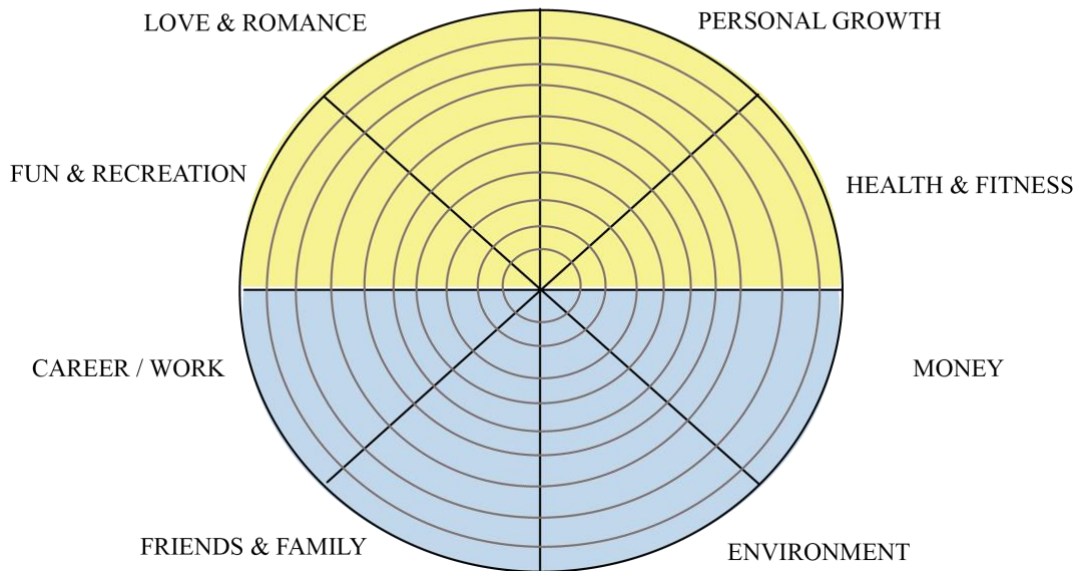
What or who in your environment supports your success?

\_\_\_\_\_  
 \_\_\_\_\_

Who or what in your environment needs to change?

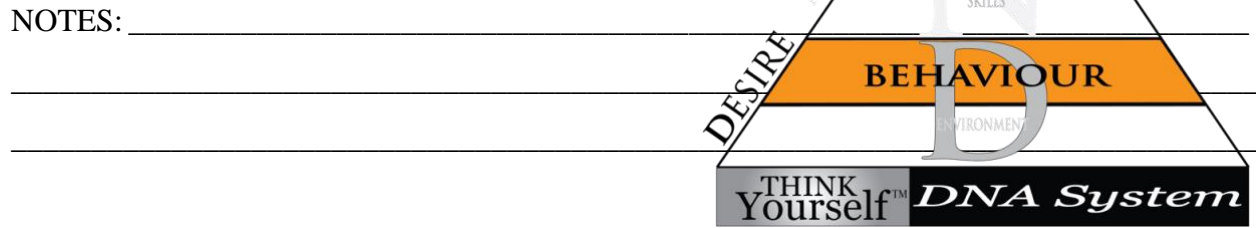
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## THINK Yourself® BALANCE WHEEL D.N.A. SYSTEM



# BEHAVIOURS

- Start eliciting your positive outcome.
- What do you want?



What behaviours support your success?

\_\_\_\_\_

\_\_\_\_\_

What behaviours do you need to change?

\_\_\_\_\_

\_\_\_\_\_

Your Positive Outcome:

\_\_\_\_\_

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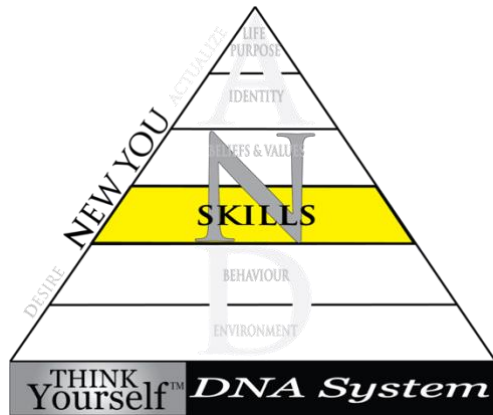
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# THE “N” - NEW YOU

## SKILLS

- Niche
  - Market
  - Skills
  - Passion
  - Sweet Spot



NOTES: \_\_\_\_\_  
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\_\_\_\_\_

What skills come easily and are effortless for you?

\_\_\_\_\_  
\_\_\_\_\_

Define your niche (ME ONLY)

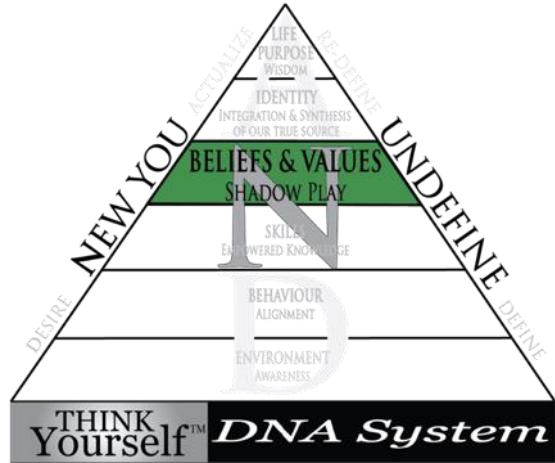
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What do you need to learn?

\_\_\_\_\_  
\_\_\_\_\_

# BELIEFS & VALUES

- Self-Sabotage
  - o Intention Behind the Behaviour
  - o Language
  - o Limiting Beliefs
- Negative to Positive
  - o Being Successful is Hard Work
  - o When you Make more Money, you Spend more and Always Live Paycheck to Paycheck.
  - o Finding Opportunities is Hard



NOTES: \_\_\_\_\_  
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Think of your specific goal. What limiting beliefs are holding you back from achieving it?

\_\_\_\_\_  
 \_\_\_\_\_

How can you re-phrase them?

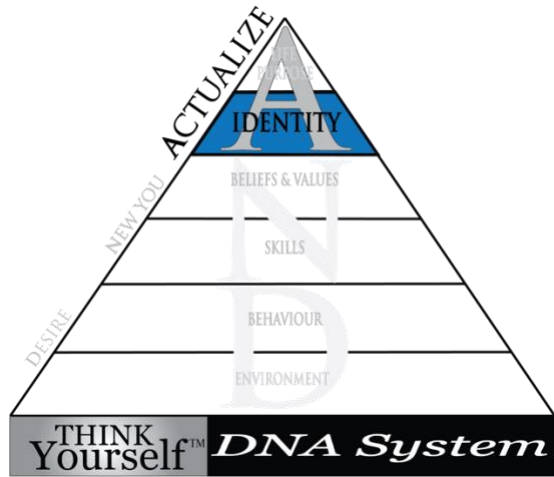
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# THE “A” – ACTUALIZE

## IDENTITY

- I Am Shy
- STYLE-L.I.S.T. Assessment Tool
  - o Leader
  - o Influencer
  - o Supporter
  - o Thinker



NOTES: \_\_\_\_\_

\_\_\_\_\_

What do you love about who you are?

\_\_\_\_\_

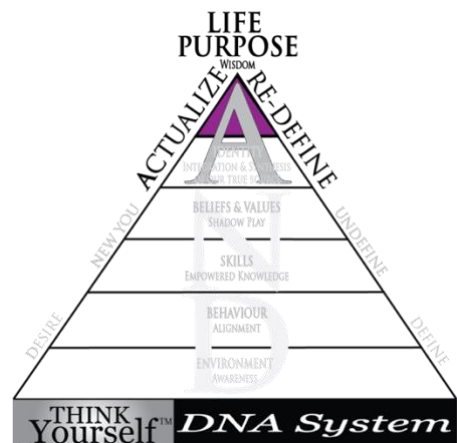
Is there anything that you do not like about who you are and that you want to commit to change?

\_\_\_\_\_

## LIFE PURPOSE

*People don't buy what you do, they buy why you do it.*

- Simon Sinek



NOTES: \_\_\_\_\_  
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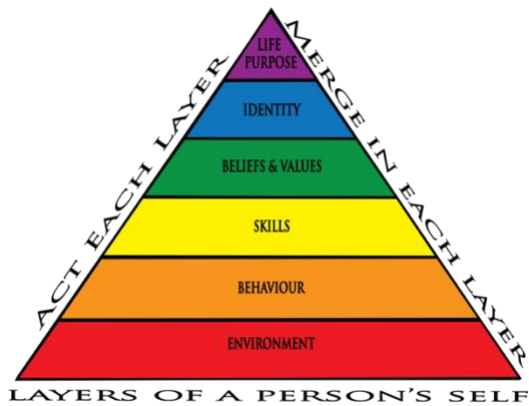
What is your purpose? Who are you serving? How are you a contributor?

\_\_\_\_\_  
\_\_\_\_\_

Why do you want the things that you want? What is your “Big WHY”?

\_\_\_\_\_  
\_\_\_\_\_

## ACT & MERGE



NOTES: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## ANTICIPATE - PLAN B

What could get in the way?

\_\_\_\_\_  
\_\_\_\_\_



What are you going to do about it?

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## **ACCOUNTABILITY**

List one thing you will do this week:

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What are you going to do to stay motivated?

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Write your accountability Partner's name and number:

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You will be talking one week from now, on \_\_\_\_\_ (date) \_\_\_\_\_

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## **NATHALIE PLAMONDON-THOMAS**



The Expert with a proven system to reprogram your brain and give you transformational results. Founder of the THINK Yourself® ACADEMY, speaker, Master Life Coach and No.1 best-selling author of seven books on wellness and empowerment.

### **NATHALIE P.** Transformation Expert

Master Coach – No.1 Best Selling Author – Speaker - Publisher  
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**THINK**  
**Yourself**®  
D.N.A. SYSTEM

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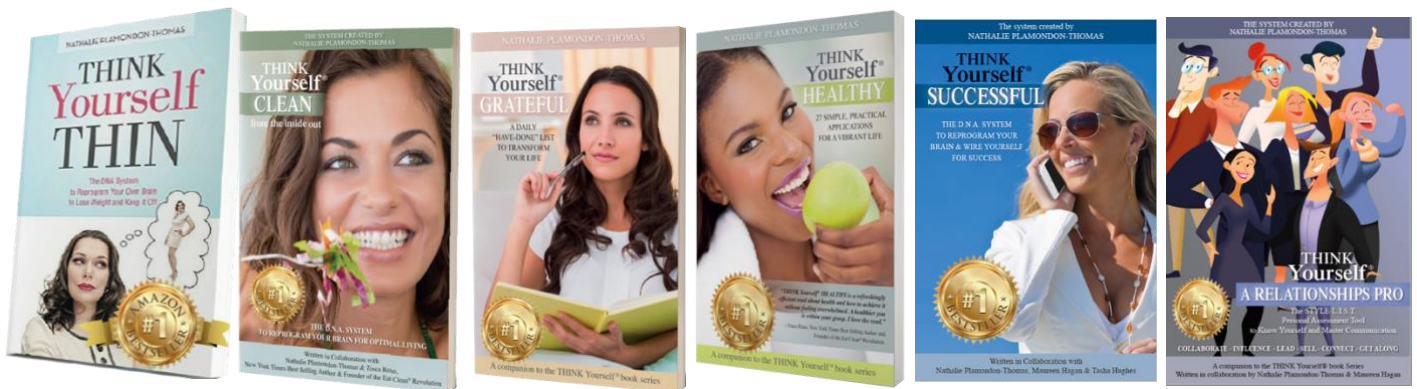
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[www.amazon.com](http://www.amazon.com) and [www.amazon.ca](http://www.amazon.ca)

# THINK Yourself®

D.N.A. SYSTEM



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THINK Yourself® AN AUTHOR

THINK Yourself® SEXY

THINK Yourself® SOBER

Book your FREE 15 min. chat with Nathalie: [www.thinkyourself.com/schedule](http://www.thinkyourself.com/schedule)

