



BREAK THE CYCLE 5 MIND-BODY TRAPS THAT QUIETLY SABOTAGE YOUR GOALS AND SIMPLE SHIFTS TO FINALLY FOLLOW THROUGH



Julie Supple, NBC-HWC, ISSA Master Trainer



WELCOME,

I'm Julie!



Hi, I'm Julie Supple — and I'm so glad you're here.

Before I became a Transformation & Holistic Coach, I lived this exact pattern. I'd start strong, follow every plan perfectly for weeks — even months — sometimes leading to fitness competitions. And then, somewhere along the way, life, stress, or exhaustion would knock me off track.

I'd call it "failure," but really, I was just caught in a cycle of self-sabotage I didn't yet understand. And as someone who was intelligent and known as a high-achiever, I felt I should "know better." That self-judgment kept me stuck far longer than the habits themselves.

When I finally learned how my mind, emotions, and body were working against each other — and how to realign them — everything changed.

Now, through my work as a holistic transformation coach, I help women over 35 uncover these same patterns and create a new foundation of self-trust, consistency, and calm confidence.

In this guide, you'll discover the five most common mind-body traps that quietly keep you stuck — and the simple shifts that help you rebuild consistency without guilt or burnout.

You're not broken. You're simply ready for a new way forward.

HOW TO BEST USE THIS GUIDE

If you're anything like me, then you want simple steps to follow and even simpler actions to take that will help you break free from feeling like you failed - again!

Read the guide all the way through. You'll quickly spot the patterns you recognize.

Pick one small shift to practice this week. Change happens through repetition, not intensity.

Notice what feels easier. Awareness builds confidence.

Be kind to yourself. The goal is progress, not perfection.

Ready for more support? This guide is your first step into **The Self-Sabotage Solution**, my holistic transformation system for lasting consistency and self-trust.

If you want to get results faster, the best way is to ask for help. I help women over 35 who self-sabotage their weight loss goals develop the mindset and behavior skills to follow through consistently - and finally follow through — without guilt or burnout through **The Self-Sabotage Solution**.

If you'd like more information about it, you can email me at:

juliesuppletraining@gmail.com

Ok, now that you the steps to be successful, now it's time to put them into action.

MIND-BODY TRAP 1

The All-or-Nothing Trap

Why It Matters: Perfection feels like progress — until it burns you out. When everything has to be “perfect,” one imperfect day feels like failure.

Simple Shift: Replace “I blew it” with “I’m still in it.” Progress is flexible, not flawless.

Example In Real Life: You miss a morning workout but walk after dinner — and realize you didn’t fall off track at all.

Mini Assignment: Write one compassionate phrase you’ll use next time perfection shows up.

MIND-BODY TRAP 2

The “Emotion over Logic” Trap

Why It Matters: When stress or overwhelm hits, emotions drive decisions — not logic. Food, scrolling, or skipping routines become quick ways to cope.

Simple Shift: Pause and ask, “What do I actually need right now?”
Connection? Rest? Release?

Science Insight: Stress hormones can override rational thinking, making self-sabotage feel automatic.

Mini Assignment: Create a short “reset list” of three ways to calm your system that don’t involve food or avoidance.

MIND-BODY TRAP 3

The “Motivation Myth” Trap

Why It Matters: Motivation isn’t a constant—it’s a spark. Waiting to “feel ready” keeps you stuck.

Simple Shift: Build momentum through micro-actions that show your brain, “I keep promises to myself.”

Example In Real Life: You do five minutes of stretching even when tired—your brain learns that follow-through feels good.

Mini Assignment: Pick one micro-action to repeat for three days, no matter how small.

MIND-BODY TRAP 4

The “Body-Blindness” Trap

Why It Matters: Ignoring your body’s cues leads to exhaustion and inconsistency. Awareness restores balance and energy.

Simple Shift: Track energy patterns and honor what your body needs instead of calories or perfection.

Science Insight: Body awareness increases serotonin and improves follow-through by lowering stress hormones.

Mini Assignment: Journal one daily check-in: “What does my body need right now—fuel, rest, or movement?”

MIND-BODY TRAP 5

The “Self-Trust Deficit” Trap

Why It Matters: I broke this one the slow way—by keeping one small promise every day. Over time, that became unshakable trust. Without trust, every plan feels temporary. You second-guess yourself and lose confidence before the results even appear.

Simple Shift: Keep one realistic promise and celebrate it daily, no matter how small. Consistency builds from self-trust, not pressure.

Example In Real Life: You follow through on your nightly walk three days in a row—and notice yourself feeling proud again.

Mini Assignment: Write one affirmation that reinforces self-trust, e.g., “I follow through because I care about me.”

YOUR NEXT STEP

If you've ever felt stuck in the start-stop cycle, I want you to know: **I've been there too**. I understand how heavy it feels to start again and again, believing this time will be different.

The truth is—you're not lacking discipline. You're just learning to lead with alignment instead of pressure.

These five mind-body shifts are the first step toward rebuilding consistency and calm confidence from within.

When you're ready to go deeper, **The Self-Sabotage Solution** expands these principles into a complete holistic system for sustainable transformation—so following through becomes your new normal.

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