



**Bonus:  
Break the Cycle:  
Roadmap**

*Secrets To*

# **LASTING ALIGNMENT**

**HOW AMBITIOUS WOMEN BREAK  
THE**

**CYCLE OF SELF-SABOTAGE**

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# WELCOME

**If you're reading this, you're ready to stop feeling stuck and start living a fulfilling life.**

I'm Karletha Yvette, CEO of Push Through Coaching, RYT200 Instructor, Certified Professional Coach, and author of "Getting to The Other Side." With over 20 years in personal growth and transformation, I created this guide to help you understand how your thoughts and actions shape your life. By breaking old cycles, you can embrace growth and build meaningful relationships. The key is realizing that self-sabotage is not a sign of weakness, it usually points to hidden fears or unhealed beliefs. Once those are recognized, you can redirect your ambition into healthier patterns that allow growth without burnout.

These 5 shifts helped me reclaim my happiness. Now it's your turn. Let's begin!

*Karletha Yvette*



# THE HIDDEN COST OF SELF-SABOTAGE

Ambitious women often carry dreams bigger than most people can imagine. Yet, too many of us find ourselves standing in our own way. Self-sabotage doesn't always show up as failure, it can look like perfectionism, procrastination, overcommitting, or doubting ourselves right when opportunity knocks.

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## THE WORLD MISSES OUR BRILLIANCE WHEN WE PLAY SMALL

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The truth is, self-sabotage keeps us in cycles that drain our energy and block us from alignment. We tell ourselves we'll start tomorrow, but tomorrow turns into another year of untapped potential.

We let fear or old wounds decide how far we'll go, instead of allowing faith and clarity to guide us. When ambitious women remain caught in these patterns, the world misses out on our full brilliance, and we miss out on the life we are meant to live

### What's Next

On the next few pages, I'm breaking down five key ways that ambitious women unknowingly sabotage themselves and how to shift those patterns. Each one is designed to help you identify where you may be holding yourself back so you can finally move with clarity, confidence, and alignment.

This isn't about adding more pressure, it's about releasing the weight that keeps you from soaring.



# RECOGNIZE NEGATIVE THOUGHTS

Your inner dialogue shapes your actions. Negative thoughts like “I’m not ready” or “I don’t belong here” create doubt that feeds self-sabotage. The way to challenge these thoughts is with truth and evidence. The trick is understanding what is true and what thoughts are created from fear.

## Take Action:

Write down the top three negative thoughts you tell yourself most often. For each thought, create a “truth statement” to counter it. Practice saying your truth statement out loud when the thought comes up.



# RELEASE PERFECTIONISM

Ambitious women can hold themselves to impossible standards. They may avoid starting or finishing projects because they fear it won’t be “good enough.” That delay looks like procrastination, but it’s really fear of imperfection.

## Take Action:

Finish one task at 80%.

Work for 30 minutes, then stop.

Remind yourself: Progress over perfection



# BREAK NEGATIVE HABITS AND PATTERNS

**Stress that comes with ambition can push you toward numbing habits like drinking, overeating, or overworking. In the long run, these habits undermine the very success you are chasing.**

## **Take Action:**

Identify one self-sabotaging habit.  
Replace it with a small, healthier habit.  
Track your progress for one week by journaling your feelings and challenges.



# SETTING BOUNDARIES & PRIORITIES

**Ambition can make it tempting to say yes to everything, but overcommitment leads to burnout and distraction. Saying yes to extra work, family obligations, side hustles can spread energy so thin that true priorities never get the focus they need. Boundaries protect your time and priorities keep your focus on what matters most. When you choose alignment over people-pleasing, you create a life that reflects your true values.**

## **Take Action:**

Make a yes list and a no list.  
Say no once this week.  
Block one hour for yourself.



# RELEASE RESENTMENT & PRACTICE FORGIVENESS

Letting go isn't about condoning what happened, it's about freeing yourself from the emotional weight that keeps you stuck. **Resentment is a silent blocker. Forgiveness is how you reclaim your peace and open space for something better.**

Holding on to resentment keeps you tied to the past and drains the energy you need for growth. Forgiveness is not about excusing what happened but freeing yourself from carrying it forward. Letting go creates space for peace, clarity, and new possibilities.

You can't always control what happens to you, but you can choose how you respond. Stop reliving your pain and start reclaiming your power. Your story isn't over and this is your chapter to write.

## **Take Action:**

Write down one resentment you have.

Reframe it: "What did this teach me?"

Say or write: "I release you so I can be free."



# Break The Cycle ROADMAP

BONUS GIFT

**CHALLENGE NEGATIVE  
THOUGHTS**

I shift my thinking today by:

**RELEASE THE NEED  
FOR PERFECTION**

I give myself room to grow by:

**BREAK NEGATIVE  
HABITS**

The habit I will step away from is:

**SET BOUNDARIES  
AND PRIORITIES**

I protect my energy today by:

**CHOOSE  
FOREGIVENESS**

I move forward with peace when I:





## NEXT STEPS

# READY TO BREAK THE CYCLE?

If you are ready to step forward with clarity, momentum, and stop holding yourself back to create the life you want, join me in diving deeper with a 3-Day journey.

[JOIN HERE](#)

# CLIENT REVIEWS



KARLETHA'S COACHING HELPED ME TO REALIZE I CAN ONLY CONTROL MY ACTIONS AND BEHAVIOR. I WAS ABLE TO LEARN ABOUT THE IMPORTANCE OF MEDITATION, AND LAW OF ATTRACTION.

*-F. JEFFERSON*



KARLETHA ASSISTED ME IN SEEING THAT I WAS ALLOWING A SITUATION I COULDN'T CONTROL TO DICTATE MY EMOTIONS. I LEARNED TO DISCARD THE NEGATIVITY AND FIND WAYS TO ALLEVIATE MY ANXIETY

*-L. CLARK*



THIS BREAKTHROUGH HAS ALLOWED ME TO REGAIN MY CONFIDENCE, I WALK TALLER AND WITH MY HEAD UP. I AM ABLE TO HANDLE DIFFICULT SITUATIONS CALMLY AND WITH CLARITY, INSTEAD OF CONSUMED WITH WORRY AND UNCERTAINTY.

*-CAMILLE W.*

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