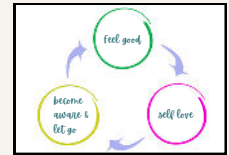


EMPOWERING OVERCOMERS

I AM GOOD ENOUGH RIGHT NOW



Choose up to 3 goals to help you believe that you are good enough right now - suggestions (Remember that you will achieve better results choosing one small thing and actually doing it, than wishing to do many things and not doing any of them.)

- Explain to a friend why you are good enough right now, explain to a friend why they are good enough right now, ask yourself the question "am I measuring by the gain or the gap?", watch the other videos in the "Empowering Overcomers" series.

Habit of:

01 02 03 04 05 06 07 08 09 10
11 12 13 14 15 16 17 18 19 20
21 22 23 24 25 26 27 28 29 30

Habit of:

01 02 03 04 05 06 07 08 09 10
11 12 13 14 15 16 17 18 19 20
21 22 23 24 25 26 27 28 29 30

Habit of:

01 02 03 04 05 06 07 08 09 10
11 12 13 14 15 16 17 18 19 20
21 22 23 24 25 26 27 28 29 30

Tips for success: .

- Habit stacking: do the new habit right before or after something you already do
- New habit takes less than 2 minutes
- Accountability partner - text a friend and say "I did it"