

# EMPOWERING OVERCOMERS

## STEP 1: FEEL GOOD



Choose up to 3 goals to help you feel good - here are some 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.)

- What helps you activate your relaxation response? Breathing exercises? Walking in nature? Listening to soothing music?
- MMWW morning routine - Music, Movement, Words, Water
- Improve your basic self care - DRESS - Diet, Rest, Exercise, Supplements, Stress management

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:

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Habit of:

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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"