

EMPOWERING OVERCOMERS

STEP 2: INCREASE SELF LOVE



Quick start

- I will focus on an “I am” poster for 2 minutes while listening to instrumental or epic music
- I will say/think “I am the kind of person who is kind to myself” whenever I have a negative thought about myself
- Accountability partner - I will text a friend and say “I did it”

I will focus on an “I am” poster (2 min)
I will do it right before (or right after) I _____

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

I will say/think “I am the kind of person who is kind to myself.”
I will do it right before (or right after) I _____

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

I will text my accountability partner.
I will do it right before (or right after) I _____

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”