

# EMPOWERING OVERCOMERS

## STEP 2: INCREASE SELF LOVE



Choose up to 3 goals to help you increase self love - 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.)

- Treat yourself the way you want others to treat you, say "I am the kind of person who is kind to myself," focus on an "I am" poster for 2 minutes, mirror work, self forgiveness, practice self compassion, measure yourself by the "gain" rather than the "gap," think about the analogy of the peach tree, etc. (Watch the video "Why you are good enough right now" or visit [hopeforhealingfoundation.org](http://hopeforhealingfoundation.org) for more ideas.)

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
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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"