

EMPOWERING OVERCOMERS

STEP 3A: BECOME AWARE & LET GO



Choose up to 3 goals to help you become aware & let go - 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.)

- Journal to become aware of self limiting beliefs, write an antidote for each self limiting belief, use EFT tapping to help retrain your subconscious to accept the new belief, 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
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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"