

EMPOWERING OVERCOMERS

STEP 3B: 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.)

- Do a healing visualization to heal from mother wounds and father wounds, think about and create a list of people who influenced you during your formative years, do a healing visualization for each of the people on that list. Think about and write a list of people who influence you as an adult and do a healing visualization for them as well.

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"