

EMPOWERING OVERCOMERS

HEAL FROM TRAUMA & ABUSE



Quick start

- I will press “play” for a healing visualization exercise
- I will spend 2 minutes doing something that helps me feel good and/or increase self love
- Accountability partner - I will text a friend and say “I did it”

I will press “play” for a healing visualization
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 spend 2 min to feel good and/or increase self love
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
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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”