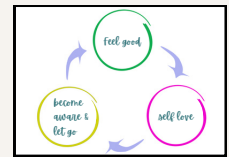


# EMPOWERING OVERCOMERS

## STEP 3B: BECOME AWARE & LET GO



### Quick start

- I will press “play” for a healing visualization exercise
- I will spend 2 minutes thinking about and creating a list of people who influenced me during my formative years
- 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 creating a list 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”