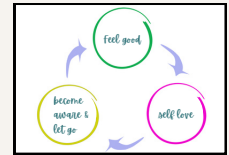


EMPOWERING OVERCOMERS

HEAL FROM TRAUMA & ABUSE



Choose up to 3 goals to help you heal from trauma & abuse - 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 a traumatic event in your life, write two letters you will never send, do a healing visualization to heal from effects from an abuser, do a self forgiveness visualization, watch the videos on "feel good" and "increase self love," spend time each day using the tools to feel good and increase self love.

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"