

Stop Living Your Life As A Victim

Put these ideas into action today and you'll begin to truly enjoy your life as you look forward to a joyous future:



- ☐ Realize that you can change your life if you choose to
- ☐ Find your confidence by reflecting on your achievements, large and small
- ☐ Show your confidence to others
- ☐ Replace the negative tapes in your mind with positive, self-affirming messages
- ☐ Finish the tasks you start
- ☐ Take responsibility. Create a happy life for yourself one action at a time
- ☐ Avoid blaming others for the outcome of your life
- ☐ Love yourself
- ☐ Adopt a new mantra. Create a short, motivational sentence you can say to yourself that will help you become a survivor
- ☐ Remind yourself that you control your responses to situations and you always have options that you can choose from
- ☐ Keep a journal
- ☐ Share your feelings
- ☐ Ask those you trust for feedback
- ☐ Tell yourself that it's okay to experience some discomfort
- ☐ Focus. When you stay centered on your options, emotions, and behaviors, you'll find life gets much easier
- ☐ Seek professional help if you need it

**Commit to applying these techniques in your daily life and unleash the survivor
that's inside of you!**

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