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 othres
- [ ] 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 at 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 sitations 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 discomfrotr
- [ ] 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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