

Self Empowerment - Week Five



What three Good habits do I have already and how do they make me FEEL?

- 1.
- 2.
- 3.

These habits help me feel.....

.....

What three negative habits do I have and how do they make me feel?

- 1.
- 2.
- 3.

These negative habits make me feel.....

.....

Which negative habit am I going to focus on replacing?

*"Old habits
wont open new
doors"*

Week Five

Self Empowerment



How do I desire to feel more consistently?

What empowering rituals can I bring into my life to replace those self sabotaging habits?

Write out a commitment to yourself with the reasons why you know you need to make these changes:

*' Success
doesn't come
from what you
do occasionally
It comes from
what you do
consistently''*