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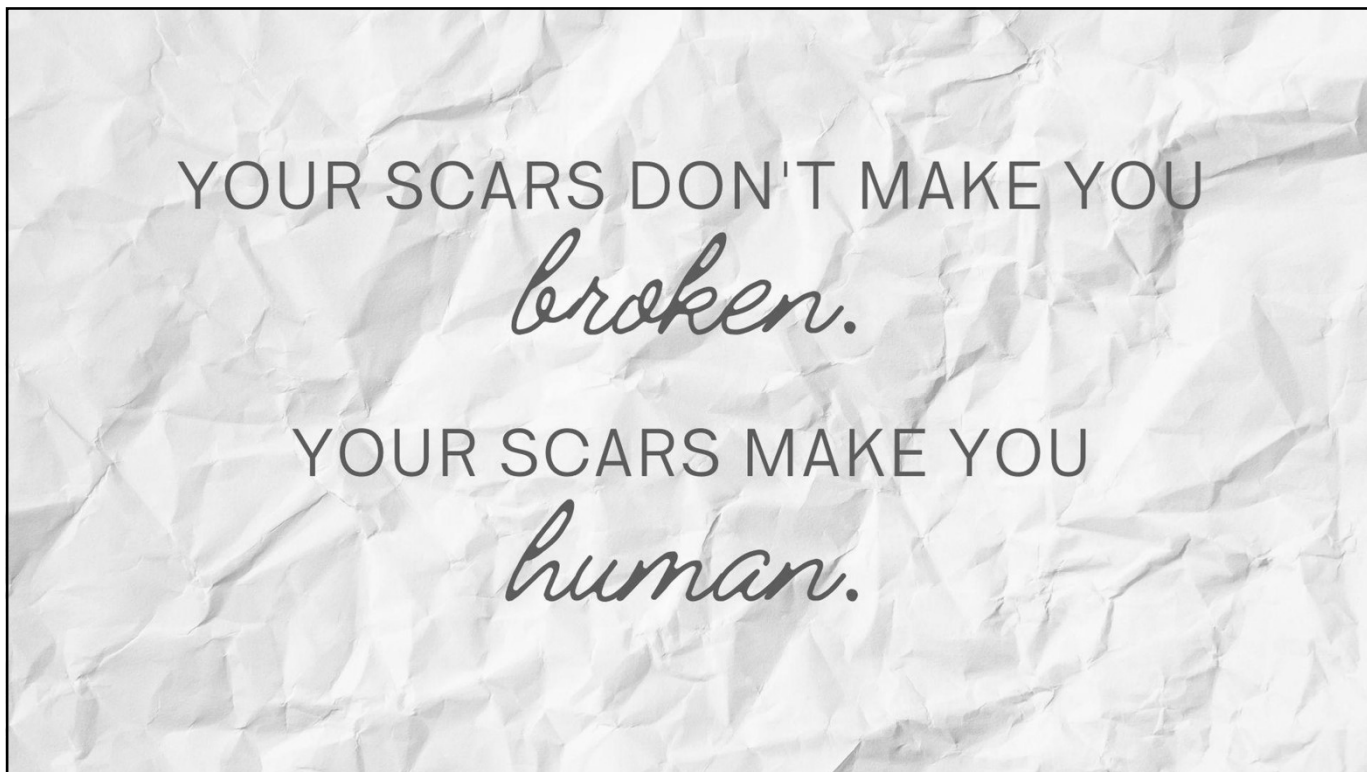
WHAT ARE THE
stories
YOU'VE BELIEVED?

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Stand Up
FOR YOUR SISTER



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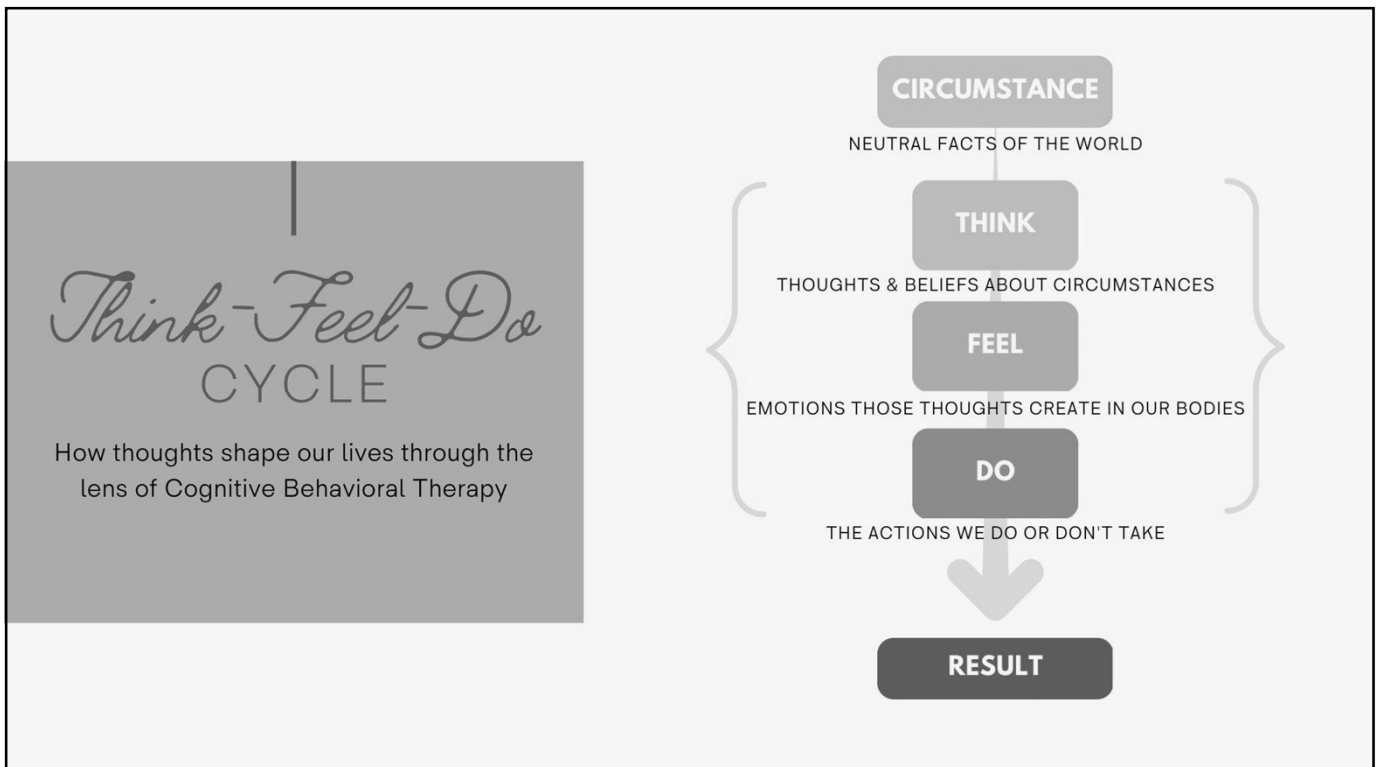


Change the conversation.

We have about 60,000 thoughts a day and about 90% of them are repetitive.



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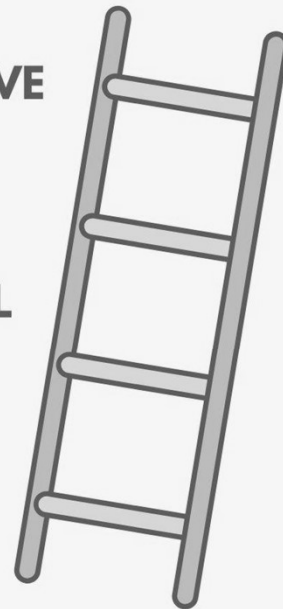
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Ladder Thoughts

Affirmations and thoughts aren't as effective when we don't believe them yet.

Sometimes the best place to begin is neutralizing the negative thought before practicing a positive one.

POSITIVE
NEUTRAL
NEGATIVE



17

Bridge Phrases

A powerful tool for stretching your belief while meeting yourself where you're at is by adding a bridge phrase in front of affirmations or goal thoughts such as, "I am learning," or, "I am learning to believe..."

I believe
or I am learning to believe...

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Take daily action toward a goal.

Instead of talking about doing something, dare to even try. With every baby step, confidence builds.



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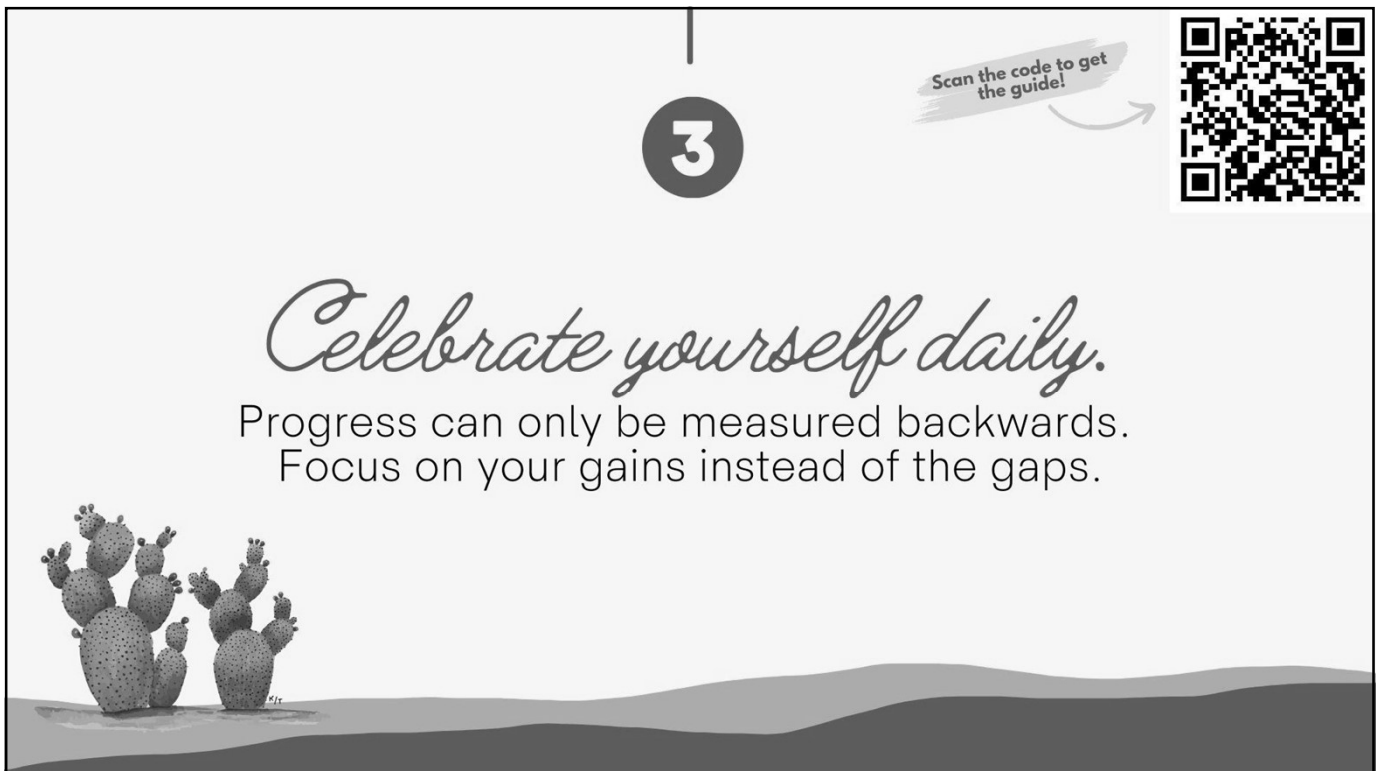
Habits

What are five of the daily habits your most confident future self might be practicing?

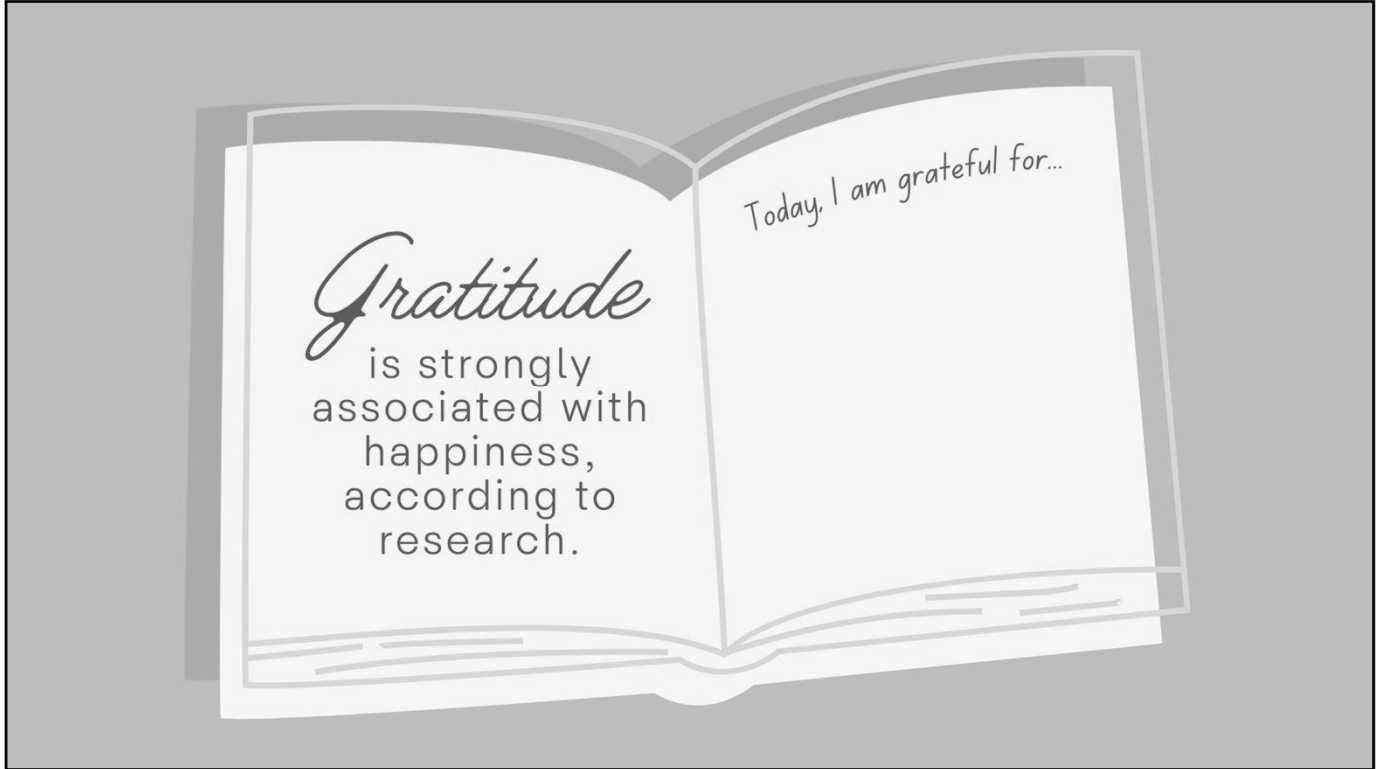
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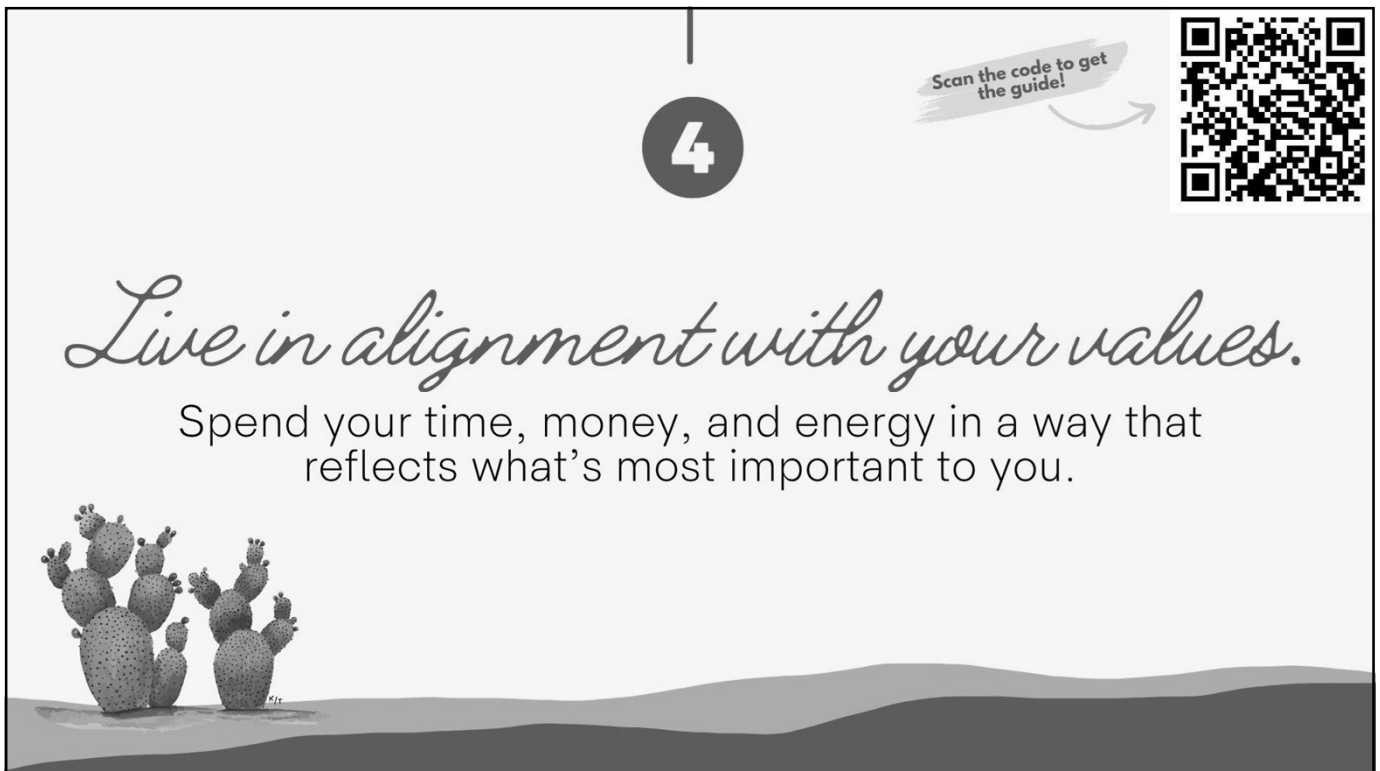
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Keep the end in mind.


Short-term comfort may be more appealing, but isn't always more important than long-term goals.



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Follow your joy.


Life is short, create space for the things you love.



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Practice joyful movement.

Rather than a means to change your body, see it as a chance to celebrate what your body can do.



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Take risks & be willing to fail.


Learning recovery and mastery grows confidence. It's impossible to grow it inside your comfort zone.



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Find a like-minded community.


Surround yourself with people that support & uplift you with love and compassion.



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Be your most authentic self.

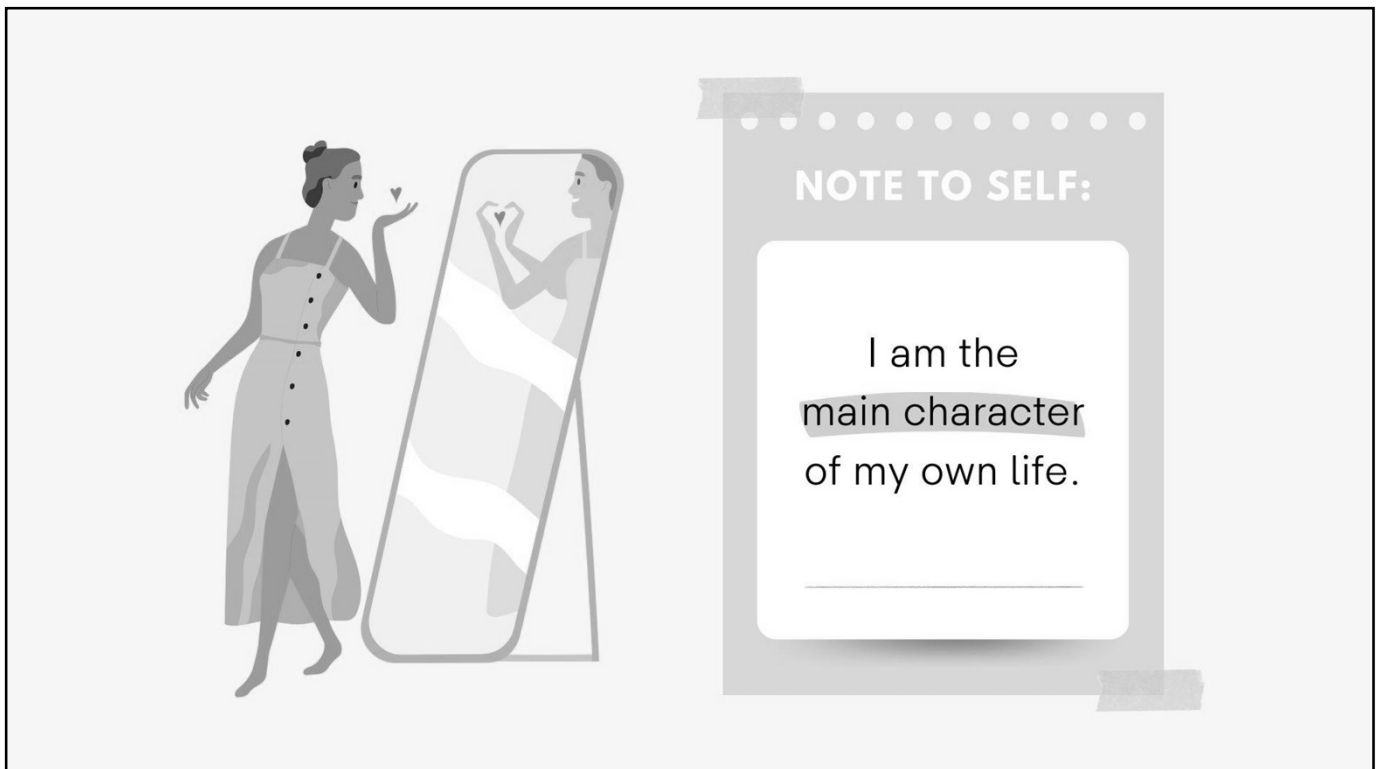
Only when we stop trying to "fit in" do we discover where we truly belong.



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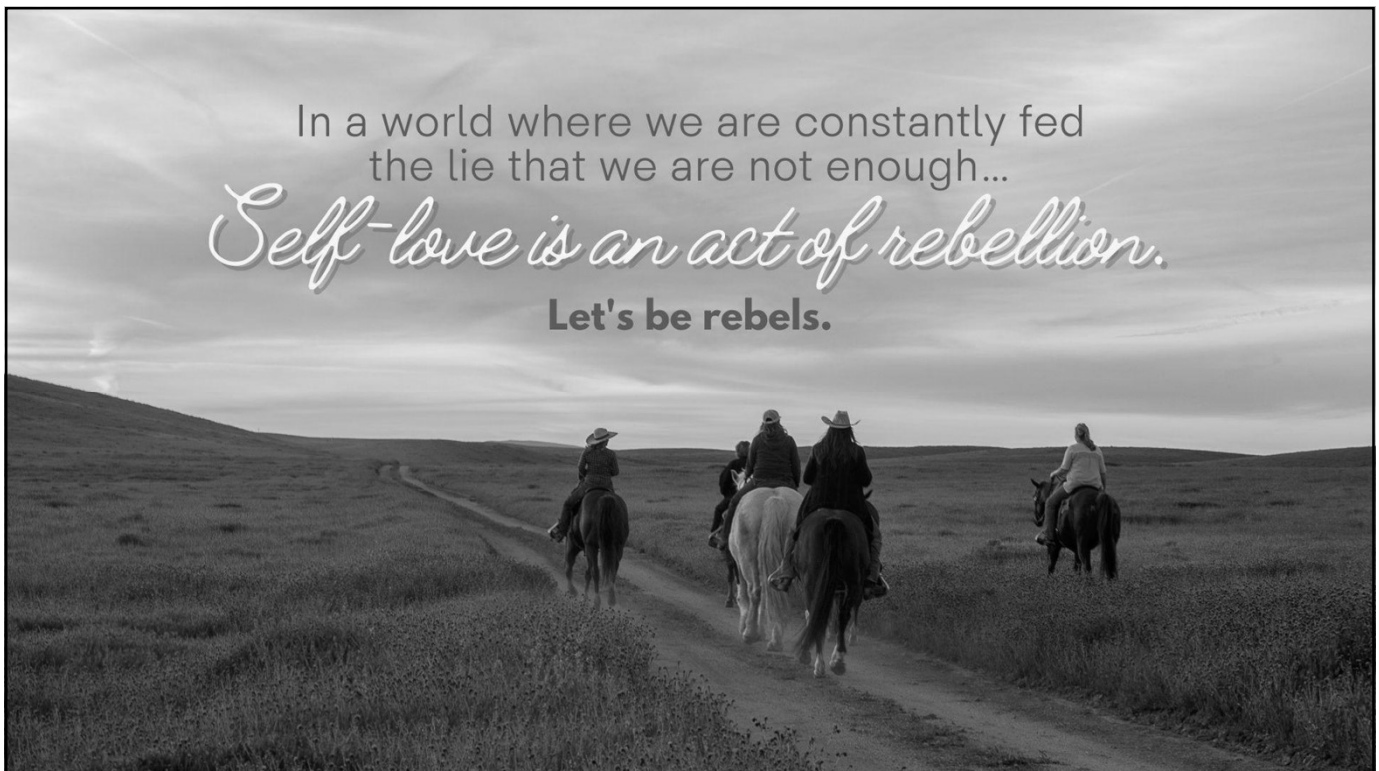
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