



LIBERATE YOUR

-----!

When it comes to liberating this way of being, take a moment to reflect on the following:

- 1** Engage in a one minute reflection on what you would like to keep doing, then write it down in the first column.
- 2** Engage in a one minute reflection on what you would like to stop doing then write it down in the second column.
- 3** Engage in a one minute reflection on what you would like to start doing then write it down in the third column.
- 4** Decide how you will celebrate yourself each time you live into your liberatory way of being and write it below:

SUSTAIN

STOP

START

KEEP IT
UP!

CUT IT
OUT!

YOU GOT
THIS!



LIBERATE YOUR

-----!

When it comes to liberating this way of being, take a moment to reflect on the following:

- 1** Engage in a one minute reflection on what you would like to keep doing, then write it down in the first column.
- 2** Engage in a one minute reflection on what you would like to stop doing then write it down in the second column.
- 3** Engage in a one minute reflection on what you would like to start doing then write it down in the third column.
- 4** Decide how you will celebrate yourself each time you live into your liberatory way of being and write it below:

SUSTAIN

KEEP IT UP!

STOP

CUT IT OUT!

START

YOU GOT THIS!