

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.

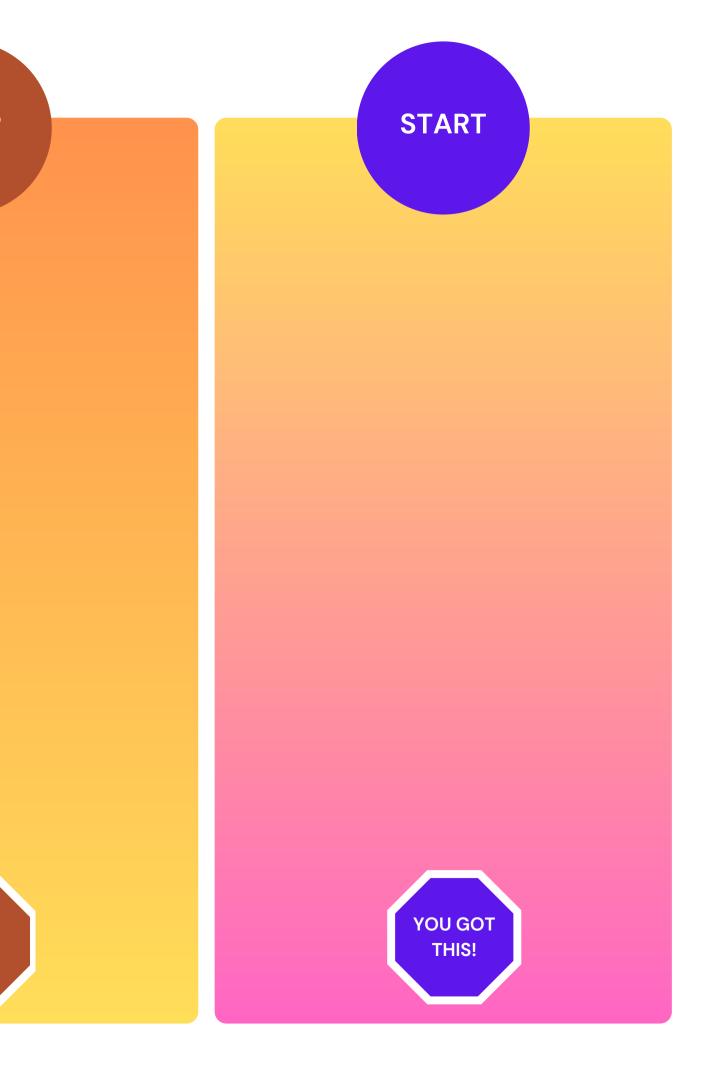
- 2 Engage in a one minute reflection on what you would like to stop doing then write it down in the second column.
- 3 Engage in a one minute reflection on what you would like to start doing then write it down in the third column.
- Decide how you will celebrate yourself each time you live into your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

SUSTAIN

STOP

KEEP IT UP!

CUT IT OUT!





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