November Project

How do we stop victim thinking?

Well we have to start seeing the world and ourselves differently!

-That can take practice.

-It for sure takes intention and commitment.

You are not victims at this point in your lives! You have so much ahead of you. Lots of opportunities. Lots of people that love and support you and always will.

It is important to always work to heal the wounds from the past so the rest of your puzzle pieces are created with beliefs that get you ready to have it all!

One way to do that is to CHOOSE to focus on the GOOD!

**Project:**

21 Pics of the GOOD in your world. Take a picture every day for 21 days and post pics on Pinterest every few days.

-4x/week a pic of something that is good about your world because of YOU!

(you made your bed, you cooked a meal for everyone, you took the garbage out, you giving your Mom a hug)

-3x/week a pic of something that is already good about our world!

(a sunrise, a pet, your home, etc)