

Stop Living Your Life As A Victim

Put these ideas into action today and you'll begin to truly enjoy your life as you look forward to a joyous future:

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- Realize that you can change your life if you choose to

 - Find your confidence by reflecting on your achievements, large and small

 - Show your confidence to others

 - Replace the negative tapes in your mind with positive, self-affirming messages

 - Finish the tasks you start

 - Take responsibility. Create a happy life for yourself one action at a time

 - Avoid blaming others for the outcome of your life

 - Love yourself

 - Adopt a new mantra. Create a short, motivational sentence you can say to yourself that will help you become a survivor

 - Remind yourself that you control your responses to situations and you always have options that you can choose from

 - Keep a journal

 - Share your feelings

 - Ask those you trust for feedback

 - Tell yourself that it's okay to experience some discomfort

 - Focus. When you stay centered on your options, emotions, and behaviors, you'll find life gets much easier

 - Seek professional help if you need it

Commit to applying these techniques in your daily life and unleash the survivor that's inside of you!
