

WEEK FIVE: #1.

TAKE RESPONSIBILITY.

TRUST YOUR INTUITION.

BE THE HERO OF YOUR OWN STORY

“'CAUSE I KNOW WHAT I'M MEANT TO BE
I DON'T NEED NO ONE TO BELIEVE
WHEN IT'S ALL BEEN SAID AND DONE
I'M STILL MY NUMBER ONE
'CAUSE I KNOW WHAT I'M MEANT TO BE
AND THESE PEOPLE MIGHT NOT SEE
WHEN IT'S ALL BEEN SAID AND DONE
I'M STILL MY NUMBER ONE” -IMAGINE DRAGONS

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TRUST YOUR INTUITION.

TAKE RESPONSIBILITY.

You are your biggest advocate. Own that your experience is not happening *to* you, but *for* you. You are the hero. Not the sidekick. Not the victim. Not the bystander.

Attune yourself to what feels right for you. What is the next right thing for you to do?

What I can take ownership of _____?

What can I control and contribute _____?

The next right thing for me is _____?

“YOUR TRAUMA WAS NEVER YOUR FAULT, BUT HEALING WILL ALWAYS BE YOUR RESPONSIBILITY AND OPPORTUNITY TO
HAVE THE LIFE YOU DESIRE.” -CAROL TUTTLE