

**IMAGINE YOU WOKE UP TOMORROW AND YOUR SELF SABOTAGING BEHAVIORS WERE NO LONGER PART OF YOUR LIFE...**



**IMAGINE A CAMERA FOLLOWED YOU AROUND-  
WHAT WOULD THE VIDEO CAPTURE?**

*How would your life be different?*

*How would your interactions with  
people in your life change?*

*What would you stop doing?*

*What would you start doing?*