

THE ANTIDOTE



GENUINE AND LASTING CHANGE

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DISORIENTATION

VISION



To progress
from "here" to
"there" - "there"
must be focused
in our sights

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?

AS A PERSON WHO CHOOSES

PHYSICAL

OVER

, I ...

Start with an action word!



Exercise	
Eating habits	
Negative physical habits	

AS A PERSON WHO CHOOSES

EMOTIONAL

OVER

, I ...

Start with an action word!



Self talk and fears	
Self esteem / self image	
Comfort zone / healthy risks	



AS A PERSON WHO CHOOSES

SOCIAL

OVER

, I ...

Start with an action word!



Strengthening
positive relationships

Healthy boundary
around toxic
relationships

Balance of me
time, family,
friend, work, etc



AS A PERSON WHO CHOOSES

LOGISTICAL

OVER

, I ...

Start with an action word!



My methods of
organizing my life

My money
management

Improving my
current living
situation

