



## 5 WAYS TO HAVE POWER OVER YOU

1. Do not engage; do not give your power away, with negative life sucking humans. You can't control others behaviors, words or actions. You only have control over you and how you choose to respond.
2. Find a new activities/hobby to engage in and meet new people/set boundaries with toxic friends.
3. Teach people how to treat you - you let them walk all over you, it will continue. It is ok to say no.
4. Write your expectations of yourself and let others know. Set goals, short and long term.
5. Positive self talk; you get what you put out. Talk negative get negative. Write goals, write/visualize the person you need to be to meet those goals. Focus on building you up!