

A Healing Roadmap



AWARENESS

Being truthful with yourself (the eyes to see)

MOVING BEYOND SURVIVAL

To grow you must heal

HEALING SAFETY PLAN

Create safety for yourself

BE CURIOUS ABOUT YOURSELF

Commit to self-discovery

UNFINISHED BUSINESS

What wants to be healed?

NEW PERSPECTIVE

Learn new paradigms

THINKING

Relating to yourself in a different way (working with you inner system)

CHOICE POINT

Decide what you will heal

SKILLS

Learning how to be different with yourself (upgrading your skill set)

BEFRIEND FEELINGS

Use feelings for healing

FORGIVE YOURSELF

Let go of misunderstandings

LOVE YOURSELF THROUGH IT

Accept all parts

CHOOSE PEACE

A daily commitment to peace

NEW STORY

Declare a new vision for yourself

THANK IT

Appreciate your soul lessons

PRACTICE

Being different with yourself (intentional daily practice)