14 Days from Survivor & on your path to becoming a Thriver!

Day #1

Healing takes great courage. But guess what? Survivors of abuse and trauma are some of the most courageous people I know. And you're one of those courageous people. How do I know this? Because you're a survivor of abuse or trauma. It's takes great courage to survive trauma. Today, direct that courageous energy into your healing. (<u>Here is a link</u> to a blog post that will help you with this.)

Loving Action - Write about your courage.

We all deserve to be treated with love and respect. This is one of your most important boundaries. Those who cross it don't value you. Make sure everyone in your inner circle of friends recognizes and values your worth. (Here is a link to a blog post that goes into this.)

Loving Action - Write about how you value yourself.

You will thrive on your healing journey if you continue to be endlessly curious about how humans heal and restore. You should always be reading books and articles, watching videos, cruising YouTube, and devouring blog posts and newsletters about change, empowerment, and trauma. What are you reading this week?

Loving Action - Read 30 min. every day.

Today, I'm listening to my body, and it tells me it needs yoga and stillness. So that's my top priority at the moment. I serve my clients best when I take gentle, compassionate care of myself. You're no different. You operate best when you make self-care a top priority too. Put yourself at the top of your To-Do list. Not at the bottom.

Loving Action - Today I am on the top of my list!

- 1. Go for a walk
- 2. Eat a good breakfast
- 3. Drink water
- 4. Meditate or journal
- 5. Other tasks...

ear is fueled by fear. The more fearful you become, the more power you give it. Don't allow this to happen. Because of your traumatic or abusive past, fear will always be a part of who you are. But don't give it control. Break its power the minute it appears. (<u>Here is a link</u> to a blog post that can help you.)

Loving Action - Change starts with awareness. Becoming aware of your fears is the start. Start now. Today I noticed my fear when:

How can you tell you're healing? You can handle discomfort and change. You are doing a beautiful job. You know the discomfort will move through you. It just needs validation and release. What are you ready to release now? (<u>Here is a link</u> to a blog post that can help you.)

Loving Action - I remember mindfulness when I feel uncomfortable in my own skin. Sit with it, notice it, wait for it to pass through. NOTE: Reaching out for support when it feels too big is a sign of healing and loving action.

ife is the School. Love is the Lesson. This is always my focus.

The healing journey taught me that living a life of love is the mark of all thrivers. I know it sounds simple. Sometimes, it's too simple. But love is truly all that matters. What small step can you take today to begin living a life of love?

Loving Action - I am Love. I am Loving. I am.....

he brain is an amazing organ. But sometimes it can block your healing. That's because what helps us survive chronic abuse and trauma is not what heals us. Do you feel stuck lately? Your brain could be sabotaging you. Be gentle with yourself. Your brain just needs time to adjust to your latest healing change.

Loving Action - Put your hand on your heart and speak to yourself in a kind voice like you would to your best friend. What do you need to hear now?

You deserve everything GOOD in life. Yes, you do! But it all starts with a plan. Let this year be the year you manifest your healing goals. Make them your intent, and then create a plan to manifest them. You can do this. Go for it! (<u>Here is a link</u> to a blog post that can help you.)

Loving Action - Write out your step by step plan.

Reconnecting with your personal power will upset the dynamic of all your relationships. Some will be thrilled for you. Some will be horrified. Don't worry. This happens to everyone. (Here is a link to a blog post that can help you.)

Loving Action - I am choosing me.

How should you begin each day? With kindness, gratitude, and mindfulness. What do you need to feel your best today? Move your body and track your mind and emotions. The more you practice the easier it gets.

Loving Action - I am grateful for..... (start with 5 every day)

How can you help your brain change its default setting from "Survival Mode" to "Healing Mode"? Gather as much information as you can about healing and the healing journey. You need to be well-prepared for resistance from your brain as you move forward with your healing. The brain is not fond of change.

(<u>Here is a link</u> to a blog post that can help you.)

Loving Action - Write out a note to yourself as a reminder that resistance and setbacks are all a part of the journey. Include a name of a friend to reach out to when that happens.

How do you know you're finally living your truth? When you're the same person with everyone. No more people-pleasing. No more codependent behavior. No more masks to wear. There's no need for these crutches. Your heart is finally free!

Loving Action - I am FREE to be ME! When I celebrate and honor my truth, I give others permission to be themselves too!

Make your negative emotions your friends. Rather than ignore a negative emotion like you usually do, concentrate on it. Watch it. Feel it. What does it feel like? Listen to it. What is it telling you? When you know its message, you can deal with it.

(<u>Here is a link</u> to a blog post that can help you.)

Loving Action - Practice finding, feeling, and releasing them in a healthy way. Where am I feeling this feeling? How can I let it go?

Congratulations!! You did it!!

May this be the beginning for you on your journey to the heart, where you truly discover how to move from surviving to thriving.

It is with intention and daily choices to focus on the things that you can do, the things you can change, the thoughts, feelings, and beliefs that you can now start to choose in order to live the life you deserve, a wholehearted life.

If you would like more support like this, you can purchase my book, **365-Guide to Thriving after Trauma**. Available on Amazon in paperback or Kindle.

It includes 365 daily mindful messages like these to help you towards thriving after trauma. (<u>Here is a link</u> to learn more.)

If you need any additional support, please find a safe community, peer support, coach, or a therapist to guide you. Stay connected to those that can and will validate, support, and encourage you every step of the way. Healing and living wholeheartedly is your birthright.

If you are on Facebook, please come and share your journey with me and others that are thriving! https://www.facebook.com/edu-cate4change/

I also have a closed Facebook group for survivors here: <u>LINK</u> to Facebook group.

I believe in you, always!

Much Love,

Svava Brooks

Abuse Survivor Coach

Certified TRE Practitioner

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