







## Day #4

**T**oday, 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...

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## **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. ([Here is a link](#) 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/educate4change/>

I also have a closed Facebook group for survivors here: [LINK to Facebook group](#).

I believe in you, always!

Much Love,

*Svava Brooks*

Abuse Survivor Coach

Certified TRE Practitioner

Disclaimer: This program is for informational and educational purposes only. It is not meant to replace the counsel or treatment of a licensed therapist. If you have an emergency please contact a hotline: Call 1-800-656-4673