

## **1. The Voice of the Self - Self love**

Your inner thoughts and the story you tell yourself — this is where healing starts. It's about self-love, changing the default mode network, and shifting the inner dialogue that's been running the show. You can't grow if you're stuck in a loop of shame or survival. This is about meeting yourself with curiosity and compassion.

## **2. Nervous System Regulation - the brain & coping**

Understanding how your body and brain work — the prefrontal cortex, amygdala, and limbic system — and how your thoughts and experiences affect motivation and change. Suffering can change us, but we also need to regulate. Both bottom-up (from the body) and top-down (from the mind) approaches matter. Learn what works for you and how it impacts you.

## **3. Intentional Change & Action - Do to Feel**

We can't just sit in misery or stay stuck in unhealthy patterns. It's time to move, take action, and recognize how it feels to do something different. Start simple: pen and paper. You can't see your thoughts until you get them out. Write, reflect, assess, question, and let action create momentum.

## **4. Emotional Awareness & Intelligence - Feelings vs Thoughts**

Know what you feel, when you feel it, and what it means. Learn to name your feelings, notice how they show up, and decide what to do with them. And just as important: learn how to treat others when you feel something, and how to respond when they do.

## **5. Mind-Body-Spirit Connection**

This is where presence and mindfulness come in. It's about the unity of everything you've worked on so far — meeting yourself and others in a calm, grounded space. Being in the present moment is what allows real healing, real connection, and real clarity.

## **6. Relational Repair & Healing**

Now take all of it — regulation, awareness, presence — and bring it into your relationships. This is about communication, emotional understanding, and learning how to navigate with care, intent, and purpose. We carry wounds from others, and we heal through connection, too.

## **7. Actualizing the Authentic (Ideal) Self**

Underneath all the pain, shame, and survival strategies, there's a real version of you. This is about finding that person and letting them come forward. Who are they? What do they want from life? What lights them up? Let that self come through.

## **8. Setting & Achieving Life Goals**

Once you reconnect with your real self, it's time to live it out. Set goals. Go after them. Do, reflect, adjust, and keep going. Healing is not just about feeling better — it's about building the life you're meant to live, again and again.