

# 5 ESSENTIAL STEPS TO HEALING

## Jamie Rae Wright



Jamie R. Wright is a Domestic Violence Survivor, a powerful Speaker, Coach, Activist, Advocate & Author of the upcoming book, *"The Power of Overcoming Shame and Learning to Love Yourself Again"*. She endured sexual, emotional and physical abuse as a child before becoming a victim of domestic violence as a woman. As an advocate and activist for domestic violence survivors, she motivates, encourages, and empowers others to overcome and transform their shame and trauma into self-love, healing, and happiness.

Despite her trauma of abuse, depression, attempted suicide, and becoming a mother at 14 years old, Jamie's ability to excel professionally is nothing short of impressive. Jamie has served nearly two decades with the federal government in finance and auditing, spending nearly two years in Afghanistan in support of Operation Enduring Freedom. Jamie is disciplined and focused receiving several certifications as a CGAP, CFE, CICA, a Joint Civilian Service Commendation, a NATO Medal of Service Award, and an Expeditionary Medal for Global War on Terrorism.

It is no wonder that her acts of exceptional service and perseverance inspired her to become an ambassador of domestic violence in the community. In 2020, Jamie founded *Jamie R. Wright* and is the creator of *5 Essential Steps to Healing*. Jamie has appeared on *60 Minutes Quiero*, *BBC News*, *Houston Area Women's Center (HAWC) Leadership Campaign and Believe Luncheon*, *CBS*, *The Doctors TV Show* with Dr. Ian Smith, and is currently scheduling her 2020/2021 Speaker Tour. Through her humility she has inspired the hearts and minds of thousands to create a new lens and conversation about domestic violence and the emotional, mental, and often times, physical impact(s) of it.

As a humanitarian, *Jamie R. Wright* gives a portion of her proceeds to several non-profit organizations including the Houston Area Women's Center and Unsilenced Voices. Jamie is humorous, relatable and a mother to two beautiful daughters. She currently resides in Texas and enjoys her new found freedom in life! You can contact Jamie at [www.jamierwright.com](http://www.jamierwright.com) or [overcoming@jamierwright.com](mailto:overcoming@jamierwright.com).



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"IT'S NOT THAT I'VE ALWAYS KNOWN WHO I WOULD BE, IT WAS JUST VERY CLEAR TO ME FROM AN EARLY AGE WHO I WOULDN'T BE".

- OPRAH WINFREY

"NO ONE IS USELESS IN THIS WORLD WHO LIGHTENS THE BURDENS OF ANOTHER".

- CHARLES DICKENS



# *5 ESSENTIAL STEPS TO HEALING*





"The only person you are destined to become is the person you decide to be."

~ Ralph Waldo Emerson



## 2 INVEST

- **Self-Care**

- "Turn your face to the sun and the shadows fall behind you". ~ Maori Proverb

- **Self-Development**

- "To be successful, you must decide exactly what you want to accomplish, then resolve to pay the price to get it". ~ Bunker Hunt

- **Success**

- "Our deepest fear is not that we are inadequate. Its that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be?" ~ Marianne Williamson





"Feel the fear. Do it anyway!"

~ Jillian Michaels

## 3 COURAGE

### • Push

- "I'd rather regret the risks that didn't work out than the chances I didn't take at all." ~ Simone Biles

### • Persevere

- "Courage isn't having the strength to go on - it is going on when you don't have the strength." ~ Napoleon Bonaparte

### • Pessimist

- "Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind." ~ Dr. Seuss







**“Be like the flower that gives fragrance even to the hand that crushes it.”**

**~ Ali Ibn Abi Talib**

## **4 RECOVERY**

### **• Catch It**

- **"What you habitually think largely determines what you will ultimately become." ~ Bruce Lee**

### **• Check It**

- **"Challenges are what make life interesting and overcoming them is what makes life meaningful." ~ Joshua J. Marine**

### **• Correct It**

- **"A mind that is stretched by a new experience can never go back to its old dimensions."~ Oliver Wendell Holmes Jr.**





**"You don't have to be great to start, but  
you have to start to be great."**

**~ Zig Ziglar**

## **5 ACTIONS**

### **• Clarity**

- **"Don't underestimate the power of a mind  
that is made up." ~ Miya Yamanouchi**

### **• Focus**

- **"Today I do what others won't, so that  
tomorrow I can accomplish what others  
don't." ~ Jerry Rice**

### **• Execution**

- **"Inaction breeds doubt and fear. Action  
breeds confidence and courage." ~ Dale  
Carnegie**

