

3 Keys to Healing



Acknowledge

What are the experiences that have negatively impacted you? What are the stories? Feelings? Memories? Triggers? How has it changed you? Start with, "I acknowledge that..."

Accept

Now, it's time to make a choice and accept what has happened to you. Accept the impact, the feelings, triggers, changes, etc. Start with, "I choose to accept..."

Overcome

Now, it's time to make a choice and overcome your negative experiences. Choose to heal and take back your power. How will you continue your healing process? Start with, "I choose to overcome..."

My affirmaiton for my healing journey: