

5 Keys to Rising Above Any Life Scar

DANETTE BURZLAFF- HAAG

BEAUTYFROMASHESSPEAKER.COM



A guide for
rising strong
from life's
toughest
moments.





At the age of 10, my life changed forever in a house explosion. While the physical scars were undeniable, the emotional and mental ones shaped the path I'd take to become the first severely scarred beauty pageant winner as:

Mrs. Colorado 2021

as well as being awarded the

2019 Woman of Courage

I am a

Soul-Strengthening Mindset Coach

Author

Inspirational Speaker

This guide offers tools I've learned to transform life's deepest wounds into stepping stones towards greatness.

Danette Burzlad-Haag
Beauty From Ashes

**1. Embrace Your Scars As
Symbols of Strength**

2. Find Purpose in the Pain

**3. Surround Yourself with
Support and Positivity**

**4. Take Bold Steps Toward
Your Future**

**5. Have a Daily Spiritual
Practice to Stay Centered
and Strong**



1. Embrace Your Scars as Symbols of Strength

Recognize that your scars - whether physical, mental, emotional, or spiritual - are evidence of survival. They tell a story of resilience and courage, not defeat. By shifting your perspective from the pain, you can see them as reminders of your strength and capacity to overcome.

Action Steps

Write down three things you've overcome and how they have shaped your character in a positive way. Instead of asking "why me?" Ask "what has this taught me?" Write down the valuable lessons learned from hard experiences so you can find gratitude within it.



2. Find Purpose in Your Pain

Every challenge has a hidden lesson or opportunity for growth. Ask yourself: what can I learn from this experience? How can it add to my personal mission or inspire others? When you reframe any life pain into purpose, you transform your wounds into wisdom.

Action Steps

Journaling Exercise- reflect on this question: what unique insight or strength has my pain given me that I can use to help myself or others? Think about how your experience could fuel a purpose- volunteering, mentoring, a new career path, writing, or speaking. Just to name a few. .



3. Surround Yourself with Support and Positivity.

Healing is not a solo journey, lean into your community- trusted friends, family, or church or other community groups. Choose relationships and environments that uplift and empower you. Pay attention to how you feel when you leave them.

Action Steps

Write down the names of five people or groups who inspire, encourage, or uplift you. Commit to spending more time with them. And identify one relationship or activity that drains your energy and take a step to minimize their impact. Healthy boundaries are key!



4. Take Bold Steps Toward Your Future



Rising above our life scars requires action. Set small, meaningful goals to reclaim your confidence and chart a path forward. Whether it's pursuing a dream, developing a skill, or embracing self-care, bold steps remind you that you are capable of creating a life beyond pain.

Action Steps

Breakdown one big dream/goal into small, manageable steps. Take the first step today-no matter how small. Then spend a few minutes every day picturing yourself achieving your goal and what it feels like. Don't forget to celebrate your achieved milestones to keep your momentum.



5. Have a Daily Spiritual Practice to Stay Centered

Staying centered through a daily spiritual practice, helps you reconnect with your inner strength, find peace amidst challenges, and stay grounded in hope. A consistent spiritual routine that resonates with you can bring clarity, balance, and resilience to navigate life ups and downs.

Action Steps

Create a small sacred space in your home with items that inspire you (candles, devotions, music, journal, books, etc) spend time there daily. And at the end of each day, write down three things you're grateful for, focusing on moments that brought light to your day



Your Story Matters

If you're ready to take bold steps toward healing and success, I'd love to partner with you! As a personal self-strengthening, mindset coach, through my book, *Beauty From Ashes*, or as a speaker at your next event — I'd love to connect!

Visit my website for more information
www.BeautyFromAshesSpeaker.com



*Your scars don't define you, they refine you.
Let them shine as proof of your courage and
resilience. Keep rising. Warmly, Danette*



Danette Harg
INSPIRATIONAL SPEAKER
MINDSET COACH
NONPROFIT CO-FOUNDER

📞 970-215-7186
✉ Danette@BeautyFromAshesSpeaker.com
🌐 BeautyFromAshesSpeaker.com

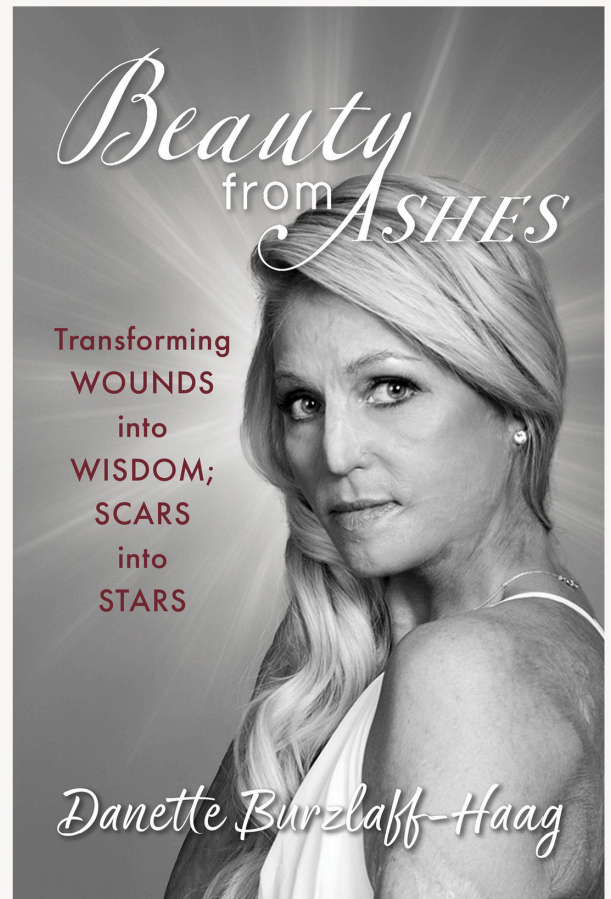
An expert in rising above life scars.

Book

Book Review

"Author Danette Burzlaff-Haag captures readers hearts with a narrative that masterfully balances, vulnerability, and resilience in equal measure, showing the strength there is in owning ones pain, but also doing what needs to be done to heal.

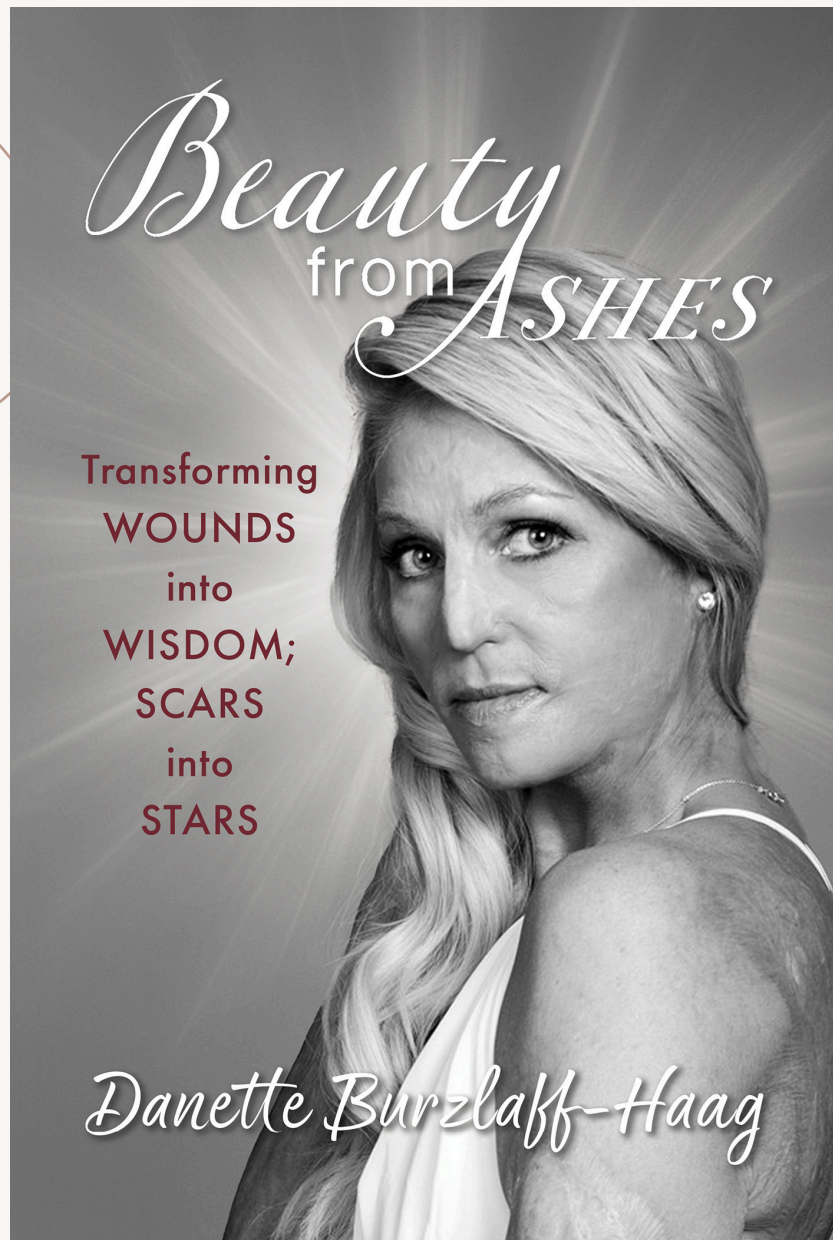
Her graceful pros conveys profound insights into human endurance, while her candid unfiltered reflections on trauma provide a raw authenticity that I found deeply moving and unforgettable. Everything is explained in a warm and welcoming narrative voice that always feels heartfelt. What truly distinguishes this memoir is the way Danette transforms her personal journey into a universal message about embracing scars, both literal and figurative. She offers readers a powerful reminder that genuine beauty emerges not from surface appearances, but from the strength of spirit that develops through life's most challenging moments. Overall, *Beauty From Ashes* is an inspiring testament to the human spirit that will resonate with anyone who has faced adversity, and I would not hesitate to recommend it.



Book Review by
K.C. Finn

BEAUTY FROM ASHES

Transforming Wounds into Wisdom;
Scars into Stars



Find your copy today on
bookbaby.com and anywhere else you
buy your books.

*“Be Bold in Faith,
Lead with Love,
and never be afraid
to shine your
True Beauty.”*

A stylized, elegant leaf logo with a central vein and two main lobes, rendered in black lines.

Beauty
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