

# SURVIVING LIFE'S STORMS

## 3 STEPS TO COACH YOURSELF FORWARD

### CHECK-IN WITH YOURSELF

Trauma encompasses deeply distressing or disturbing experiences that profoundly impact an individual's mental, emotional, and physical well-being. Its effects can be extensive, often resulting in feelings of anxiety, depression, and post-traumatic stress disorder (PTSD).



It is crucial for those who have experienced trauma to reach out for support from friends, family, or mental health professionals to navigate through these experiences and heal. Remember, the healing process takes time, so be patient and kind to yourself as you work towards envisioning and creating a fulfilling life after trauma.

### 1) ENVISION YOUR HEALING JOURNEY

Visualizing a life after trauma can serve as a potent catalyst for healing and recovery. While life may be different now, remember that you possess the strength to move forward. Consider the positive feelings and experiences waiting on the other side of your pain—what makes it worthwhile for you to push forward?



Ask yourself, what does embracing a new chapter in my life look like? Hold onto this optimistic vision and return to it whenever you need a boost of motivation or inspiration.

### 2) SHIFT YOUR PERSPECTIVE

After experiencing a traumatic event, it's natural to fixate on what has been lost. However, tap into your inner wisdom and shift your perspective toward what you have gained from life's experiences. Ask yourself, what strengths have I developed through these challenges? What valuable lessons have I learned about myself?



Remind yourself: You are not defined by your trauma!

### 3) ESTABLISH YOUR VALUES

Defining your values is a crucial step toward crafting a fulfilling and meaningful life. Your values reflect what truly matters to you, guiding your passions and shaping a future that resonates with your authentic self. It's vital to recognize that your values might evolve, so regular reflection and reassessment are key.



Ensure that your values align with your current beliefs and priorities, allowing you to live in harmony with your truest self.

### YOU ARE NOT ALONE

If the storms in your life have become overwhelming and unmanageable, do not hesitate to seek professional support from a counselor or clergy member. You can also reach out to a Crisis Counselor for free 24/7 by visiting <https://www.crisistextline.org> or texting HOME to 741741.



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# Karla J Noland, CPQC

AWARD-WINNING AUTHOR & SPEAKER  
CERTIFIED SELF-DISCOVERY COACH  
TRAUMA-INFORMED

Helping trauma survivors discover their true self after surviving life's storms.

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## ABOUT COACH KARLA

Karla J. Noland is a dedicated wife, working mom, award-winning author, and speaker. She is also a trauma-informed certified Self-Discovery & Mental Fitness coach, passionate about sharing her knowledge and experiences. Currently residing with her family in Durham, NC, Karla is the founder and CEO of Reveal Heal Thrive LLC.

Karla's mission is to guide trauma survivors in discovering their true selves after enduring life's challenges. Her latest book and bereavement companion journal, titled "The Day My Heart Turned Blue," received the 2022 Eric Hoffer Spiritual Book Award. This powerful work chronicles her personal healing journey following the loss of her mother.

## BOOK A FREE DISCOVERY CONSULTATION SESSION

This provides me with the chance to actively listen to your personal narrative, gaining insight into your past, your current situation, and your aspirations for the future. Together, we will explore the various coaching services offered by Reveal Heal Thrive, designed to assist you in overcoming obstacles, finding your authentic self, and equipping you with the tools to face life's challenges with a positive, resilient mindset.



## REVEAL HEAL THRIVE IS NOW ON THE BIBLEAPP

**God's Promises for a Grieving Heart**

A 5 Day Reading Plan  
by  
*Karla J Noland*



Are the waves of grief taking you under because of pain and sorrow weighing down on your heart? Do you find it difficult to accept what was - is no longer? Fortunately, through God's promises, a grieving heart can heal. This 5-day Bible plan guides the bereaved through healing, reflecting, and applying God's promises to a grieving heart.

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