



## Trainers Manual

# GRACED FOR PROSPERITY

*A Journey of Faith, Finance,  
Purpose, and Success*

**Abridged Version**

# GRACED FOR PROSPERITY

## Trainers Manual WORKBOOK

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&

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The Graced for Prosperity Workbook and any resources recommended are intended to help you gain the skills, knowledge, and confidence you need to begin to live a life free of violence. This workbook is not meant to render any psychological, financial, legal, or professional services. If expert support is needed, please seek out a licensed therapist.

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## ABOUT UNSILENCED VOICES

Unsilenced Voices empowers survivors of domestic violence, sexual assault, and human trafficking through advocacy, education, and support services. They work to break the cycle of abuse and give survivors a platform to share their stories, reclaim their power, and live a life free of violence. Although Unsilenced Voices is non-secular, they remain steadfast in their adherence to Christian values and principles.

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## SKILLS FOR LIFE

**Our program is designed to help survivors of domestic violence, sexual assault, and human trafficking gain the skills and knowledge they need to become self-sufficient, and successful in their personal and professional lives.**

**Our holistic approach incorporates spiritual and emotional healing with practical skills and knowledge, to help individuals create a stable and fulfilling life.**



# TRAINERS MANUAL GUIDE

With the introduction of our Graced for Prosperity program, we have added several features to help trainers increase consistency and effectiveness. The top of the page of in the manual is your instructor page which is dedicated to notes, suggested instructional methods, and key points to pay attention to. Below is the explanation and description of each icon that will be used throughout the trainer's manual.



## TEACHING POINTS

These are the central ideas of each section and the points to be emphasized.



## SUGGESTED TRAINING METHODS

These are ideas and tips on how to engage participants in effect ways.



## CAUTION SIGN

These are "heads up" warnings for difficult topics that can bring up unexpected emotions.



## BRIDGING STATEMENTS

Statements that add a level of connection between main points and sections.

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# INTRODUCTION

## The journey begins

"Despite the natural belittling of one's self, the doubts, the insecurities, we have to wake up to the realization that we all write our own autobiography, we are the authors of our life story. Realizing that, write a good story with your life and make sure to write yourself as the protagonist. Be the hero of your journey."

-Yossi Ghinsberg



# Thank you

*for taking part in our program. We want to commend you for your bravery and resilience in the face of abuse and violence. It takes great courage to confront the trauma of abuse and to work toward healing and recovery. I hope that our program has provided you with the tools, support, and empowerment to take the next steps in your journey. Remember that you are not defined by your past experiences and that you have the power to create a bright and fulfilling future. Thank you for allowing us to be a part of your healing journey, and I wish you all the best as you move forward.*



**With Love,**  
*Michelle Jewsbury*

**Founder / CEO**

**UN SILENCED  
VOICES**

# New Beginnings



Why don't they "just" leave? It's the question many people ask when they learn that someone is suffering battery and abuse. However, if you have ever been in an abusive relationship, you know, it's not that simple. First, ending a significant relationship is never easy. It becomes even more difficult when you've been isolated from your family and friends, psychologically beaten down, financially controlled, and physically threatened. Furthermore, once someone is out a whole new set of obstacles begins, the majority being, one's own thought processes, inner dialogue, and beliefs.

We would love to tell you the journey is easy, but we can't. However, we can tell you that the journey is yours and you alone hold the power. You hold the power to create the life you want, it may not be easy, but we promise you, it will be worth every inch you make toward defining, creating, and living who you truly and divinely are.

## How this workbook is organized

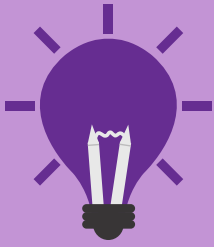
This workbook is divided into 8 Modules with lessons, activities, insights, and self-reflection questions. Each module is designed to help individuals gain specific skills and knowledge in particular areas such as emotional healing, career, financial literacy, mindset, and goal setting.

Each module contains self-assessments to help track progress as well as the vital things to apply in your daily life to increase self-awareness, motivation, and self-value.

Every module also has an inspirational story from individuals who share their stories on how they escaped the violence and rebuilt their lives.







Have the group take a few minutes to fill out their reflection questions. Then facilitate a discussion of them sharing their answers.

This is a great way to build group rapport by starting out with easy shares so they can build trust and group safety.

## Reflection Questions

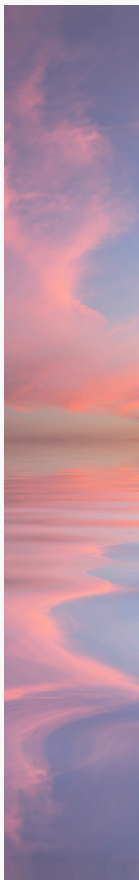
What are some things you hope to accomplish through this program?

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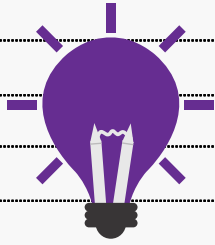
What are some concerns or worries you have about this program?

A large, empty rectangular box with a light gray background, intended for the user to write their answer to the second reflection question.

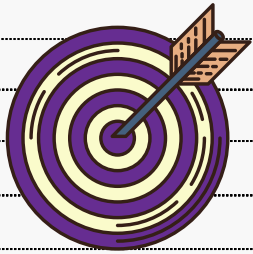
What would support you in completing this program?

A large, empty rectangular box with a light gray background, intended for the user to write their answer to the third reflection question.

# Trainers Notes



The well-being survey is a self-evaluation that allows participants to examine themselves, monitor their abilities, and evaluate strengths and weaknesses.



This will put them mainly in charge of their own development during the program. At the end of the last module, they will take this survey again and be able to compare both results to see how much they have grown.



# Well-Being Survey

Complete and score the survey below

**Instructions: First, circle the number that best indicates your response to each question. Next, add up your scores and write the total below. Lastly, after you complete the program you are going to take another survey and be able to compare your scores.**

**1. How much do you feel that others have your best interests at heart?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Extremely

**2. To what extent do you feel your life is valuable and worth while?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Extremely

**3. How frequently do you feel optimistic about positive outcomes in your life?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Extremely

**4. How often do you feel happy?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Always

**5. How often do you stop your critical self-talk and replace it with nurturing and kind words?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Always

**6. How healthy do you feel your eating habits are?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Extremely

**7. To what extent do you feel your overall health and well-being are prioritized?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Extremely

**8. Generally, how healthy do you feel your sleep habits are?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Extremely

**9. How healthy do you feel your physical health habits are, in general?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Always

**10. Generally speaking, how healthy do you consider your mental health habits to be?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Always

**11. How well do you feel you manage stress in a healthy manner, generally speaking?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Extremely

**12. How connected do you feel to others in your life?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Extremely

**13. How much do you prioritize what is best for you?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Extremely

**14. How well do you feel you manage the different aspects of a significant change?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Extremely

**15. To what extent do you feel you treat yourself with kindness and understanding?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Extremely

**16. How frequently do you believe you comprehend and regulate your own emotions?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Always

**17. How often do you speak up for yourself?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Always

**18. How much do you feel self-assured and valued, in general?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Extremely

**19. To what extent do you feel comfortable saying no to requests that don't align with you?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Extremely

**20. In general, to what extent do you feel you like who you are?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Extremely

**21. How much do you feel that you are progressing successfully towards your goals?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Extremely

**22. How frequently do you believe you manage your time efficiently?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Always

**23. How frequently do you feel that you exhibit self-respect?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Always

**24. How often do you protect your time and energy?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Always

**25. How frequently do you regulate your behaviors, thoughts, and emotions in a constructive manner?**

Not at all    0    1    2    3    4    5    6    7    8    9    10    Always

*Total* \_\_\_\_\_

## MODULE 1

# Rising to Greater Heights

A Faith Journey of Self, People, and Divine Peace.

## Module One

Module One focuses mostly on the process of change.

Change can be hard because it requires us to step out of our comfort zones and face uncertainty. However, change can also be an opportunity for growth and development if we embrace it with a positive attitude and a willingness to learn and adapt. This first module prepares our participants for change by giving them key comments to understand the process better and the skills to prepare for it.

## Learning Objective

At the end of this module, participants will approach change with an open mind and a willingness to learn and grow. By recognizing the challenges and opportunities that come with change and utilizing effective strategies, they will increase their ability to successfully navigate through the change process and achieve their goals.



The skills assessments are designed for participants to self-evaluate their abilities in direct relation to the top five specific skills for each section.



After they have filled out the assessment have them share why they choose the score they did for each skill.



# Skills Assessment

Making a major change can require a variety of skills, depending on the nature of the change and the context in which it is taking place. Here are five skills that can be helpful in making a major change. Please indicate your perception of your level of ability in each area using the following scale:

- 5 = High level of competence - extensive experience in the skill area
- 4 = Moderately high level of competence - good experience in the skill area
- 3 = Average level of competence – some experience in the skill area
- 2 = Low level of competence – little experience in the skill area
- 1 = No level of competence – no experience in the skill area

**Awareness:** conscious knowledge and ability to focus on yourself and how your actions, thoughts, or emotions do or don't align with your internal standards.

① ② ③ ④ ⑤

**Resilience:** being able to persevere through challenges and setbacks, while maintaining motivation to achieve your desired outcome.

① ② ③ ④ ⑤

**Adaptability:** being able to adapt to changing circumstances and make adjustments to the plan as needed can help in staying flexible and moving forward toward your goals.

① ② ③ ④ ⑤

**Emotional intelligence:** understanding and managing your own emotions, as well as those of others while maintaining healthy relationships and dealing with conflicts that may arise.

① ② ③ ④ ⑤

**Planning and organization:** creating a well-thought-out plan with specific timelines and milestones while managing the various aspects of a major change.

① ② ③ ④ ⑤



This page is an introductory summary leading into the module. Each module has three main points. Recognizing that change is a natural part of life and that it has the potential to affect your life positively

Understanding that change is a process with several ups and downs.

Change is something you can prepare for and learn how to navigate successfully.

## A Faith Journey of Self, Change, and Divine Peace

Preparing for change can be a scary and challenging task, but there are some practical steps you can take to make the process smoother. One of the first steps is to acknowledge the change, recognizing that change is coming. Understanding that it will affect your life positively, may decrease stress and worry. It is vital to be open to the idea of change as well as embrace it as an opportunity for growth and development.



### GETTING READY FOR CHANGE

Change is a natural part of life, and while it can be challenging, it can also be an opportunity for growth and transformation.



### UNDERSTANDING THE JOURNEY

Change can be stressful and increase worry as well as anxiety. It can also be unpredictable with several ups and downs.



### PREPARING FOR THE PROCESS

Preparing for change and approaching it with a positive attitude, helps you navigate it with confidence and resilience.





Although this page is just an introductory summary for a key point, it is a great place to start discussions. Trainers can lead discussions to engage participants on the content, picture, or quote.

# Getting Ready for change



One of the challenges with change comes from the human tendency to see problems rather than opportunities. Add that to the very common fear of failure, and you can see why many people give up even before they start. One of the first things they skip is preparing for change.

During this preparation time is where many learn failure is not something to fear but something to embrace. Failure is where we learn, grow, and become better.

Another vital thing to understand before you embark on the journey of change is the stages that one can expect to go through when modifying behavior. Psychologists call this "The Cycle of Change" and define this cycle through 6 phases (which are illustrated on the next page).

The Cycle of Change helps us recognize that change doesn't happen instantaneously. Change is a process rather it's a caterpillar turning into a butterfly or someone wanting to create a better life for themselves.



**"Incredible change happens in your life when you decide to take control of what you do have power over instead of craving control over what you don't."**

**— Steve Maraboli**



Change is a process that can be facilitated: Some strategies and techniques can help make change easier and more effective, during each phase of the process.



Review the stages of change and have the participants give examples from their own life to connect to each stage.

# Cycle of Change

## STEP TWO: CONTEMPLATION

People in this stage are aware of the benefits of making a change but are conflicted by what the change might take.

## STEP ONE: PRECONTEMPLATION

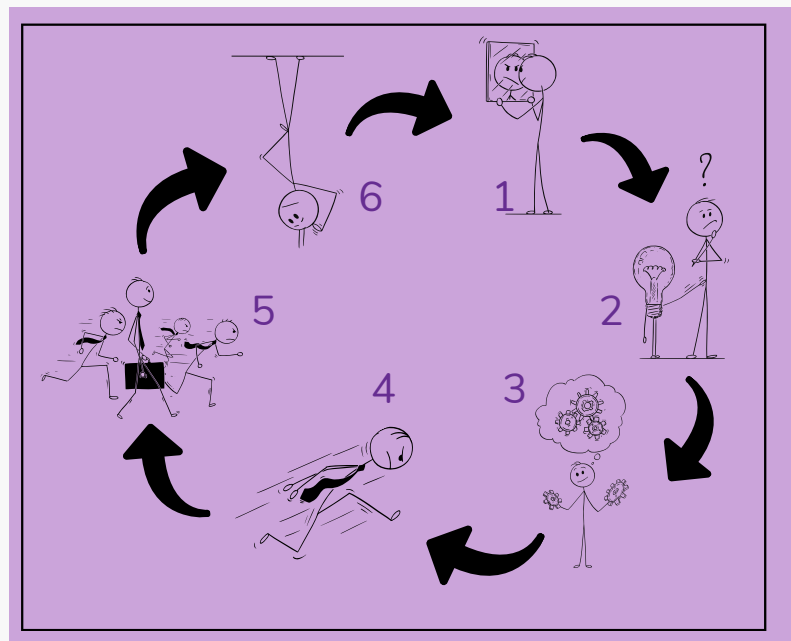
People in this stage are not considering a change and may not understand that the behavior is impeding them.

## STEP THREE: PREPARATION

During this stage, some people start to make small changes while others gather information about how to make the change.

## STEP FOUR: ACTION

This is the stage where people begin taking direct action to accomplish their goals, but may stop after a few weeks if they did not prepare for setbacks.



## STEP FIVE: MAINTENANCE

This phase is where people continue to successfully avoid former behaviors and create new habits.

## STEP SIX: RELAPSE

Falling back into past behaviors is common. Although difficult, the best thing to do is study the triggers, reaffirm your why, update your plan of action, and restart.



Reflection questions are designed to help make sense of experiences, thoughts, and emotions. Here we want to deepen the understanding that making changes in life requires effort and commitment.



The purpose of reflection questions is to encourage individuals to think critically and reflectively about their experiences. We want them to consider how they might apply what they have learned in future situations. Reflection questions can help individuals identify their strengths and weaknesses, as well as set goals for personal growth and development.

# Reflection Questions

- 01** **Readiness to change:** What resources and knowledge do you think you need to make a lasting change successfully?
- 02** **Barriers to change:** Is there anything preventing you from changing?
- 03** **Likelihood of relapse:** What might trigger a return to a former behavior?



Although this page is just an introductory summary of a key point, it is a great place to start discussions. Trainers can lead discussions to engage participants on the content, picture, or quote.

# Understanding the Journey



Change is a journey, and few journeys go according to plan. Perhaps the most important part of the change journey is your self-discovery.

Self-discovery is the process of learning about yourself, your strengths and weaknesses, values, beliefs, and motivations. It involves exploring your innermost thoughts and feelings and gaining a deeper understanding of yourself.

Self-discovery is an ongoing journey that can be prompted by various life experiences, such as major life changes, personal challenges, or new relationships. It can involve self-reflection, introspection, and can lead to personal growth, increased self-awareness, and a clearer sense of purpose and direction in life.

The process of self-discovery can be both exciting and challenging, as it often requires facing and working through difficult emotions, past traumas, and limiting beliefs. However, the rewards of self-discovery can be significant, including increased self-confidence, resilience, and the ability to live a more authentic and fulfilling life.



**Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek.**

— Barack Obama



Reflection questions are designed to help make sense of experiences, thoughts, and emotions. Here we want to deepen the understanding that self-discovery is a necessary step in self-growth.



The purpose of reflection questions is to encourage individuals to think critically and reflectively about their experiences. We want them to consider how they might apply what they have learned in future situations. Reflection questions can help individuals identify their strengths and weaknesses, as well as set goals for personal growth and development.

# Reflection Questions

**01** What are some challenges or obstacles that I have faced in the past, and how have they helped me grow?

**02** What are my strengths and how can I use them to achieve my goals?

**03** What kind of people do I want to surround myself with, and how do my relationships impact my life?



Although this page is just an introductory summary of a key point, it is a great place to start discussions. Trainers can lead discussions to engage participants on the content, picture, or quote.

# Preparing for the Process



By taking certain steps, you can prepare yourself for change and increase your chances of successfully navigating through it.

The first step to preparing for change is to acknowledge and accept that it is happening. This can involve coming to terms with any feelings of uncertainty, fear, or resistance that you may have.

Next, you will need a clear understanding of what the change involves and how it will impact your life. Change can be stressful, so it's important to build resilience by taking care of yourself. This can involve practicing self-care, maintaining a healthy lifestyle, and seeking support when you need it.

The Knoster Change Model (which is laid out on the next page) lists 5 variables you need when making a change. By studying these variables you can set obtainable goals, identify potential obstacles, and brainstorm strategies to overcome anything in your way.



**Good luck is when opportunity meets preparation, while bad luck is when lack of preparation meets reality.**

— Eliyahu Goldratt



Change is a process that can be facilitated: There are strategies and techniques that can make it easier and more effective during each phase of the process.



The Knoster Model of Change is a framework that outlines the specific key factors one needs in place to make a successful change. Identifying these factors and putting them into place allows individuals to manage change more effectively



Review each variable needed for change and have the participants give examples from their own life to connect to each one.

# Knoster Change Model

## VISION

A clear and inspiring big picture of your life and what you want it to look like in the areas of spirituality, family and friends, health and wellness, love and relationships, and finally career and finances. Having a vision of your life decreases confusion and frustration.



## SKILLS

Life skills are the abilities that enable you to deal effectively with the demands and challenges of life. They are a mixture of psychological and behavioral skills that help with decisions, problem-solving, communication, and the capacity to build and maintain healthy relationships.



## MOTIVATION

You must see the value of the change before it can happen. Understanding how you benefit and the importance of making the change can decrease your resistance while increasing your success rate.



## RESOURCES

Every change requires resources such as a support system of people, time, tools, and access to the things you need in order for you to be successful. Failing to have the things you need when you need them can lead to frustration and worse a disconnect from the things we really want.



## ACTION PLAN

Is the creation of a solid, practical, and manageable plan based on your vision, skills, motivations, and resources you have that can be put into place. It is important to note this plan can be flexible as things and circumstances do change.





Reflection questions are designed to help make sense of experiences, thoughts, and emotions. Here we want participants to connect that they hold the power to change because they can acquire each of these variables.

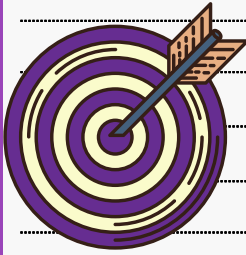


The purpose of reflection questions is to encourage individuals to think critically and reflectively about their experiences. We want them to consider how they might apply what they have learned in future situations. Reflection questions can help individuals identify their strengths and weaknesses, as well as set goals for personal growth and development.

## Reflection Questions

- 01 What is your vision for your future?
- 02 What skills will you need to achieve this vision?
- 03 What will motivate you to stay on course?
- 04 What resources will you need to achieve this vision?
- 05 What are some things you can start doing to be successful?

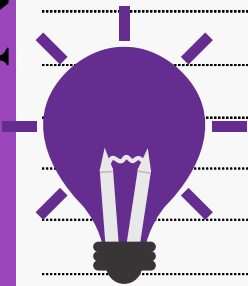




Stories are a powerful tool for learning and growth, helping participants connect with information and ideas on a deeper level, reflect on their own experiences, develop empathy and understanding for others, and be inspired to take action.



The following story contains potentially distressing material that may bring up unexpected emotions.



Remember that everyone responds to trauma differently, and it's important to approach each situation with sensitivity and empathy. If someone is triggered, the first thing to do is to ensure their safety and comfort.

Here are some steps you can take:

- Remain calm and composed, a calm presence can help the person feel more secure and grounded.
- Ask the person what they need at the moment and offer support accordingly. This may involve providing a safe space, water, or tissues.
- Encourage the person to engage in self-care activities such as deep breathing, taking a break, or reaching out to a person they trust.
- If the person's symptoms persist or worsen, encourage them to seek professional help from a mental health provider.

# Persevere

## Shining Light into the Shadows

By Erin Baer

Life is hard, messy, and beautiful, however, it's the messy parts that we tend to remember most. That's not to say we don't cherish beauty, but it is the storms that make the beauty shine bright. I believe we have moments that don't break us nor define us but rather show us that we are unbreakable. The cracks are there to give us an opportunity to fill them with light. That light becomes our resiliency. I have been raped, beaten, nearly killed, bullied, abandoned, abused, and broken. I shouldn't have survived, but I did; I am still standing. I haven't allowed any of that to define me, but rather I have used it to propel me.

The abuse and rape brought about shame, guilt, and embarrassment. Being abused makes you feel dirty, unwanted, and used. How are you ever going to move on? How could someone ever love you? When you realize you have been abused, your light dims. You're not sure if you will ever feel like yourself again. How can you? Something you never thought would happen, happened to you. With a dim light, we stand in the shadows and silence ourselves hoping the pain will lessen and that no one will notice that anything ever happened.

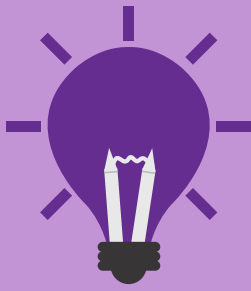
This works for a while until one day it all comes rushing back. Yet, it is at this moment we give ourselves permission to let go. This is when we find our voice and realize that burying it for as long only hindered our healing. Seeing other women find their voice, and share their stories, gave me permission to find my voice and finally speak up. I decided I had to tell my story and write my book.

Finding my voice allowed me to let go of the weight that I had been carrying. We can only carry this for so long before it crushes us. If you carry this weight too, you know it is exhausting and heavy. However, carrying the weight is like fighting your own shadow. So stop fighting, let the shadows be shadows. They are part of us, but they do not define us. Shadows need light and they only exist because we let our light shine.

Don't let what happened to you, make you feel less than, shameful or embarrassed. It happened to you, not because of you. Only you know your truth, your story and only you can share it. You have a power within you, we all do and that's the ability to speak. I encourage you to use your voice, speak your truth, and share your story – not for anyone else, but for yourself. After all, you deserve to heal and let your light shine bright.



Talking about God can be a sensitive and personal topic for many people. It is helpful to approach the conversation with respect and sensitivity. Talking about God can be a meaningful and enriching experience when done appropriately. Some things help these conversations, such as listening, sharing your personal experiences, using inclusive language, respecting boundaries, and being open to the views of others.



The Christian perspective sections serve two purposes. The first is to reinforce the word for those that already believe in Jesus and follow his teachings. The second purpose is for those with a loss of faith. Some individuals feel abandoned or punished by God. This can lead to a loss of meaning and purpose for living the word. This section provides a safe space with a soft reintroduction back to God.

## Christian Perspective on Change

Although change does equal uncertainty, Jeremiah 29:11 reminds us that we don't have to worry about the unknown. God's plan is good, and even if it takes us down some unexpected roads, we can trust that it ultimately leads us to where we need to be.

This is easily one of the most powerful verses reminding us that no matter our current situation, even if it is troubled and filled with hardship and or suffering, God has a plan for us. All of our trials and tribulations ultimately have purpose and make us stronger.

“For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you a hope and a future.”

- Jeremiah 29:11



The plan of action is designed to have participants start with a few small steps. These small steps can definitely help people change. In fact, it's often the best way to make lasting change because it allows people to build momentum and create positive habits over time.



When people try to make big changes simultaneously, they often feel overwhelmed and give up quickly. However, they can gain confidence and gradually progress when they start with small steps. These small steps help with motivation to continue making positive changes.



This is a great place to have participants choose small things they can commit to during the week. They can practice new behaviors while decreasing old ones that do not yield the results they want.

# Plan of Action

What are their biggest takeaways about change?

- What are the things they can stop doing?
- What are the things they can do less of?
- What are the things they can keep doing?
- What are the things they can do more of?
- What are some things they can start doing?

## MODULE 2

# STEPPING INTO HOPE

## Overcoming Shame and Embracing Self-Value

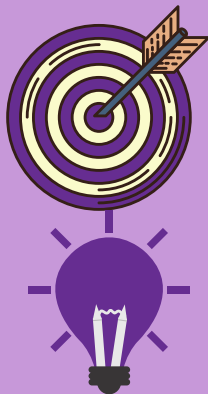
### Module Two

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Module two focuses on overcoming shame while increasing self-value. Overcoming shame can be a difficult process, but it is possible with time, effort, and support.

### Learning Objective

At the end of this module, participants will be able to approach shame with a greater understanding of its effects. They will also be able to identify the external factors that lead to feelings of shame. While increasing their ability to successfully navigate through the process of shame. They will also increase their ability to understand how their thoughts, feelings, and behaviors impact their self-value and capacity for hope.



The skills assessments are designed for participants to self-evaluate their abilities in direct relation to the top five specific skills for each section.

After they have filled out the assessment have them share why they choose the score they did for each skill.

## Skills Assessment

Shame is a powerful emotion that can be difficult to overcome, but there are skills you can develop to manage and eventually overcome it. Here are five skills that can help reduce the impact of shame. Please indicate your perception of your level of ability in each area using the following scale:

- 5 = High level of competence - extensive experience in the skill area
- 4 = Moderately high level of competence - good experience in the skill area
- 3 = Average level of competence - some experience in the skill area
- 2 = Low level of competence - little experience in the skill area
- 1 = No level of competence - no experience in the skill area

**Self-Compassion:** treat yourself with kindness and understanding, instead of harsh criticism and self-judgment. This can involve being mindful of negative self-talk and replacing it with positive, self-affirming thoughts.

① ② ③ ④ ⑤

**Mindfulness:** being present in the moment and observing your thoughts and feelings without judgment. Being aware of your emotions without being overwhelmed by them.

① ② ③ ④ ⑤

**Communication:** expressing your emotions and sharing your experiences with others. By connecting with supportive and understanding people, you can reduce feelings of isolation and build a support network.

① ② ③ ④ ⑤

**Reframing:** looking at a situation from a different perspective and finding positive or constructive elements. By reframing your experiences, you can increase feelings of self-worth.

① ② ③ ④ ⑤

**Practicing Gratitude:** by focusing on the good things in your life, you can shift your attention away from negative thoughts and feelings and reduce the power that shame has over you.

① ② ③ ④ ⑤



This page is an introductory summary leading into the module. Each module has three main points.



Recognizing that shame can have both short-term and long-term effects on emotional, psychological, and physical well-being.



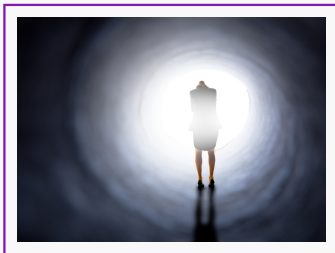
Understanding that shame is a process that can help us take responsibility for our actions and make positive changes.



Shame is something you learn how to navigate successfully with a stronger sense of self-worth and a large capacity for hope.

## Overcoming Shame and Embracing Self-Value

Shame is a powerful emotion as it is connected to our sense of self-worth and belonging. When we experience shame, we feel a sense of failure, inadequacy, or embarrassment about ourselves. However, shame can be a powerful motivator for change if we use it in a healthy way. It can prompt us to reflect on our behaviors or beliefs and make positive changes. However, if shame becomes overwhelming or chronic, it can lead to negative consequences such as low self-esteem, depression, and social isolation.



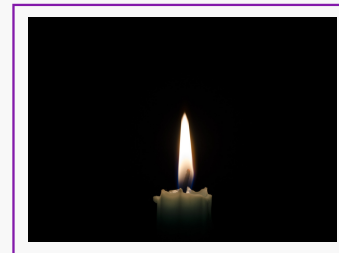
THE EFFECTS OF SHAME

Shame is so powerful that it can impact the whole trajectory of a person’s life. Thus it is vital to understand the specific impact it can have on our lives.



NURTURING SELF-WORTH

How you feel about yourself becomes the core of who you are. Your thoughts, feelings, and behaviors are directly tied into your worthiness and value.



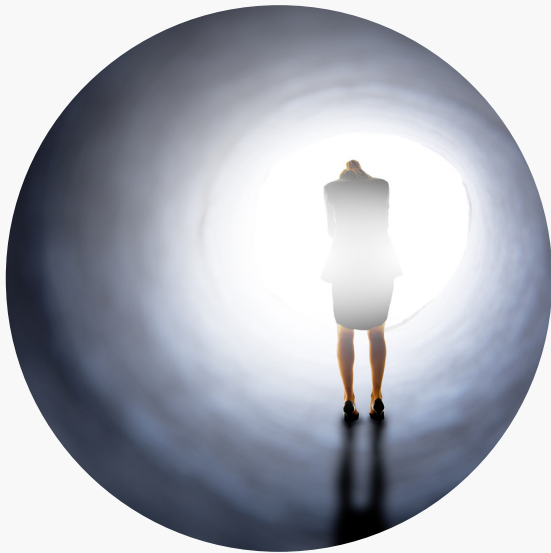
THE POWER OF HOPE

Hope is based upon your capacity to understand the way things are right now, and to imagine a future for the way things could be.



Although this page is just an introductory summary of a key point, it is a great place to start discussions. Trainers can lead discussions to engage participants on the content, picture, or quote.

# The Effects of Shame



Shame can have both short-term and long-term effects on our emotional, psychological, and physical well-being.

It's important to note that shame can be a healthy emotion when it prompts us to take responsibility for our actions and make positive changes. However, when shame becomes chronic or overwhelming, it can have negative effects on our well-being.

- **Emotional effects:** Shame can lead to feelings of worthlessness, self-doubt, and insecurity. It can make you feel small, powerless, and isolated from others. You may also experience intense feelings of guilt, anxiety, or depression.
- **Psychological effects:** Shame can affect your thinking patterns and beliefs about yourself and others. It can lead to negative self-talk, self-blame, and a distorted sense of reality. We may also struggle with perfectionism, people-pleasing, and avoidance of situations that trigger shame.
- **Behavioral effects:** Shame can impact your behaviors and choices in various ways. For example, some may engage in self-destructive behaviors such as substance abuse, eating disorders, or self-harm to cope with shame. Alternatively, some may avoid situations or relationships that trigger shame or feel unworthy of positive experiences and relationships.
- **Physical effects:** Shame can also affect your physical health, leading to symptoms such as stress, insomnia, and chronic pain. It can also weaken your immune system, and increase the risk of heart disease, and other health problems.



An exciting and inspiring future awaits you beyond the noise in your mind, beyond the guilt, doubt, fear, shame, insecurity and heaviness of the past you carry around.

— Debbie Ford





Reflection questions are designed to help make sense of experiences, thoughts, and emotions. Here we want participants to connect that they hold the power to change because they can acquire each of these variables.



The purpose of reflection questions is to encourage individuals to think critically and reflectively about their experiences. We want them to consider how they might apply what they have learned in future situations. Reflection questions can help individuals identify their strengths and weaknesses, as well as set goals for personal growth and development.

## Reflection Questions

- 01 List some of the emotional effects you have experienced:
- 02 List some of the psychological effects you have experienced:
- 03 List some of the behavioral effects you have experienced:
- 04 List some of the physical effects you have experienced:
- 05 Are there any effects that did not fit into these 4 categories?

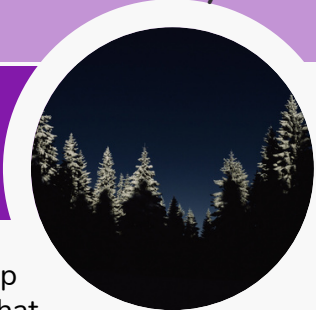


Shame can sometimes cause individuals to blame themselves for the trauma they have endured. That is why it is important we challenge shame-based thoughts. We should also question our negative self-talk and challenge any assumptions or beliefs that contribute to shame.



Review the Shame Checklist and have the participants expand a little on each of the ones they checked yes to.

# Shame Checklist



Many survivors of domestic violence and abuse experience deep shame. Sometimes to make sense of it they create narratives that support the shame they are feeling. Below are some common beliefs shared by survivors that they have had to overcome on their journey.

Check yes if you have ever felt the same way.

- |    |  |                                 |                                |
|----|--|---------------------------------|--------------------------------|
| 01 | <b>Blaming themselves:</b> Many survivors of abuse may blame themselves for the abuse they endured. They may feel as though they did something wrong or did not do enough to prevent the abuse.  | YES<br><input type="checkbox"/> | NO<br><input type="checkbox"/> |
| 02 | <b>Feeling dirty or damaged:</b> Survivors of abuse may feel as though the abuse has left them feeling dirty or damaged. They may feel as though they are tainted in some way and are not worthy of love or respect.                   | YES<br><input type="checkbox"/> | NO<br><input type="checkbox"/> |
| 03 | <b>Fear of judgment:</b> Survivors of abuse may worry about how others will judge them if they were to disclose their abuse. They may worry that others will see them as weak or damaged.  | YES<br><input type="checkbox"/> | NO<br><input type="checkbox"/> |
| 04 | <b>Social conditioning:</b> In some cultures, there is a stigma attached to being a survivor of abuse. Survivors may feel ashamed because they have been taught that abuse is something to be kept secret and not talked about openly. | YES<br><input type="checkbox"/> | NO<br><input type="checkbox"/> |
| 05 | <b>Loss of control:</b> Survivors of abuse often feel as though they have lost control of their lives. They may feel as though they have no power or agency.   | YES<br><input type="checkbox"/> | NO<br><input type="checkbox"/> |
| 06 | <b>Questioning their decision:</b> Survivors of abuse may have lived with their abuser for so long that everything else feels alien. They start to minimize the abuse and focus on the good times.                                     | YES<br><input type="checkbox"/> | NO<br><input type="checkbox"/> |



Shame is a process that can be facilitated, some strategies and techniques can help decrease shame and change the narrative around it.



Review the Combating Shame worksheet below. Have the participants choose some of the strategies they are willing to try this week. If there is time they can also elaborate on how they plan on using the strategies they choose.

# Combating Shame



Below are some strategies for each of the common distorted beliefs shared by some survivors. For all the ones you checked the yes box to, highlight some of the strategies, you would be willing to try on.

## Blaming themselves:

01

- Educate yourself about domestic abuse
- Understand manipulation and gaslighting
- Build your emotional boundaries
- Talk back to the self-critical voice

## Feeling dirty or damaged:

02

- Work on your confidence and self-worth
- Recognize the effects of trauma
- Embrace positive affirmations.
- Heal the mind through exercise

## Fear of judgment:

03

- Build a strong support system
- Revisit your strengths, skills and abilities
- Build your emotional boundaries
- Manage your stress levels

## Social conditioning:

04

- Avoid people & places that treat you badly
- Define the kind of relationships you want
- Reassess your values
- Set Boundaries

## Loss of control

05

- Understand the importance of healing
- Discover your limiting beliefs
- Create a vision for you future
- Seek professional help

## Questioning their decision:

06

- Prioritize self-care and self-love
- Create a safety plan
- Identify your triggers
- Seek out new growth opportunities



Although this page is just an introductory summary of a key point, it is a great place to start discussions. Trainers can lead discussions to engage participants on the content, picture, or quote.

# Nurturing Self-Worth



Building self-worth is a process that takes time and effort, but it is a worthwhile pursuit as it can lead to increased confidence, resilience, and overall happiness.

It is important to highlight that building self-worth is a journey, not a destination. It takes time, patience, and consistent effort, but the results can be life-changing. In short, self-worth is essential for a happy, fulfilling life. It affects every aspect of our lives, from our relationships to our mental health and personal achievements.

- When you have a strong sense of self-worth, you are more confident in yourself and your abilities. You believe in yourself and your potential to succeed, which can lead to greater achievements in life.
- Having self-worth means that you have a strong sense of your own value and worth, which can help you bounce back from setbacks and challenges. You are less likely to be discouraged by failure and more likely to keep working towards your goals.
- Self-worth can also impact your relationships with others. When you believe in your own worth, you are more likely to attract and maintain healthy relationships with people who respect and value you.



**“Self-worth is so vital to your happiness if you don’t feel good about yourself, it’s hard to feel good about anything else.”**

**— Sandy Hale**



Working on ways to build self-esteem can decrease shame. An area one can start in is to highlight their strengths and areas they do well in.



Have the participants break into dyads, this is a great place to take some time and have each participant highlight their positives.

Note: If there is not enough time then it is okay to have them share a couple of answers with the group.

# Strength Finder



Identify your strengths: focusing on what you can do well and what makes you unique helps you to recognize your strengths. This can also help you feel more confident and capable, so be sure to review it often.

**What are 3 strengths you can think of right away?**

**What are you proud of in your life?**

**What do you like about yourself?**

**What do you do better than others?**

**What do you enjoy or love doing?**

**What are your unusual or unexpected talents?**

**Who or what is your greatest inspiration?**



Although this page is just an introductory summary of a key point, it is a great place to start discussions. Trainers can lead discussions to engage participants on the content, picture, or quote.

# The Power of HOPE



Hope is a positive feeling or emotion that arises from a belief that something good can happen in our future. It is a feeling of expectation and desire for a certain outcome, even when the present circumstances may be challenging or uncertain.

Hope is a powerful force that can motivate us to persevere through difficult times, take action toward our goals, and maintain a positive outlook on life. It is a crucial aspect of our resilience, and it provides us with a sense of meaning and purpose in the face of adversity.

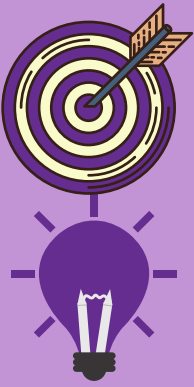
Hope is more than wishful thinking, in fact, there are several benefits to hope which include:

- Increased Positive Emotions
- Stronger Sense of Purpose and Meaning
- Lower Levels of Depression
- Less Loneliness
- Better Physical Health
- Fewer Number of Chronic Illnesses
- Lower Risk of Cancer
- Fewer Sleep Problems



**"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."**

— Helen Keller



Hope is an essential human emotion that helps us stay optimistic and positive, especially in the face of challenges, uncertainty, and adversity.

Review the 5 strategies below and have the participants choose one or two they would like to try.

# Increasing Hope

## FOCUS ON WHAT YOU CAN CONTROL

When faced with difficult circumstances, it can be easy to feel overwhelmed and powerless. Focusing on what you can control, such as your own thoughts, actions, and reactions, can help you maintain a sense of agency and hopefulness.



## PRACTICE GRATITUDE

Cultivating a sense of gratitude can help shift your focus towards the positive aspects of your life, rather than the negative. This can help build a sense of hopefulness and resilience.



## INCREASE POSITIVE INFLUENCES

Spending time with positive and supportive people, as well as seeking out uplifting and inspiring content, can help cultivate a more hopeful outlook.



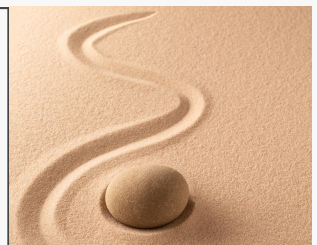
## LEARN FROM SETBACKS

Viewing setbacks as opportunities for growth and learning, rather than as failures, can help maintain a sense of hopefulness and resilience.



## PRACTICE MINDFULNESS

Engaging in mindfulness practices, such as meditation or deep breathing, can help reduce stress and anxiety, and cultivate a more hopeful outlook.





Gratitude is important because it improves our mental/physical health, enhances our relationships, and promotes positive emotions. When we focus on what we are thankful for, we cultivate a positive outlook on life and increase appreciation for the good things we have, even in challenging times.



Review the 5 ways to practice gratitude and have the participants choose one to two they would like to try.

# 5

## WAYS TO PRACTICE GRATITUDE

- **Keep a gratitude journal:** Write down three things each day that you are grateful for. These can be big or small things, such as a supportive friend, a good cup of coffee, or a sunny day.
- **Express gratitude to others:** Take time to thank the people in your life who have had a positive impact on you. This can be done in person, through a phone call, or through a note, text, or email.
- **Focus on the present moment:** Pay attention to the small moments of joy and beauty that are present in your everyday life. This can include the taste of a delicious meal, the warmth of the sun on your skin, or the sound of birds chirping outside.
- **Use gratitude as a coping mechanism:** When faced with challenges or setbacks, try to find something to be grateful for. This can help shift your focus away from negative thoughts and towards a more hopeful and positive mindset.
- **Practice gratitude meditation:** Spend a few minutes each day reflecting on the things you are grateful for. You can do this by focusing on your breath and visualizing the things you are thankful for, or by repeating a gratitude mantra such as "I am grateful for all the blessings in my life."





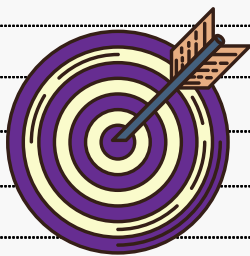
Reflection questions are designed to help make sense of experiences, thoughts, and emotions. Here we want participants to connect that they hold the power to change because they can acquire each of these variables.



The purpose of reflection questions is to encourage individuals to think critically and reflectively about their experiences. We want them to consider how they might apply what they have learned in future situations. Reflection questions can help individuals identify their strengths and weaknesses, as well as set goals for personal growth and development.

# Reflection Questions

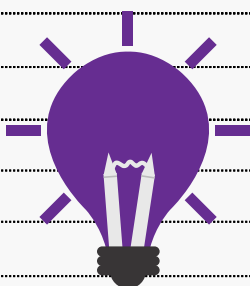
- 01 List some of the things that tend to overwhelm you:
- 02 When you start to feel overwhelmed what can help you?
- 03 What are some ways you can practice gratitude?
- 04 List some things you have learned from a recent setback:
- 05 List some things you have to be hopeful for in your future:



Stories are a powerful tool for learning and growth, helping participants connect with information and ideas on a deeper level, reflect on their own experiences, develop empathy and understanding for others, and be inspired to take action.



The following story contains potentially distressing material that may bring up unexpected emotions.



Remember that everyone responds to trauma differently, and it's important to approach each situation with sensitivity and empathy. If someone is triggered, the first thing to do is to ensure their safety and comfort.

Here are some steps you can take:

- Remain calm and composed, a calm presence can help the person feel more secure and grounded.
- Ask the person what they need at the moment and offer support accordingly. This may involve providing a safe space, water, or tissues.
- Encourage the person to engage in self-care activities such as deep breathing, taking a break, or reaching out to a person they trust.
- If the person's symptoms persist or worsen, encourage them to seek professional help from a mental health provider.

# Prevail

H.O.P.E. will Always Triumph  
By Witlee Ethan

My life's story has taken a very different direction than I had expected, leading me on a journey toward a purpose that I could have never anticipated.

On January 6, 2020, I went on a date with the wrong man and it completely turned my world upside down. What started out as a typical night soon took a dark turn. I was held hostage for over 10 hours and repeatedly raped. After each time he violated me, I was forced into the shower to wash away any evidence of his crimes. During the entire ordeal, I was in survival mode. I was in a constant state of hypervigilance, operating at times between fight, flight, or freeze and even having to disassociate. When I was finally released, I immediately sought medical treatment.

Though I was free from captivity, I wasn't free from the crime scene. For survivors of sexual assault, their body is the crime scene, from which there is no escape, and every detail of the harrowing ordeal they endured replays all over again. That's why healing from trauma is a complex process, but not an impossible one. There is hope.

As much as I had to fight to survive when I was harmed, I had no idea that my greatest fight hadn't even begun yet. I'm a Victim Advocate and I knew that the police wouldn't do anything, this would just become some "He Said, She Said" situation. I also knew I wasn't in a good place mentally to come forward with this yet, I was struggling. Being repeatedly violated left me feeling powerless and full of shame. When I was laying in the hospital bed while being examined and evidence was being collected for the sexual assault kit, I began to wonder just exactly how I had ended up here.

Other intense questions like "What do you do when, as a Victim Advocate, you are the one that needs to be advocated for?" and "How will this look to others?" kept me from coming forward. I kept this a secret until there were multiple news reports that sexual assault was on the rise due to Covid. At that point, I knew I needed to come forward and make sure what happened to me wasn't going to happen to anyone else! Little did I know this fight for justice would be a huge step towards breaking barriers and creating change for victims of sexual violence. I could have never imagined what happened next, after turning in my rapist for his crimes our judicial system allowed him to re-victimize me in the courts by suing me in what has become commonly known as a "She Said, He Sued". Sadly, this has been happening to survivors worldwide since the "MeToo" movement emerged in 2017.

# Prevail

I've lost a lot from this, but I'm also who I am today because of what I've endured and ultimately overcome. In the 2 years since my rapist filed his lawsuit against me, I've experienced a lot of changes legally. I had to file for bankruptcy. I was forced to sign a settlement agreement under duress that protected him and silenced me, and after my attorney abandoned me. I had to represent myself in Federal District Court. There's a saying that attorneys have, "Whatever you do, don't go to Federal Court" because it's complicated and messy. Yet I was having to figure out how to file motions on my own.

The judicial process is a difficult one to navigate. Each state, each court, and each Judge within those courts have their own set of rules and I was expected to know them all. I had a choice; I could choose to either adapt to the change of circumstances that I couldn't control or give up and allow him to continue to have power over my life. So, I decided to face this head-on.

On Jan 3, 2023, I publicly broke my silence, with a call to action before government and law enforcement officials that was covered by the media. In the last few months, so much has changed for the better. In Feb 2023, I won my case representing myself in the Federal District Court, a historical Judicial victory that experts said was impossible.

Through my court win, the settlement agreement was made moot. The testing of my sexual assault kit has been expedited which was once part of the backlog and finally a criminal investigation is underway.

This includes the involvement of State Senators who are advocating for me. My rapist had two appeals left to file after my court win, but he chose to give up his rights to those appeals. In the last 3 years, my rapist has not once been brought in for questioning by the police, unfortunately, he is currently walking free.

Though my hope is that any progress with the criminal investigation is a step towards finally bringing my rapist to justice and holding him accountable, so he doesn't rape again. What I know now that I didn't know then was God was going to use my story to expose issues within the judicial process to create change. My court case win will set a precedent moving forward that will help protect the rights of victims and survivors everywhere.

# Prevail

H.O.P.E. can mean different things to different people. Over the last 3 years, I've especially clung to H.O.P.E.

What if we viewed H.O.P.E. from a different perspective? What if it represented this?

H = HARDHSIPS can bring about HEALING.

O = OVERCOMING OBSTACLES leads to OPPORTUNITIES.

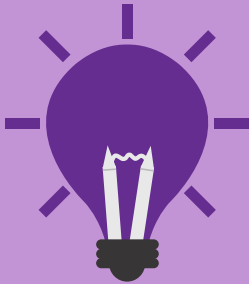
P = PERSERVERING under trial directs you towards your PURPOSE.

E = EXCRUCIATING EVENTS can create a positive EFFECT.

What if surviving leads you on the path to the very thing you are called to do? Today, I'm happy, healthy, and healing. I'm so full of life and I'm living out my purpose. I didn't give up, but I also relied on my faith and hope in Jesus to get me through. Romans 12:12 "Rejoice in hope, be patient in tribulation, be constant in prayer." My encouragement to you is that no matter what you have gone through, take your story and share it with the world, encouraging others to "Live Each Day With Purpose... Making a difference one day, one life at a time."



Talking about God can be a sensitive and personal topic for many people. It is helpful to approach the conversation with respect and sensitivity. Talking about God can be a meaningful and enriching experience when done appropriately. Some things help these conversations, such as listening, sharing your personal experiences, using inclusive language, respecting boundaries, and being open to the views of the other.



The Christian perspective sections serve two purposes. The first is to reinforce the word for those that already believe in Jesus and follow his teachings. The second purpose is for those with a loss of faith. Some individuals feel abandoned or punished by God. This can lead to a loss of meaning and purpose for living the word. This section provides a safe space with a soft reintroduction back to God.

## Christian Perspective on Shame

Prior to eating from the Tree of Knowledge Adam and Eve's nakedness was nothing to be ashamed of. Their minds were pure and innocent, so they had no reason to be embarrassed or self-conscious. It was not until after that they felt embarrassed, shameful, and guilty; thus hiding from God.

When God came into the garden he did not shame them, God's first question was to ask why they were hiding.

Shame is a painful emotion that causes a consciousness of guilt, failure, or indecency, which in turn causes us to hide from God. As Christians, we overcome the crippling power of shame through our belief, trust, and faith in Jesus.

The Lord God called to Adam,  
“Why are you hiding?”

- Genesis 3:9



The plan of action is designed to have participants start with a few small steps. These small steps can definitely help people change. In fact, it's often the best way to make lasting change because it allows people to build momentum and create positive habits over time.



When people try to make big changes simultaneously, they often feel overwhelmed and give up quickly. However, they can gain confidence and gradually progress when they start with small steps. These small steps help with motivation to continue making positive changes.



This is a great place to have participants choose small things they can commit to during the week. They can Practice new behaviors while decreasing old ones that do not have the results they want.

# Plan of Action

What are their biggest takeaways about change?

- What are the things they can stop doing?
- What are the things they can do less of?
- What are the things they can keep doing?
- What are the things they can do more of?
- What are some things they can start doing?

# MODULE 3

# EMBRACING YOUR WORTH

A Journey to Self-Discovery and Empowerment

## Module Three

Module three focuses on self-discovery, defining self, and your fundamental beliefs. These beliefs guide our decisions and actions and help us make sense of the world around us.

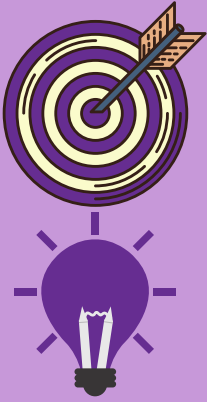
We are empowered to live fulfilling and meaningful lives when we are in alignment with our core values.

## Learning Objective

At the end of this module, participants will be able to identify their core values and start to see where their actions align and where they do not. They will also increase understanding of their values, beliefs, strengths, and weaknesses.

Understanding life's experiences helps increase the desire to continually grow.





The skills assessments are designed for participants to self-evaluate their abilities in direct relation to the top five specific skills for each section.

After they have filled out the assessment have them share why they choose the score they did for each skill.

## Skills Assessment

Self-worth is the internal sense of being good enough and feeling you deserve as well as are worthy of love and respect. Here are five skills that can be helpful in increasing your self-worth. Please indicate your perception of your level of ability in each area using the following scale:

- 5 = High level of competence - extensive experience in the skill area
- 4 = Moderately high level of competence - good experience in the skill area
- 3 = Average level of competence – some experience in the skill area
- 2 = Low level of competence – little experience in the skill area
- 1 = No level of competence – no experience in the skill area

**Assertive Communication:** you practice speaking up for yourself in a clear, respectful manner. Your communication demonstrates confidence and self-respect.

① ② ③ ④ ⑤

**Set boundaries:** you are okay saying "no" to requests that don't align with your values or goals. This can help you protect your time and energy, and demonstrate your self-respect.

① ② ③ ④ ⑤

**Growth Mindset:** embracing challenges and seeing them as opportunities to learn and grow. You are great at focusing on progress, not perfection.

① ② ③ ④ ⑤

**Physical Health:** maintaining a regular exercise routine, eating well, and getting enough sleep. Taking care of your body helps you feel better about yourself.

① ② ③ ④ ⑤

**Positive self-talk:** challenging negative self-talk and replacing it with positive, encouraging messages. As well as using affirmations, self-reflection, and journaling to reinforce positive beliefs about yourself.

① ② ③ ④ ⑤



This page is an introductory summary leading into the module. Each module has three main points.



Core values are the fundamental beliefs and principles that guide decisions and actions.



Self-discovery is the process of understanding one's character and becoming aware of potential, motives, and aspirations.



Personal empowerment is about gaining knowledge, skills, and confidence to take control of your life and make decisive changes.

## A Journey to Self-Discovery and Empowerment

Self-discovery is the process of exploring and understanding yourself, including your personality, values, beliefs, strengths, weaknesses, and life experiences. It involves looking inward and gaining insights into your own thoughts, feelings, and behaviors, as well as how these aspects of you interact with the world around you. Self-discovery can help you gain a deeper understanding of yourself, increase self-awareness, and make meaningful changes in your lives.



### ESTABLISHING CORE VALUES

These are the guiding principles that help you define your identity and help to shape your choices. They inform your decision making, goal setting, and overall disposition.



### PILLARS OF SELF- DISCOVERY

Life can involve significant changes and challenges, and self-discovery can help you navigate these transitions and find a sense of identity and purpose.



### PERSONAL- EMPOWERMENT

Having the self-esteem and confidence to take control of your own life, through making positive decisions based on what you want.



Although this page is just an introductory summary of a key point, it is a great place to start discussions. Trainers can lead discussions to engage participants on the content, picture, or quote.

# Establishing Core Values



Establishing your core values involves identifying and defining the guiding principles that shape your beliefs, attitudes, and behaviors. Core values are the fundamental principles that define what is most important to you, what you stand for, and what you prioritize in your life.

Establishing core values can be a valuable process for gaining clarity and direction in your life. It can help you make meaningful decisions, set goals, and live a more fulfilling life.

- **Define your values:** Start by reflecting on your beliefs and what is important in life. Ask yourself questions such as "What values do I hold dear?" or "What motivates and inspires me?"
- **Prioritize your values:** Once you have identified your beliefs, prioritize them in order of importance. Ask yourself questions such as "Which values are most important to me?" or "Which values do I want to prioritize in my life?"
- **Live your values:** Once you have identified and defined your core values, it is important to live by them. Make decisions and take actions that align with your values. This can help you build a sense of integrity and purpose in your life.



**“A highly developed values system is like a compass. It serves as a guide to point you in the right direction when you are lost.”**

**– Idowu Koyenika**



Core values influence the decisions we make and the actions we take, helping us to align our behavior with our beliefs.



Review the 5 ways to strengthen your core values and have the participants choose one to two they would like to try.

# 5

## WAYS TO STRENGTHEN CORE VALUES

- **Identify your current core values:** Start by reflecting on what is most important to you in life. Write down a list of values that you believe are important, such as honesty, integrity, compassion, and fairness.
- **Evaluate your current behaviors:** Take an honest look at your actions and behaviors. Do they align with your core values? If not, identify the areas where you need to make changes.
- **Create a plan of action:** Once you have identified the areas where you need to improve, create a plan of action. Set specific goals that will help you live in alignment with your values.
- **Surround yourself with like-minded people:** Surrounding yourself with people who share your core values can help you stay focused and motivated.
- **Practice self-reflection:** Regularly take time to reflect on your actions and behaviors. Ask yourself whether you are living in alignment with your core values, and make adjustments as necessary.



By aligning actions and core values, people can continually grow and develop into the best versions of themselves.



Have the participants take some time and work on reviewing and choosing their values. After they are done, have them share their top 5 and why.



If they do not see a core value significant to them on the next page, have them write it in. The list may be missing some key values.

## CORE VALUES

Values form the foundation of life. Values dictate our choices and determine life's direction. Our values influence our thoughts, actions, and responses; hence they affect our relationships, careers, aspirations, and goals.

Despite their importance, few people think about and consciously choose them. Instead, they default to their childhood influences and sociality values. That is why it is important to choose our values intentionally.

Review this list of values on the next page and take some time to consider which ones resonate with you.

- **Step 1:** On the next page highlight or circle your top 20 values.
- **Step 2:** Out of your top 20 values, take 10 and write them below.
- **Step 3:** Out of your 10 above, rank your top 5 in order below.

# VALUES LIST

- Family
- Freedom
- Security
- Loyalty
- Intelligence
- Connection
- Creativity
- Humanity
- Success
- Respect
- Invention
- Diversity
- Generosity
- Integrity
- Finesse
- Love
- Openness
- Religion
- Order
- Advancement
- Respect
- Joy/Play
- Forgiveness
- Legacy
- Excitement
- Change
- Goodness
- Involvement
- Faith
- Wisdom
- Beauty
- Caring
- Personal Development
- Vitality
- Honesty
- Adventure
- Kindness
- Teamwork
- Career
- Communication
- Learning
- Excellence
- Innovation
- Quality
- Commonality
- Contributing
- Spiritualism
- Strength
- Entertain
- Wealth
- Service
- Power
- Affection
- Cooperation
- Honor
- Friendships
- Encouragement
- Success
- Clarity
- Fun-Loving
- Charisma
- Humor
- Leadership
- Renewal
- Home
- Be True
- Contentment
- Friendship
- Courage
- Balance
- Compassion
- Fitness
- Professionalism
- Relationship
- Knowledge
- Patience
- Change
- Prosperity
- Wellness
- Finances
- Gratitude
- Grace
- Endurance
- Facilitation
- Effectiveness
- Fun
- Fame
- Justice
- Appreciation
- Willingness
- Intuition
- Accountability
- Patience
- Forgiveness
- Self-Respect
- Abundance
- Reciprocity
- Enjoyment
- Entrepreneurial
- Happiness
- Harmony
- Peace



Reflection questions are designed to help make sense of experiences, thoughts, and emotions. Here we want participants to connect that they hold the power to change because they can acquire each of these variables.



The purpose of reflection questions is to encourage individuals to think critically and reflectively about their experiences. We want them to consider how they might apply what they have learned in future situations. Reflection questions can help individuals identify their strengths and weaknesses, as well as set goals for personal growth and development.

# Reflection Questions

- 01 How do your values help you feel fulfilled in life?
- 02 Are your current behaviors aligned with your core values?
- 03 What actions can you take to align your actions with your values?
- 04 Create a list of people in your life who share some of your values:
- 05 What things in your life take you away from your core values?



Although this page is just an introductory summary for a key point, it is a great place to start discussions. Trainers can lead discussions to engage participants on the content, picture, or quote.

# Pillars of Self-Discovery



The ability to understand your own character and become aware of your potential, motives, and aspirations takes time and intention. When you define yourself, you're able to harness your passions, discern your life's purpose (the reason you get out of bed in the morning), and learn what inspires you. Ultimately, defining who you are and what you want to do, unlocks the best version of yourself.

If you do not define yourself, others will, and you will be living out their version of you. Without defining your own self, and understanding your purpose, passions, potential, and inspiration, you can never achieve something better than what you have now.

Self-discovery is an intentional and ongoing process of self-exploration, personal growth, and self-awareness. It often involves the following:

- **Awareness:** the ability to recognize what's happening internally and externally.
- **Comfort Zone:** the space where you can easily minimize stress, risk, and failure.
- **Intentional living:** putting purpose behind your choices and actions.



“Finding happiness is like finding yourself. You don't find happiness, you make happiness. You choose happiness. Self-actualization is a process of discovering who you are, whom you want to be and paving the way to happiness by doing what brings you the most meaning and contentment to your life”

~ David Leonhardt





Self-esteem is important because it refers to how we feel about ourselves and our sense of self-worth. Having healthy self-esteem can positively impact various areas of our lives, including our mental and emotional well-being, relationships, and achievements.



Review the 5 ways to increase your self-esteem and have the participants choose one to two they would like to try.

Note: This is a great time for the trainer to share a few things that have helped them.

# 5

## WAYS TO INCREASE SELF-AWARENESS

- **Practice mindfulness:** Mindfulness is the practice of being present and aware of your thoughts and emotions in the moment. This can help you identify patterns in your thinking and behavior.
- **Keep a journal:** Writing down your thoughts and emotions can help you identify patterns in your thinking and behavior. This can also help you develop a greater understanding of your strengths and weaknesses.
- **Seek feedback:** Ask trusted friends or colleagues for feedback on your behavior and how you come across to others. This can help you gain insight into your blind spots.
- **Take personality tests:** There are various personality tests available online that can help you gain insight into your strengths, weaknesses, and tendencies.
- **Practice self-reflection:** Set aside time each day to reflect on your thoughts, emotions, and behaviors. This can help you identify patterns and develop greater self-awareness.



Journaling is a powerful tool for self-reflection, stress management, and personal growth. Whether it's daily, weekly, or whenever you need it, taking time to write down your thoughts and feelings can have a positive impact on your overall well-being.



Review the following daily journal prompts and have the participants share how they think journaling can help them to set and achieve personal goals.

## Daily Journal Prompts

Journaling can be an effective tool to increase self-awareness, it does not matter if you do it in the morning or at night. Both times of day can be beneficial for different reasons. Below are some prompts you can ask yourself in your journal to increase self-awareness:

**Journaling in the morning can set your tone for the entire day. Below are a few morning routine writing prompts:**

- Biggest wins from yesterday...
- 3 things I am grateful for...
- Today I choose to...
- What would make today great?
- What I'll do today that will bring me joy
- One action that will help me progress towards my big goals.

**Journaling at the end of the day can help you practice reflection, clear your mind, and help you get a restorative night of sleep. Below are a few end of day routine writing prompts:**

- 3 beautiful moments that stand out to me from today...
- 3 things I am grateful for...
- A lesson I learned today...
- My biggest challenge of today was...
- What brought me joy today...
- 1 thing I did today that brought me closer to me big goals...



The comfort zone is the psychological state where you feel safe and comfortable. It refers to a situation or environment where a person feels familiar, in control, and at ease. It can be a physical or psychological space, and it often includes a set of behaviors, habits, and routines that are easy to maintain.



Have the participants fill out both areas, inside and outside of their comfort zone. Then lead them in a discussion on how they can take some risks and do some things outside of their zone. Then have them talk about reasons they might want to increase time in their comfort zone and how to use it for grounding and resting.

## Comfort Zone

Your comfort zone refers to your psychological state which feels familiar, safe, and secure. It's a state where you operate within your set of routines and habits, which require minimal risk or challenge. However, your comfort zone is characterized by a lack of growth or progress, as it is where you tend to avoid new experiences or challenges that may require stepping outside of your comfort zone. This limits personal and professional development and prevents you from achieving your full potential.

Good news! Stepping outside of your comfort zone may be uncomfortable and even challenging, as it often involves taking risks and facing new or unknown situations. But it can also lead to personal growth, increased confidence, and new opportunities. It's important to strike a balance between staying within a comfort zone and taking calculated risks that can help a person achieve their goals and reach their full potential.

In the grey part below list some activities and behaviors that you would consider to be in your comfort zone. In the yellow part below list some activities and behaviors that are outside of your comfort zone.





Living intentionally can help you create a meaningful and fulfilling life. By being deliberate in your actions and choices, you can align with your values, encourage personal growth, increase focus and productivity, and reduce stress and anxiety.

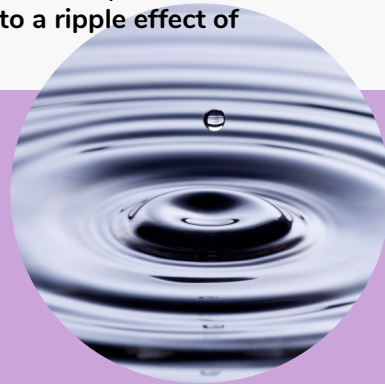


Review the list of how to live intentionally and have the participants add what they already do. Next, have them choose one to two strategies to practice this week.

## WAYS TO LIVE *Intentionally*

When you live intentionally, your choices & actions become selective. When these are selective, you ensure they always support your self-discovery and development journey of becoming the best version of yourself. Below is a list of 20 things you can do to increase living intentionally, circle three you would like to try out over the next week. Small daily actions can lead to a ripple effect of changes.

- Develop a Positive Outlook on Life
- Live In and For the Moment
- Let Go of Failure
- Empower Others
- Do Things that Bring You Joy Daily
- Trust Yourself
- Help Out a Cause
- Get Organized With Your Time and Money
- Embrace the Challenges
- Add a Meditation Practice
- Get Clarity on Your Dreams
- Identify What You Care About
- Let Go of Negative Relationships
- Smile More
- Listen to Your Gut
- Spend Time in Nature
- Practice Daily Mindfulness
- Journal
- Create a Vision Board
- Express Gratitude Every Day
- Start a Morning Routine





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# Personal-Empowerment



Personal empowerment is all about gaining the knowledge, skills, and confidence to take control of your life and make positive changes as well as assertive decisions. It involves developing a strong sense of self-awareness and self-efficacy, as well as learning to assert oneself and communicate effectively with others. However, true empowerment comes when you convert intention into action.

Personal empowerment is an important part of personal growth and development and helps individuals to overcome obstacles and achieve their full potential in life. It involves a range of different strategies, including:

- **Setting Goals**
- **Developing New Skills**
- **Building Self-Esteem**
- **Seeking out Positive Relationships,**
- **Responsibility for your Decisions.**
- **Accountability for your Actions**



**“The best day of your life is the one on which you decide your life is your own. No apologies or excuses. No one to lean on, rely on, or blame. The gift is yours – it is an amazing journey – and you alone are responsible for the quality of it. This is the day your life really begins.”**

**-Bob Moawad**



Confidence can be an important factor in leading a fulfilling and successful life. By believing in yourself and your abilities, you can increase resilience, improve mental health, enhance social skills, and increase the likelihood of success.



Review the steps to building confidence and have the participants discuss the areas they have a lot of confidence in compared to the areas they do not. Then they can choose one to two strategies to increase that area.

## CONFIDENCE BUILDER



Self-confidence is the belief in your own abilities, qualities, and judgment. It is a sense of trust and assurance in yourself and your ability to handle situations and challenges in life. Self-confidence allows you to approach tasks and situations with a positive and optimistic attitude, and to take risks and pursue your goals with courage and determination.

A lack of self-confidence can lead to self-doubt, fear, and anxiety, which can hinder personal and professional growth. Although there are several variables that play a role in it, a vital one that increases and or decreases self-confidence is your self-talk.

Challenging negative self-talk is an important skill to help improve self-esteem and increase confidence. Here are some steps you can take to challenge negative self-talk:

**STEP 1: Identify the negative thought:** Pay attention to your thoughts and notice when you are engaging in negative self-talk. Common negative thoughts might include “I’m not good enough,” “I’ll never be able to do this,” or “I’m such a failure.”

**STEP 2: Question the thought:** Once you’ve identified the negative thought, question it. Ask yourself if the thought is really true or if there is evidence to support it. For example, if you are thinking “I’m not good enough,” ask yourself why you believe that and what evidence you have to support that thought.

**STEP 3: Reframe the thought:** Once you’ve questioned the negative thought, reframe it into a positive or more realistic statement. For example, instead of “I’m not good enough,” reframe it to “I’m doing my best” or “I may not be perfect, but I’m making progress.”

**STEP 4: Practice positive self-talk:** Incorporate positive self-talk into your daily routine. This can be as simple as repeating positive affirmations to yourself, such as “I am capable,” “I am worthy,” or “I am enough.”



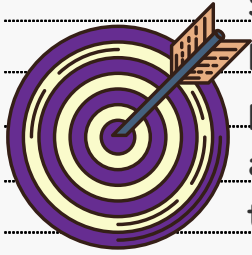
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# Reflection Questions

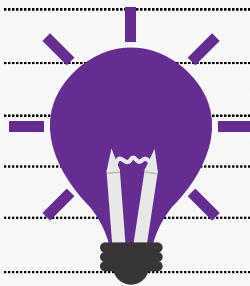
- 01 List some ways increasing self-awareness will help you:
- 02 What concerns do you about leaving your comfort zone?
- 03 What excites you about leaving your comfort zone?
- 04 What are some of the negative things you say to yourself?
- 05 What are some positive things you can replace the negative with?



Stories are a powerful tool for learning and growth, helping participants connect with information and ideas on a deeper level, reflect on their own experiences, develop empathy and understanding for others, and be inspired to take action.



The following story contains potentially distressing material that may bring up unexpected emotions.



Remember that everyone responds to trauma differently, and it's important to approach each situation with sensitivity and empathy. If someone is triggered, the first thing to do is to ensure their safety and comfort.

Here are some steps you can take:

- Remain calm and composed, a calm presence can help the person feel more secure and grounded.
- Ask the person what they need at the moment and offer support accordingly. This may involve providing a safe space, water, or tissues.
- Encourage the person to engage in self-care activities such as deep breathing, taking a break, or reaching out to a person they trust.
- If the person's symptoms persist or worsen, encourage them to seek professional help from a mental health provider.



# Priority

## The Hurt Little Girl Became A Battered Woman

By Tonia M. Reaves

My story of domestic abuse started well before I was old enough to know what abuse was. I was just learning how to tie my own shoes, read a picture book, and write my own name; I was four years old.

My mom and dad were both working so they asked our neighbor's daughter to babysit. It was a very hot and humid night and we were all uncomfortable and hungry. The babysitter decided to steal money from my dad's coin collection to order pizza for herself. She fed everyone else but me and I couldn't understand why. When I let her know that I was hungry and that she should share it with me since she took the money from my dad, she began to physically abuse me. She kicked me in my stomach knocking the wind out of me and then laughed uncontrollably. As I lay there gasping for air she taunted me, giving me my first memory of fear. My nightmares began there.

I went to bed hungry. She woke me to ask me if I was still mad at her. I didn't want to answer so I pretended to be asleep. She kept on until I answered no. I was afraid that if I said yes, she would just brutalize me again. Then without warning, she began to undress me and violated my little body. I was so angry, but I was too little and too afraid to defend myself. That was the moment my self-esteem was destroyed and the night I learned to lie and keep secrets.

As life went on, I got into unhealthy relationships where I felt neglected and unappreciated. I became an unwed teen-aged mother.

During this time I was approached by a childhood acquaintance, at first, he just wanted to be friends and hang out. We eventually started dating and I let my guard down. I trusted him. It turned out to be the worst decision I have ever made in my life. It began with his web of lies and sowing seeds of discord. This man had come into my life to tear me down just to build me back up on false pretenses, as he plotted to destroy our lives.

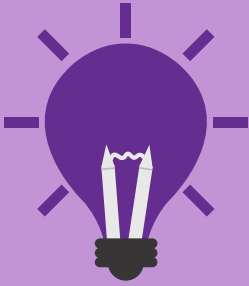
# Priority

In the calm before the storm moment, we got married and had two additional children. Soon after we found out I was pregnant, my husband started to abuse me and my children physically over the next nine years. I felt like we were stuck in a hostage situation and that I had developed Stockholm Syndrome. I loved the man who wanted to abuse me. I tried to do things that would please him and make him want to be loving to me and my children. I tried to figure out ways to get him to love my kids. Nothing I did worked because he never intended for us to be a real family.

I knew I couldn't remain married to him and this definitely wasn't love. I recall the day I was ready to go. I called out to God for help. Instead of begging for my marriage to be fixed as usual, I asked for help protecting my babies from this evil person that camouflaged himself as a sweet gentle man but quickly transformed into a violent and foul person. One day, I finally decided that I had had enough. At that moment, I quickly planned our escape with directions from God. He told me what to do with every step. We were finally set free from bondage and our new story of victory began for me and my children.



Talking about God can be a sensitive and personal topic for many people. It is helpful to approach the conversation with respect and sensitivity. Talking about God can be a meaningful and enriching experience when done appropriately. Some things help these conversations, such as listening, sharing your personal experiences, using inclusive language, respecting boundaries, and being open to the views of the other.



The Christian perspective sections serve two purposes. The first is to reinforce the word for those that already believe in Jesus and follow his teachings. The second purpose is for those with a loss of faith. Some individuals feel abandoned or punished by God. This can lead to a loss of meaning and purpose for living the word. This section provides a safe space with a soft reintroduction back to God.

## Christian Perspective on Self-Worth

This scripture is a reminder that God is intimately involved in the creation of every human being, from the moment of conception. The phrase "knit me together" is a deliberate and careful crafting of each individual, and highlights the unique nature of each of us.

This is a reminder of the inherent value and dignity of every individual; (including yourself) and is a vital reminder to respect and care for ourselves and for one another. Psalm 139 is a celebration of the beauty and complexity of human life and a reminder of our connection to a loving and creative God.

“For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

– Psalm 139:13–14



The plan of action is designed to have participants start with a few small steps. These small steps can definitely help people change. In fact, it's often the best way to make lasting change because it allows people to build momentum and create positive habits over time.



When people try to make big changes simultaneously, they often feel overwhelmed and give up quickly. However, they can gain confidence and gradually progress when they start with small steps. These small steps help with motivation to continue making positive changes.



This is a great place to have participants choose small things they can commit to during the week. They can Practice new behaviors while decreasing old ones that do not have the results they want.

# Plan of Action

What are their biggest takeaways about change?

- What are the things they can stop doing?
- What are the things they can do less of?
- What are the things they can keep doing?
- What are the things they can do more of?
- What are some things they can start doing?

## MODULE 4

# FINDING PURPOSE AFTER PAIN

The Essential Skills for Overcoming Trauma & Abuse

## Module Four

Module four focuses on the process of healing from trauma and abuse. Although this can be a complex process, as everyone's journey to overcoming trauma and abuse is unique, there are some effective tools, strategies, and resources that help you aid in the healing process.

## Learning Objective

At the end of this module, participants will be able to identify some of the emotional and psychological impacts trauma might leave behind. They will start to connect that they have some power over these effects and recognize the importance of taking care of themselves. They will increase their coping skills to help them manage difficult emotions and thoughts.



The skills assessments are designed for participants to self-evaluate their abilities in direct relation to the top five specific skills for each section.



After they have filled out the assessment have them share why they choose the score they did for each skill.



# Skills Assessment

Overcoming trauma can be a difficult and complex process, and it may require support. Here are five skills that can be helpful in coping with trauma. Please indicate your perception of your level of ability in each area using the following scale:

- 5 = High level of competence - extensive experience in the skill area
- 4 = Moderately high level of competence - good experience in the skill area
- 3 = Average level of competence – some experience in the skill area
- 2 = Low level of competence – little experience in the skill area
- 1 = No level of competence – no experience in the skill area

**Relaxation Techniques:** you practice methods, processes, procedures, or activities that help you to relax; to attain a state of increased calmness.

① ② ③ ④ ⑤

**Support System:** you have trusted friends, family members, or support groups for emotional support. It's vital to have a support system to help you cope with trauma.

① ② ③ ④ ⑤

**Self-care:** you engage in activities that establish behaviors to ensure your holistic well-being. Taking care of yourself can help reduce stress and promote emotional well-being.

① ② ③ ④ ⑤

**Challenge Negative Thoughts:** since trauma can lead to negative thoughts and beliefs about yourself and the world, you have a practice of challenging these negative thoughts and replacing them with more positive, realistic thoughts.

① ② ③ ④ ⑤

**Positive Self-Talk:** challenging negative self-talk and replacing it with positive, encouraging messages. As well as using affirmations, self-reflection, and journaling to reinforce positive beliefs about yourself.

① ② ③ ④ ⑤



This page is an introductory summary leading into the module. Each module has three main points.



Understanding the traumatic stress reactions and common responses to trauma.



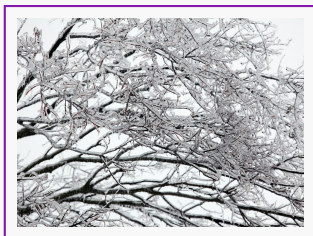
Recognizing that healing is a process and different for everyone. However, they do have power over how they choose to embark on and control this journey.



Understanding that having a sense of purpose can contribute to a fulfilling and meaningful life. It can provide direction, motivation, resilience, well-being, and connections with others.

## The Essential Skills for Overcoming Trauma & Abuse

Overcoming trauma and abuse is a complex and challenging process that requires patience, self-compassion, and support. It is important to note that everyone's journey to overcoming trauma and abuse is unique, and it may take time for you to develop these skills and make progress. provide a safe and supportive environment to process and heal from the trauma. Although being a trauma survivor is a challenging journey, it is an empowering one. It is the catalyst to help us learn to heal and express ourselves, this enables us to channel our crisis into our transformation.



### THE AFTERMATH OF TRAUMA

Understanding the traumatic stress reactions and common responses to trauma can help make sense of some of the things you are experiencing.



### THE PROCESS OF HEALING

Healing is a process, it is your process to take one step at a time and as slow and fast as you need and want. There are some tools to help your healing journey.



### THE POWER OF PURPOSE

Your purpose can guide decisions, influence your behavior, shape your goals, and even offer you a sense of direction, and meaning along the way.



Although this page is just an introductory summary for a key point, it is a great place to start discussions. Trainers can lead discussions to engage participants on the content, picture, or quote.

# The Aftermath of Trauma



Trauma refers to a deeply distressing or disturbing experience that overwhelms an individual's ability to cope with the emotional and psychological impact of the event. Trauma can be caused by a single event, such as a natural disaster, accident, or assault, or it can be the result of ongoing experiences such as abuse, neglect, or violence.

Trauma can have a profound impact on an individual's mental health and well-being, leading to symptoms such as anxiety, depression, flashbacks, nightmares, and hypervigilance. It can also affect a person's physical health, leading to chronic pain, fatigue, and other physical symptoms.

Trauma is a highly individualized experience, and what may be traumatic for one person may not be traumatic for another. Additionally, not everyone who experiences a traumatic event will develop symptoms of trauma. The way trauma affects a person depends on a variety of factors, including their personal history, coping skills, and support network.



**As every therapist will tell you, healing involves discomfort. But so is refusing to heal. And over time, refusing to heal is always more painful.**

**– Resmaa Menakem**





The Trauma Tree can be a helpful tool for individuals to understand the impact of trauma on their lives, and to identify areas for healing and growth.



Review the Trauma Tree and have the participants point out how trauma may be effecting their lives.

## The Tree includes the following components:

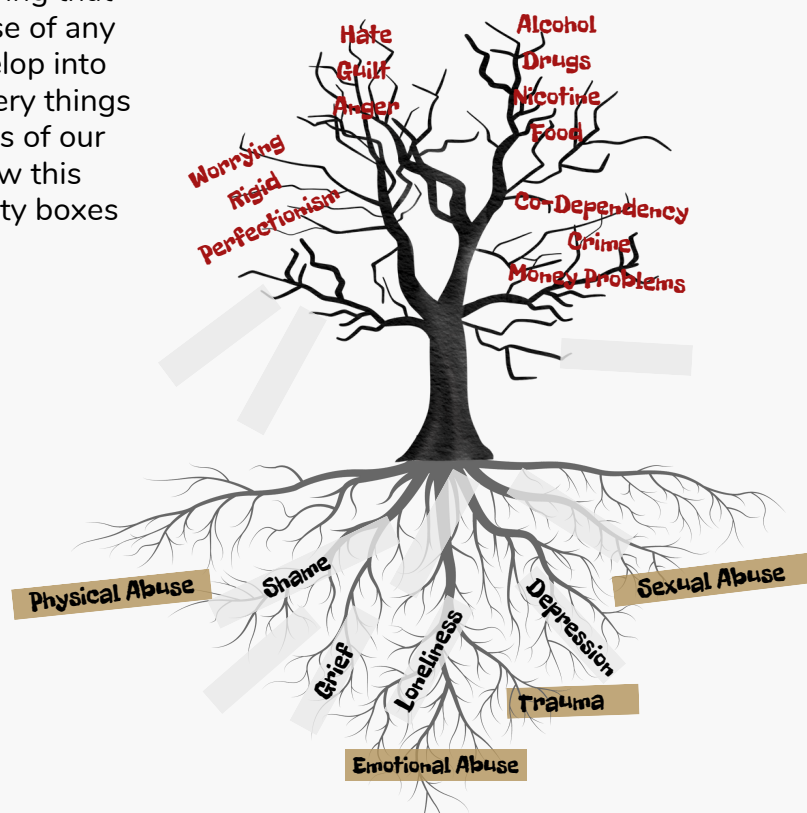
**Roots:** The roots of the tree represent the early experiences that contribute to an individual's vulnerability to trauma, such as neglect, abuse, or family dysfunction.

**Trunk:** The trunk of the tree represents the traumatic event itself, which can range from a single incident to ongoing abuse or neglect.

**Branches:** The branches of the tree represent the various ways that trauma can impact an individual's life, including physical, emotional, and behavioral changes.

# Trauma Tree

In the recovery community, they utilize a tree metaphor to compare the branches of a tree to behaviors, saying that both (branches and behaviors) have roots. Abuse of any kind provides fertile ground for the roots to develop into behaviors we do not want. Unfortunately, the very things trauma causes become roots that grow into parts of our behaviors. Below you can see an example of how this very metaphor works. Feel free to fill in the empty boxes with your own emotions and behaviors.





The Healing Tree works just like the Recovery tree except it's the things we want like personal strengths and resources and different areas of growth and development in our healing journey, such as increased self-awareness, emotional regulation, and interpersonal skills.



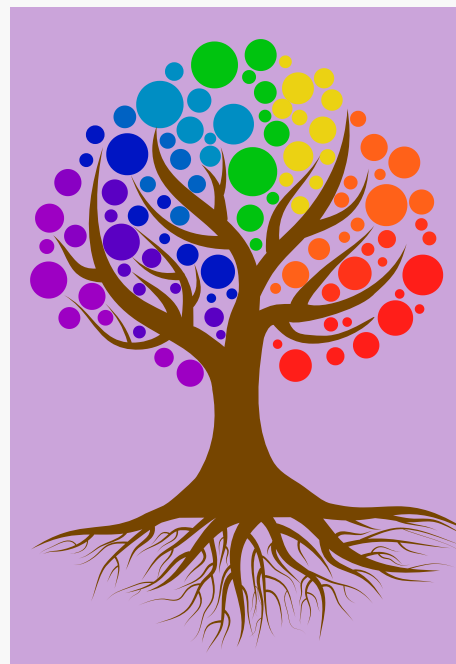
The tree works in reverse, first, the participants write out all the good things they want to grow. They list all the emotions, feelings, and habits they want. They have to decide on what kind of roots they need to grow the things they want. They then need to discuss what type of environment those new roots need to be in, in order to grow and flourish.

## Healing Tree Activity

The healing tree works the same way, the soil and the roots produce the branches. Start with the fruit you would like your tree to produce. Fill in the different feelings, emotions, actions, habits, and results you would like.

Then fill out the roots. In order to have the fruits you choose, what do your roots need to be grounded in? Fill out the thoughts, beliefs, and supports you need for healthy roots.

<b>Feelings:</b>
<b>Emotions:</b>
<b>Actions:</b>
<b>Habits:</b>
<b>Results:</b>
<b>Thoughts:</b>
<b>Beliefs:</b>
<b>Supports:</b>





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# The Process of Healing



As harsh as it may sound, the reality is that you will never be the same person as you were before the trauma. As scary as that sounds, it can also feel incredibly freeing as you go through the healing process and experience post-traumatic growth.

The healing progress isn't linear. You may feel like you are making great progress and feeling strong, then you have a terrible day where all of your emotional pain hits you at once. This is to be expected and you can even be prepared for these days.

- **Practice self-compassion:** Always remember, you're not broken. You cannot heal if you're beating yourself up all the time, Self-compassion can even increase your wellbeing.
- **Don't try to "fix" it all at once:** As tempting as it seems trying to speed up the healing process is not wise. You are likely experiencing a range of deep emotions and feelings and each of them needs to be processed through and healed from.
- **Don't go it alone:** Your instinct might be to go through the process alone, truth is were connective beings and we heal better together. Reach out to someone who feels safe and respects that this is your process.



**Trauma creates  
change you don't  
choose. Healing is  
about creating the  
change you do  
choose.**

**– Michelle Rosenthal**



It's important to note that healing is not a linear process, and individuals may move back and forth between stages or experience them in a different order. However, by understanding these stages, individuals can better navigate their healing journey and seek out the support and resources they need to heal and grow.



Review the 5 stages of healing below. One of the easiest things to connect it to is the process of how the body goes through these same stages when it is recovering from injury. Emotional and mental injury is no different. Have the participants share their experiences during the different stages they are familiar with.

## Stages of Healing

### RECOGNITION

The first stage of healing is recognizing that there is an issue that needs to be addressed. This can involve acknowledging the symptoms or emotional pain.



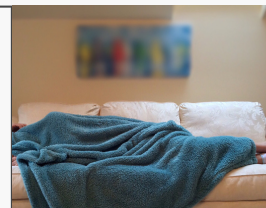
### INTERVENTION

Once the issue has been recognized, the next stage is to take action to address it. This can involve seeking support, counseling, talking to someone, or making lifestyle changes. Here is where establishing a sense of safety and stability in one's life is vital.



### REST AND RECOVERY

Depending on the type of healing that is needed, rest and recovery may be required to allow your body and mind time to heal. This can involve taking time off, engaging in self-discovery activities, or even just getting enough sleep.



### REHABILITATION

Seeking a set of interventions designed to experience relief and reduce some of the negative side effects of trauma like anxiety, behavioral change, health issues, and even cognitive functioning.



### INTEGRATION

The final stage of healing involves integrating the healing process into daily life. This can involve incorporating new habits or practices into daily routines, such as meditation or exercise, to maintain health and prevent future issues.





Reflection questions are designed to help make sense of experiences, thoughts, and emotions. Here we want participants to connect that they hold the power to change because they can acquire each of these variables.



The purpose of reflection questions is to encourage individuals to think critically and reflectively about their experiences. We want them to consider how they might apply what they have learned in future situations. Reflection questions can help individuals identify their strengths and weaknesses, as well as set goals for personal growth and development.

# Reflection Questions

- 01 What did you learn from understanding your roots better?
- 02 What were some new ways you would like to consistently feel?
- 03 What beliefs do you need have to feel this new way consistently?
- 04 What has been the scariest part of healing?
- 05 What has been the best part of healing?



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# The Power of Purpose



The purpose of one's life gives them meaning and direction. Ultimately, the question of life's purpose is one that each individual must answer for themselves. What brings you a sense of meaning, joy, and fulfillment? What impact do you want to make in the world? These are questions to explore as you seek your own path and purpose in life.

- **Happiness and Fulfillment:** Some believe that the ultimate goal of life is to experience joy, satisfaction, and a sense of purpose. This can be achieved in different ways, such as through relationships, career, hobbies, or spirituality.
- **Contribute to the World:** For some, the meaning of life comes from making a positive impact on others and the world around them. This can be through volunteer work, activism, philanthropy, or any other form of service.
- **Grow and Evolve:** From a spiritual or personal development perspective, life's purpose may be seen as a journey of self-discovery and growth. This can involve overcoming challenges, learning new skills, and becoming a better version of oneself..



You have a masterpiece inside you. One unlike any that has ever been created, or ever will be. If you go to your grave without painting your masterpiece, it will not get painted. No one else can paint it. Only you.”

– Gordon Mackenzie



Having a clear purpose can help guide your decisions and actions in life, giving you a sense of direction and focus. It can help you prioritize your goals and make choices that align with your values.



Review the ways to reflect on your purpose. Our purpose is cultivated, it is already inside us. Have the participants discuss and share theirs, if they have already discovered it. Remind them if they have not that is okay too because discovering your purpose is exciting and something to look forward to; not to dread or feel bad you have not connected with it yet.

# 5

## WAYS TO REFLECT ON *Finding your Purpose*

- **Reflect on your values and passions.** What do you care about most? What activities or topics do you feel most drawn to? By exploring your interests and values, you can begin to identify potential avenues for finding purpose.
- **Identify your strengths and skills.** What are you good at? What unique talents or abilities do you have? By focusing on your strengths and skills, you can start to see how you might use them to make a meaningful impact.
- **Consider your past experiences.** What have been some of the most significant moments in your life so far? What have you learned from those experiences? Looking back on your life can help you identify patterns or themes that may point you towards your purpose.
- **Explore different opportunities.** Once you have a sense of what you care about, what you're good at, and what you've learned from your past experiences, it's time to start exploring potential paths. This might involve volunteering, taking a new class, starting a side project, or networking with people in fields that interest you.
- **Stay open and curious.** Finding your purpose is a journey, not a destination. As you explore different opportunities and experiences, stay open to new possibilities and be curious about where they might lead you.



Reflection questions are designed to help make sense of experiences, thoughts, and emotions. Here we want participants to connect that they hold the power to change because they can acquire each of these variables.

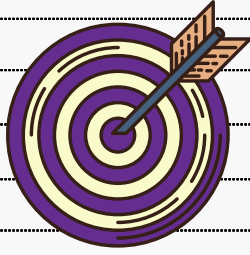


The purpose of reflection questions is to encourage individuals to think critically and reflectively about their experiences. We want them to consider how they might apply what they have learned in future situations. Reflection questions can help individuals identify their strengths and weaknesses, as well as set goals for personal growth and development.

# Reflection Questions

- 01 List some things you care about:
- 02 List some unique talents or abilities do you have:
- 03 List some of the most significant moments in your life so far:
- 04 What are some new experiences you want to try?
- 05 List some of things on your unique path towards your purpose:

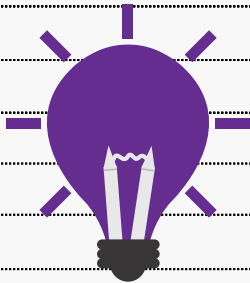




Stories are a powerful tool for learning and growth, helping participants connect with information and ideas on a deeper level, reflect on their own experiences, develop empathy and understanding for others, and be inspired to take action.



The following story contains potentially distressing material that may bring up unexpected emotions.



Remember that everyone responds to trauma differently, and it's important to approach each situation with sensitivity and empathy. If someone is triggered, the first thing to do is to ensure their safety and comfort.

Here are some steps you can take:

- Remain calm and composed, a calm presence can help the person feel more secure and grounded.
- Ask the person what they need at the moment and offer support accordingly. This may involve providing a safe space, water, or tissues.
- Encourage the person to engage in self-care activities such as deep breathing, taking a break, or reaching out to a person they trust.
- If the person's symptoms persist or worsen, encourage them to seek professional help from a mental health provider.

# Peace

## The Night

By Candice R. Reyes

For 19 years, I held on to guilt and shame because of someone else's actions.

In New Orleans, the week of my honeymoon, a policeman offered to take me to a clean bathroom and promised I wouldn't need to buy anything to use it. He didn't tell me he had plans for a different payment type.

When emerging from the ladies' room, I was sexually assaulted. I never spoke about that night with my husband for 19 years. Last year was the first time I felt my silence needed to be broken. My husband needed to know the truth about the night I walked to the bathroom in New Orleans.

Fearful of his response, I mustered up the courage to expose the secret that haunted me. His response caught me off-guard. My husband embraced me as I lay in bed weeping, and he whispered, "You have nothing to be sorry for. I'm sorry I wasn't there. We will get through this together. I love you."

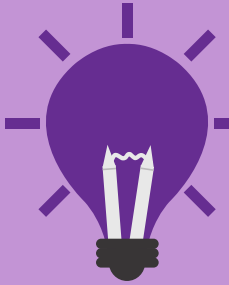
At that moment, hope replaced my shame. Hope flooded my emotions once the silence was broken. My healing process could now begin.

If fear of pain influences our choice to remain silent, that pain festers, erecting walls and preventing others from helping. My choice to admit my pain freed me from its lingering sting.

Bondage was broken when I chose to reclaim my voice to ask for help, share my truth, and expose the lie. Strength is seen in those who do what is right when afraid.



Talking about God can be a sensitive and personal topic for many people. It is helpful to approach the conversation with respect and sensitivity. Talking about God can be a meaningful and enriching experience when done appropriately. Some things help these conversations, such as listening, sharing your personal experiences, using inclusive language, respecting boundaries, and being open to the views of the other.



The Christian perspective sections serve two purposes. The first is to reinforce the word for those that already believe in Jesus and follow his teachings. The second purpose is for those with a loss of faith. Some individuals feel abandoned or punished by God. This can lead to a loss of meaning and purpose for living the word. This section provides a safe space with a soft reintroduction back to God.

## Christian Perspective on Trauma

This verse is a message of comfort and reassurance from God to his people. The passage begins with an admonition to not be afraid or dismayed, with the promise that God is with us. This is seen as a message of encouragement to have faith and trust in God, even in difficult times.

God will provide strength and help to those who rely on him, This is a promise of protection and support, as well as a call to trust in God's power and goodness. This scripture is a message of hope and comfort when we are facing challenges or struggles, encouraging us to trust in God's presence and provision.

“Do not fear, for I am with you:  
Do not be afraid,  
for I am your God,  
I will strengthen  
you; I will also help  
you, I will also  
uphold you with  
my righteous right  
hand.

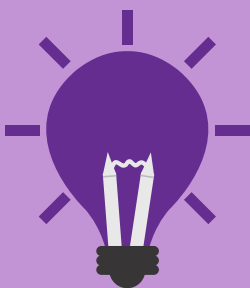
-Isiah 41:10



The plan of action is designed to have participants start with a few small steps. These small steps can definitely help people change. In fact, it's often the best way to make lasting change because it allows people to build momentum and create positive habits over time.



When people try to make big changes simultaneously, they often feel overwhelmed and give up quickly. However, they can gain confidence and gradually progress when they start with small steps. These small steps help with motivation to continue making positive changes.



This is a great place to have participants choose small things they can commit to during the week. They can Practice new behaviors while decreasing old ones that do not have the results they want.

# Plan of Action

What are their biggest takeaways about change?

- What are the things they can stop doing?
- What are the things they can do less of?
- What are the things they can keep doing?
- What are the things they can do more of?
- What are some things they can start doing?

# MODULE 5

# EDUCATION TO CAREER

Your Guide to Vocation and Career Development

## Module Five

Module five focuses on career development and explores all the different paths and industries so each participant can have a rough overview of all the opportunities out there. Career development is a lifelong process of exploring and developing one's interests, skills, and abilities to achieve personal and professional goals.

## Learning Objective

At the end of this module, participants will have a better understanding of their strengths and interests, and in light of those be able to explore potential career paths. They will have the knowledge on how to research different industries, companies, and job roles, and network with professionals in their field of interest to obtain advice and guidance. Participants will also be able to identify the skills it takes to be successful in any professional realm.



The skills assessments are designed for participants to self-evaluate their abilities in direct relation to the top five specific skills for each section.



After they have filled out the assessment have them share why they choose the score they did for each skill.

## Skills Assessment

Soft skills are personal attributes and traits that enable individuals to effectively interact with others and perform their job responsibilities. Here are five soft skills that can be helpful in any career. Please indicate your perception of your level of ability in each area using the following scale:

- 5 = High level of competence - extensive experience in the skill area
- 4 = Moderately high level of competence - good experience in the skill area
- 3 = Average level of competence – some experience in the skill area
- 2 = Low level of competence – little experience in the skill area
- 1 = No level of competence – no experience in the skill area

**Self-Management:** the ability to manage your behaviors, thoughts, and emotions in a conscious and productive way.

① ② ③ ④ ⑤

**Communication:** the ability to effectively express ideas and information clearly, both verbally and in writing.

① ② ③ ④ ⑤

**Time Management:** the ability to manage your time effectively, including the ability to prioritize tasks, meet deadlines, and balance multiple responsibilities.

① ② ③ ④ ⑤

**Collaboration:** the ability to work effectively with others in a team environment, including the ability to give and receive feedback, and to resolve conflicts.

① ② ③ ④ ⑤

**Conflict Resolution:** the ability to manage and resolve conflicts effectively, including the ability to negotiate, mediate, and find mutually acceptable solutions.

① ② ③ ④ ⑤



This page is an introductory summary leading into the module. Each module has three main points.



Recognizing that there are several options as well as opportunities in the world of education, jobs, and careers.



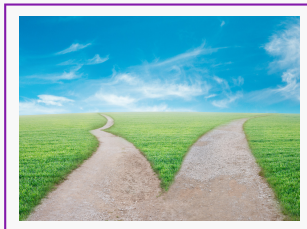
Your individual skills and interests are vital when exploring suitable careers that bring you joy, meaning, and enough money to sustain your lifestyle.



There are core power skills that stay the same and are vital to success in any career or vocation.

## Your Guide to Vocation and Career Development

Career development is the ongoing process of managing your professional life to achieve personal and professional goals. It involves planning and taking action to improve your skills, knowledge, and experience, as well as exploring new opportunities to advance in your career or even change directions if you wish. It is important because it can help you achieve personal and professional growth and maximize your potential. Additionally, career development can help you find meaning and satisfaction in your work and contribute to your overall well-being.



### UNDERSTANDING LIVES PATHWAYS

This module provides you with a deeper insight into the world of education, work, and the different opportunities to fulfil your purpose and find meaning in what you do.



### SUCCESSFUL CAREER PLANNING

This entails identifying your skills and interests and then exploring suitable careers that bring you joy, meaning, and enough money to sustain your lifestyle.



### WORKFORCE FUNDAMENTALS

No matter what career path you decide to take there are core power skills that stay the same and are applicable to all professions. Mastering these skills are vital.



Although this page is just an introductory summary for a key point, it is a great place to start discussions. Trainers can lead discussions to engage participants on the content, picture, or quote.

## Understanding Life's Pathways



Do you remember ever being asked, "what do you want to be when you grow up"?

The irony behind that question is the perfect job or career for you might be something you have never even heard of.

Sometimes we are only familiar with the types of jobs we know others have like our family members, friends, tv shows, or the ones we personally interact with like doctors, dentist, and teachers.

Sometimes life's paths can be overwhelming when you think of all that is available like education, certifications, blue-collar labor, white-collar labor, government jobs, jobs with benefits, the military, the list goes on and on.

There is a career for everyone, just ask influencers who dance on popular social media sites.

This is why having some idea of what you would love to pursue and knowing what type of education or training you need for various careers will help you plan today to get where you want to be tomorrow.



**Desire! That's the one secret of every man's career. Not education. Not being born with hidden talents. Desire."**

**—Johnny Carson**





Throughout the career development process, it's important to be flexible and adaptable. Career paths may change over time, and it's important to be open to new opportunities and to continue learning and growing. You have plenty of opportunities no matter what you have been told or believe.



Review the different career paths with the participants and have them discuss some of their fears, excitements, beliefs around, and questions in relation to each path.



There are many myths related to college education, ensure each participant understands it is only an option, not a have-to. Likewise, if a participant does not believe it is an option for them, help them see all the different opportunities they have to attend and be successful.

## Career Path Basics

There are some common beliefs that hinder people's ability to really choose what path is right for them. The first one is that a traditional four-year college is the only career path if they want to bring in a large income. While college is important for some careers others have plenty of opportunities to increase income without degrees. The second common belief for some is that college is not an option for them due to intelligence or money. There are plenty of opportunities in college if they really need or want to get into the career of their dreams. So before you rule yourself in or out, review the basics of career paths and see if anything changes for you.

**Four-year College or University:** an undergraduate program leads to a bachelor's degree in a specific area of study. You complete a bachelor's degree to prepare for a profession after college and or enter a graduate program. To qualify for admission you need a high school diploma or GED and take the ACT or SAT college placement test. However, there are some private schools that do not ask for the ACT or SAT.

**Community College:** offers associate degree programs This degree either prepares you for a career after graduation or to transfer to a bachelor's program. Tuition is usually less expensive and you can just take individual courses to gain specific knowledge or skills without having to go full-time.

**Apprenticeships:** a work-based learning model where apprentices have supervised on-the-job training, along with job-related education, all while earning a wage that increases during the progression of the program.

**Trade and Certificate Programs:** offers training for a specific job. Students attend a trade school program to learn the skills needed for their chosen career path, such as welding, business administration, medical billing, or computer repair. Trade schools are focused on quickly preparing students to enter the workforce in a skilled trade.

**Internships:** a professional learning experience that offers meaningful, practical work related to a student's field of study or career interest. An internship gives you the opportunity for career exploration and development, and to learn new skills. Internships can be both paid or unpaid opportunities.

**The Military:** provides a salary, benefits, job training, and travel. The military requires you to commit to a certain number of years of service. Each branch has its own focus and career options. To apply, you must take the Armed Services Vocational Aptitude Battery (ASVAB) test. Each branch requires you to pass a physical examination and meet certain weight requirements. Fitness requirements vary depending on the branch.

**Volunteering:** contributing your time, effort, and talent to meet a need or gain valuable experience is a great way to learn new skills and knowledge however, as this does not bring in income it may pose its own challenges.

**Entrepreneur:** technology has increased opportunities for individuals to take their idea and create a product or services that people will buy. Websites such as Etsy, eBay Youtube, and others provide needed tools, resources, and even guidance to start your own business.

**Workforce:** there are several careers where experience is king and just getting a job in the field provides more opportunities for growth, skill development, and advancement. In fact, many entry-level jobs can lead to leadership opportunities which are a fast track to increased pay and career advancement.



There are endless possibilities of options and opportunities in the job market.



Review and talk about all the different industries and connect the common level of education they need as an entry point. During this part, we are just giving them a taste of what is out there. Some individuals don't know all the different industries that exist and how they can plug into their skills and passion.

## 5 Sectors of Industry

There are nearly 118 million jobs in the U.S. with over 12,000 careers listed in our 5 sectors of industry. The sectors of industry refer to the different categories or segments of our economy that produce goods or services.

- **Primary sector:** This sector includes industries that involve the extraction and production of raw materials, such as agriculture, mining, forestry, and fishing.
- **Secondary sector:** This sector involves industries that transform raw materials into finished products. Examples include manufacturing, construction, and energy production.
- **Tertiary sector:** This sector involves industries that provide services to consumers and businesses. Examples include banking, education, healthcare, hospitality, transportation, and retail.
- **Quaternary sector:** This sector involves an intellectual aspect of the economy. It includes education, training, the development of technology, and research and development.
- **Quinary sector:** This includes businesses and not-for-profit organizations that focus on providing essential services such as public services, education, military, and healthcare.



It is important to make an informed decision about which career path is right for you. There are several things to consider when choosing a career:



Review some of the factors to consider when choosing a career. Have the participants talk about what factors matter most to them and why. Ask them what additional factors they also must consider that may not be on the handout.

## Factors to Consider

Choosing a career is an important decision that requires careful consideration of several factors. Here are some factors to consider when choosing a career:



Salary & Earning Potential



Core Values & Purpose



Career Growth & Potential



Benefits & Perks



Availability & Demand



Flexibility & Autonomy



Conditions & Culture



Skills & Passions



Education & Training



Exploring potential career paths and researching different industries, companies, and job roles will help you make an informed decision. One of the best ways to do this is by interviewing someone in the field.



Review the questions below and have the participants explain how these questions can help them decide on where they want to work. Ask them to think of some people they can interview in their perspective fields.

## Basic Informational Interview

Deciding what career is right for you can be overwhelming with all the options that are out there. However, you don't have to jump blindly into something without first trying to learn more about it from someone who knows the job inside and out. An informational interview with someone who works in a profession you are interested in will help you decide whether you're making the right career choice for you. Below are a few questions to ask to get familiar with the basics.

- What's the best thing about your job?
- What's the most challenging thing about your job?
- What do you do at work on a daily basis?
- What are the entry-level positions in this field?
- What drew you to this field?
- What skills have you found vital to your job?
- Where do you see the industry going in the future?
- What is the earning potential in this field?
- What are the hours like?
- How has the field changed since you started?
- What is the company culture like in this field?
- Are there any degrees or certifications I need?
- How much experience do I need?



Once you know (more or less) the type of field you want, your work is not done. This interview is more important than the basic one as it can give you insights into how to get ahead before you even start.



Review these questions and have the participants connect how knowing these answers could assist them with a few advantages. Give examples from your experience to help them connect the importance of preparation and insight.



Depending on your group and the amount of time you have, actually handing out samples of resumes and processing interviews can be quite helpful.

## Advanced Informational Interview

Once you have narrowed down a field it is still a great idea to get advice from experts in the field. Below are a few questions to ask to get you started on this exciting new career path.

- What advice do you have for someone new to the industry?
- What should I be doing to improve my career prospects?
- What are the different ways I can enter this field?
- What are the pros and cons of each option?
- What are the advancement opportunities in this field?
- What is the work/life balance like in this field?
- Where are the jobs in this field located?
- Are there any conferences or events I should attend?
- Who are some people I should connect with on LinkedIn?
- What publications do experts in the field read?
- Are there any trade associations I should join?
- What interviewing advice do you have for someone seeking?
- How can I make my resume stand out to employers?
- How can I hone my interviewing skills for a job in this field?
- How can I gain experience in this field?



Reflection questions are designed to help make sense of experiences, thoughts, and emotions. Here we want participants to connect that they hold the power to change because they can acquire each of these variables.



The purpose of reflection questions is to encourage individuals to think critically and reflectively about their experiences. We want them to consider how they might apply what they have learned in future situations. Reflection questions can help individuals identify their strengths and weaknesses, as well as set goals for personal growth and development.

# Reflection Questions

- 01 What career paths stood out to you and why?
- 02 What career paths were a absolute no and why?
- 03 What insdustry sectors are you interested in and why?
- 04 What 3 factors are most important to you and why?
- 05 List 3 careers you would like to interview people in:



Although this page is just an introductory summary for a key point, it is a great place to start discussions. Trainers can lead discussions to engage participants on the content, picture, or quote.

# Successful Career Planning



Sometimes people confuse jobs and careers. A job is an occupation that you have at any given point in time. A career refers to a profession for which one trains and which is undertaken as a permanent calling. Some jobs are in your career path while others just bring in an income to sustain you while you pursue your career. For example, an author who is working as a barista to make ends meet until the book is published.

The process of career development typically involves several stages, including self-assessment, exploration, decision-making, and implementation.

- **Self-Assessment:** identifying one's strengths, weaknesses, values, and interests.
- **Exploration:** involves researching various career options and opportunities
- **Decision-Making:** choosing a career path that aligns with one's goals and values.
- **Implementation:** involves taking action, such as obtaining additional education or training, seeking out job opportunities, and networking with professionals in one's field.



"Would you do your job and not be paid for it? I would do this job and take on a second job just to make ends meet if nobody paid me. That's how you know you are doing the right thing."

—Oprah



Ikigai is a Japanese concept that means "a reason for being" or "a reason to wake up in the morning." It is often described as the intersection of four key elements: what you love, what you are good at, what the world needs, and what you can be paid for.

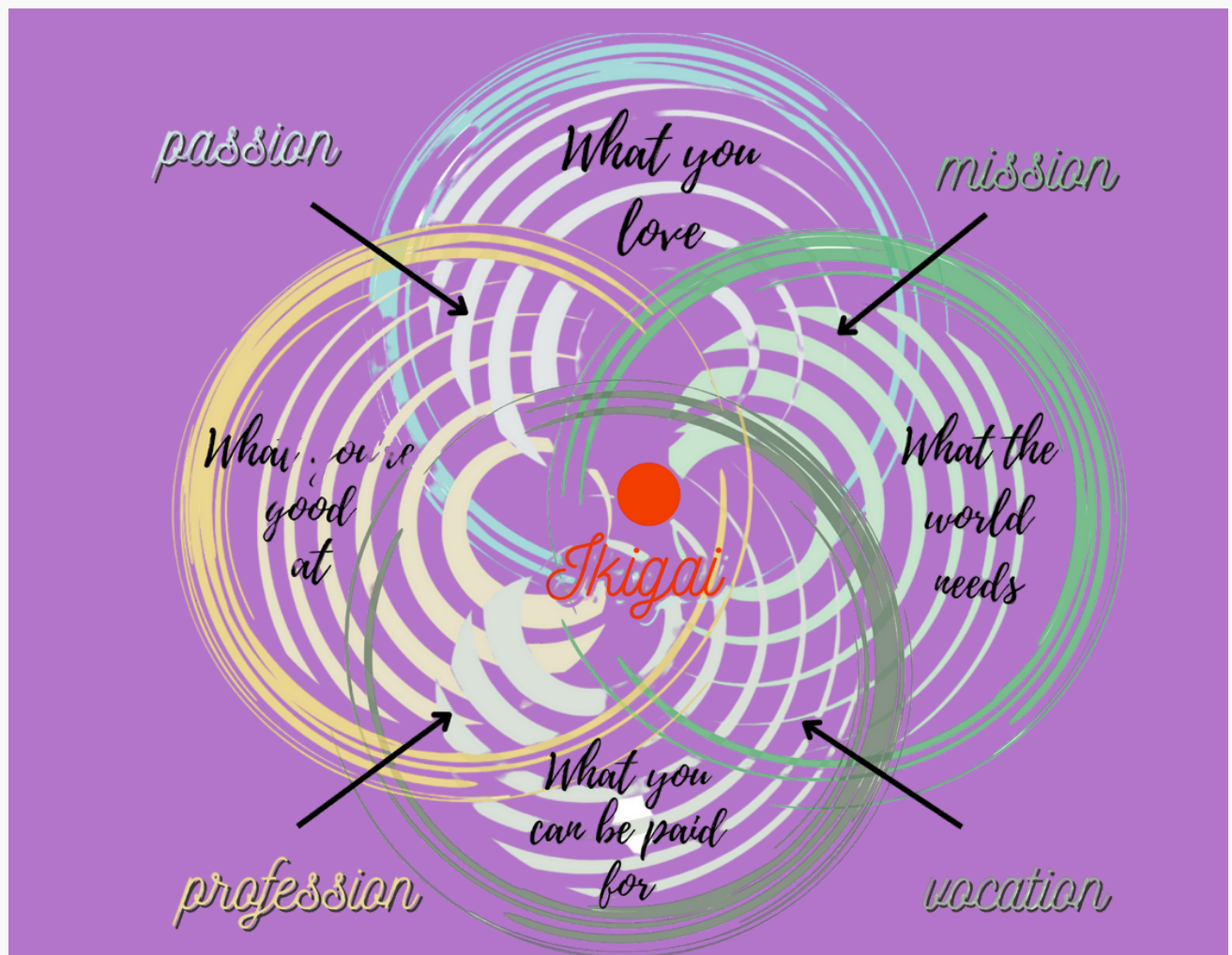


During this activity, the participants get to fill in their four key elements. Have them review their answers and then lead a discussion about what careers would align with their Ikigai.

## The Four Elements of Ikigai

We spend one-third of our life working, so it's no surprise that you should want to find a career that will be a good fit for you. Choosing a career first means learning as much as you can about yourself, your goals, and the larger context of work.

In Japanese culture, there is a word referring to something that gives a person a sense of purpose, a reason for living. This word for the passion that gives value and joy to life is Ikigai. Below is a diagram representing the four areas of Ikigai.







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# Reflection Questions

- 01 What do you love?
- 02 What are you good at?
- 03 What does the world need?
- 04 What are some things you can be paid for?
- 05 What careers align with your answers above?



Although this page is just an introductory summary for a key point, it is a great place to start discussions. Trainers can lead discussions to engage participants on the content, picture, or quote.

# Workforce Fundamentals



The fundamentals of any job or career are your interpersonal skills, they are the foundation for success in all aspects of your life. These skills refer to a set of personal attributes, traits, and qualities that enable you to interact effectively and harmoniously with others.

These skills are often intangible and hard to measure, but they complement technical skills as well as knowledge and enable you to interact effectively with others, build strong relationships, and achieve your goals..

- **Effective communication:** verbal and non-verbal communication is essential in any workplace as it helps to build relationships, prevent misunderstandings, and fosters collaboration.
- **Adaptability:** enables you to cope with changes and unexpected situations in the workplace. In today's rapidly changing work environment being flexible, creative, and having the ability to solve problems is vital.
- **Emotional intelligence:** soft skills such as empathy, self-awareness, and self-regulation enable individuals to understand and manage their own emotions and those of others. Emotional intelligence is critical for building strong relationships, resolving conflicts, and creating a positive workplace culture.



**Success is neither magical nor mysterious. Success is the natural consequence of consistently applying the basic fundamentals.**

**-Jim Rohn**



Interpersonal skills are the set of abilities and behaviors that enable effective communication, collaboration, and interaction with others. These skills are essential for building and maintaining healthy relationships, both personal and professional.



Review the ways to develop your interpersonal skills. Have the participants share why they think interpersonal skills are important. Have each participant pick one skill they want to work on for the next week.

# 5

## WAYS TO DEVELOP *Interpersonal Skills*

- **Practice active listening:** One of the key elements of effective communication is active listening. This means paying attention to what the other person is saying without interrupting or formulating a response in your head.
- **Develop empathy:** Empathy is the ability to understand and share the feelings of another person. You can develop empathy by putting yourself in another person's shoes and trying to see things from their perspective.
- **Improve your communication skills:** Effective communication involves both verbal and nonverbal communication. Try to be clear and concise when expressing your thoughts and feelings, and pay attention to your body language and tone of voice.
- **Learn to manage your emotions:** Emotions can sometimes get in the way of effective communication and relationships. Learn to manage your emotions by identifying your triggers and finding healthy ways to express and manage your feelings.
- **Build rapport:** Building rapport involves establishing a connection with another person based on mutual trust and understanding. You can build rapport by finding common interests or experiences, showing genuine interest in the other person, and being authentic and transparent.



Active listening is a crucial interpersonal skill that involves paying close attention to what someone is saying and fully engaging in the conversation. It involves not only hearing the words that are being spoken, but also understanding the message being conveyed, both verbally and non-verbally.



Review the active listening tips, and then have the participants connect how these can help them increase their communication skills, build stronger relationships, and demonstrate respect for others.

## Active Listening Tips

**Active listening is a crucial component of effective communication and developing strong interpersonal relationships. Here are some tips to practice active listening:**

- **Pay attention:** Focus your attention on the speaker and avoid any distractions. Make eye contact and give the speaker your full attention.
- **Avoid interrupting:** Allow the speaker to finish their thoughts without interrupting them. Interrupting can be perceived as disrespectful and may cause the speaker to lose their train of thought.
- **Show interest:** Demonstrate that you are interested in what the speaker is saying by nodding your head, making appropriate facial expressions, and using verbal cues such as "uh-huh," "yes," or "I see."
- **Paraphrase:** After the speaker finishes talking, paraphrase what they said to confirm your understanding. This shows the speaker that you were actively listening and can help to clarify any misunderstandings.
- **Ask questions:** Asking open-ended questions can help you gain a deeper understanding of the speaker's thoughts and feelings. This can also help to keep the conversation flowing and show that you are engaged.
- **Avoid distractions:** Avoid multitasking or thinking about what you're going to say next while the speaker is talking. This can detract from your ability to actively listen and may cause the speaker to feel ignored or disrespected.
- **Validate feelings:** Acknowledge and validate the speaker's feelings, even if you don't necessarily agree with their perspective. This can help to build trust and rapport in your relationship.
- **Respond appropriately:** Respond to the speaker's message in a thoughtful and respectful way. This can help to build stronger relationships and foster better communication.



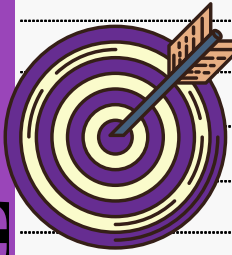
Reflection questions are designed to help make sense of experiences, thoughts, and emotions. Here we want participants to connect that they hold the power to change because they can acquire each of these variables.



The purpose of reflection questions is to encourage individuals to think critically and reflectively about their experiences. We want them to consider how they might apply what they have learned in future situations. Reflection questions can help individuals identify their strengths and weaknesses, as well as set goals for personal growth and development.

# Reflection Questions

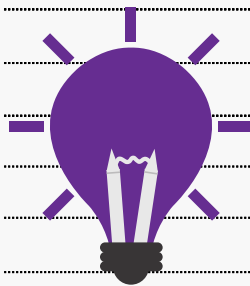
- 01 What are some of your stronger interpersonal skills and why?
- 02 What are 2 interpersonal skills you can increase?
- 03 List some ways you can increase the skills you chose above:
- 04 Who would you consider a good listener in your life and why?
- 05 List 2 of the active listening tips you can work on and how:



Stories are a powerful tool for learning and growth, helping participants connect with information and ideas on a deeper level, reflect on their own experiences, develop empathy and understanding for others, and be inspired to take action.



The following story contains potentially distressing material that may bring up unexpected emotions.



Remember that everyone responds to trauma differently, and it's important to approach each situation with sensitivity and empathy. If someone is triggered, the first thing to do is to ensure their safety and comfort.

Here are some steps you can take:

- Remain calm and composed, a calm presence can help the person feel more secure and grounded.
- Ask the person what they need at the moment and offer support accordingly. This may involve providing a safe space, water, or tissues.
- Encourage the person to engage in self-care activities such as deep breathing, taking a break, or reaching out to a person they trust.
- If the person's symptoms persist or worsen, encourage them to seek professional help from a mental health provider.

# Persistence

## Gift from a Stranger

By Susan Sheehan

I remember my grandmother telling me at 10 years old: "Never sit on a man's lap, it is just not what a young lady does." I was blonde and cute: I looked like Shirley Temple as a little girl, Hayley Mills as a teenager and Marilyn Monroe as a young woman. All three looks attracted the eye of others. I learned to take compliments with a smile and when boys started following me, I thought they were just eyes adoring me from afar. I was always told to flirt with all the boys and marry a rich one. However, I was a young romantic and believed very confidently "I would only marry for love!"

The ideals of youth, how wonderful it would be to hold onto them forever, but the truth is that life's experiences destroyed my innocence. I share my story out of hope that it can give you hope in knowing that yesterday no longer exists and the only truth that matters is, you are worthy of love, and it is your birthright to live your best life.

I wanted to be a virgin when I married, I know it seems silly to say today but forty years ago it was what I wanted. However, at fifteen years old, I noticed a strange guy following me, it seemed wherever I went there he was always staring at me. Then, one day at the park he pulled me into the bushes and tried to rape me but I was quicker and stronger, and I managed to get away. Six months later I would not be so lucky, as my innocence was shattered when someone my family knew tied me to a bed and raped me.

I cried myself to sleep for weeks wondering what I had done to deserve such punishment. I kept it to myself never telling another soul because of the shame and embarrassment. Sadly, it became very obvious to me that I was no longer being adored from afar but that I was a sex object to some, who only desired to take what they wanted by any means.

I had a date's dog attack me because I said no to his advances, and a work colleague once locked me in a cupboard until I agreed to give him a blow job. There was the time a boss organized a 'surprise' for me with his friend that wouldn't take no for an answer. I was even once followed home by a guy in the bank who pushed his way into my apartment, and onto me. I could not even trust the men I was dating, as a former boyfriend I said no to, broke into my apartment, and viciously raped me. I even had a landlord use his key one night to take more from me than just rent money.

# Persistence

These are only a few of my stories and although the innocence of my youth was stolen, I promised myself I would not be defined by what I had experienced. I want you to know that I have also experienced love, maybe not the 'soul mate' one love forever love, but I have loved and have been loved. Although to be completely transparent, it took me some time to enjoy sex and true intimacy because I was afraid of and felt unworthy of it. However, my experiences did inspire my career.

I have been a coach for over 30 years, I have studied and been coached by the best in the world. I have consciously and unconsciously let go of the layers of pain, shame, contempt, anger, disappointment, embarrassment, unworthiness, criticism, and fear. I have worked tirelessly to build my confidence and self-esteem because the one thing I am sure about is that we are worth more than the pain we have suffered.

I remember seeing an old friend I hadn't seen for a while, her life experiences had turned her bitter and angry. She had not aged well and had zero joy in her presence. I promised myself that day, I would never let this happen to me. I am very proud to tell you today that I kept that promise, and so can you. Even though mental, emotional, and physical abuse is a powerful force that can destroy your spirit and tear your heart into 1000 little pieces forever if you let it, it is still a choice to let it.

I was reminded of this one day as I was sitting in an artsy café in a little desert town by myself wondering what I was going to do. When a stranger, a woman walked up to me took my hands in hers, looked me straight in the eye, and said, "You are going to be OK, use this time for you, you are special, believe it." She kissed me on the forehead and walked out. Even though I never saw her again, she gave me a gift that changed my life forever. Since that day on I have been practicing 'forgiveness', one of the most powerful healing tools. Always remember, forgiveness is a gift you give yourself and healing can only happen when you open your mind to believing it to be true. Start today thinking about what you truly desire, create a beautiful new picture of what you want your future to look like and for goodness' sake start today believing that you deserve it. Let me be that stranger kissing you on the forehead telling you, you are special, this is your time.





Talking about God can be a sensitive and personal topic for many people. It is helpful to approach the conversation with respect and sensitivity. Talking about God can be a meaningful and enriching experience when done appropriately. Some things help these conversations, such as listening, sharing your personal experiences, using inclusive language, respecting boundaries, and being open to the views of the other.



The Christian perspective sections serve two purposes. The first is to reinforce the word for those that already believe in Jesus and follow his teachings. The second purpose is for those with a loss of faith. Some individuals feel abandoned or punished by God. This can lead to a loss of meaning and purpose for living the word. This section provides a safe space with a soft reintroduction back to God.

## Christian Perspective on Divine Gifts

This scripture emphasizes that the body of Christ is a unified and interconnected organism that is held together by him. Every part of the body has a unique role to play in building up the body and promoting its growth.

When each part of the body does its own special work, that only it can do, it helps the whole body to grow and become stronger.

This highlights the importance of every individual using their unique spiritual gifts and talents to serve others so that the whole body is healthy and growing and full of love.

From whom the whole body fitly joined together and compacted by that which every joint supplieth, according to the effectual working in the measure of every part, maketh increase of the body unto the edifying of itself in love.

-Ephesians 4:16



The plan of action is designed to have participants start with a few small steps. These small steps can definitely help people change. In fact, it's often the best way to make lasting change because it allows people to build momentum and create positive habits over time.



When people try to make big changes simultaneously, they often feel overwhelmed and give up quickly. However, they can gain confidence and gradually progress when they start with small steps. These small steps help with motivation to continue making positive changes.



This is a great place to have participants choose small things they can commit to during the week. They can Practice new behaviors while decreasing old ones that do not have the results they want.

# Plan of Action

What are their biggest takeaways about change?

- What are the things they can stop doing?
- What are the things they can do less of?
- What are the things they can keep doing?
- What are the things they can do more of?
- What are some things they can start doing?

# MODULE 6

# GETTING FINANCIALLY FIT

## A Guide to Wealth and Prosperity

### Module Six

Module six focuses on becoming financially fit by improving your financial health and achieving financial stability. Finances can be a struggle due to a lack of financial education, overspending, income insecurity, unexpected expenses, debt, trauma, and economic factors. However, just like our physical fitness, we have complete control over what we need to be successful, we just need to become familiar with the "balance diet and exercise" strategies in the financial world.

### Learning Objective

At the end of this module, participants will approach the subject of finances with a deeper understanding of the management process. Participants will increase their knowledge and skills in the areas of planning, saving, investing, and spending their money in a way that helps them achieve their financial goals.



The skills assessments are designed for participants to self-evaluate their abilities in direct relation to the top five specific skills for each section.



After they have filled out the assessment have them share why they choose the score they did for each skill.



# Skills Assessment

Effective money management skills can help you achieve financial security and avoid unnecessary financial stress. Here are five essential money management skills. Please indicate your perception of your level of ability in each area using the following scale:

- 5 = High level of competence - extensive experience in the skill area
- 4 = Moderately high level of competence - good experience in the skill area
- 3 = Average level of competence - some experience in the skill area
- 2 = Low level of competence - little experience in the skill area
- 1 = No level of competence - no experience in the skill area

**Budgeting:** the ability to create and follow a spending plan based on your income and expenses. This plan keeps your spending in check and helps you stay on track for your future.

① ② ③ ④ ⑤

**Saving:** the ability to put money aside each month for emergencies, retirement, and your long-term goals.

① ② ③ ④ ⑤

**Debt Management:** managing your debt wisely by making payments on time, avoiding unnecessary debt, and understanding how borrowing money can impact your finances for a long time.

① ② ③ ④ ⑤

**Money Mindfulness:** the ability to spend money consciously and intentionally, always having awareness of how you think, feel, and act with money.

① ② ③ ④ ⑤

**Financial Literacy:** the ability and knowledge that allows you to make informed and effective decisions with all of your financial resources. Understanding the risks and benefits of different investments.

① ② ③ ④ ⑤



This page is an introductory summary leading into the module. Each module has three main points.



Recognizing the importance of creating a budget that outlines your income and expenses. This will help you understand where your money is going and where you can make changes to save and invest more.



Understanding why it is significant and the impact your credit score has on your life and future. As well as strategies to start to manage it and eventually master it.



Learning and applying the beliefs, habits, and actions it takes to have a millionaire mindset.

## A Guide to Wealth and Prosperity

Personal finance is the management of one's money and financial resources. It's essential to take control of your personal finances to achieve financial stability, security, and independence. Although, finances can be a struggle for some due to a lack of financial education, overspending, income insecurity, unexpected expenses, debt, trauma, and economic factors. It's essential to develop good financial habits, seek out resources and advice, and be patient and persistent in managing personal finances.



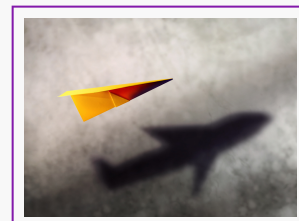
### PERSONAL FINANCE 101

These are just a few basic principles of personal finance. As you continue to manage your finances, there are some tools to help you master the basics and build a strong financial foundation.



### MASTERING YOUR CREDIT SCORE

Excellent credit management leads to higher credit scores, which in turn improves your financial future. Low scores are a reflection of your beliefs and behaviors.



### MILLIONAIRE MINDSET

There are certain beliefs, habits, and actions financially abundant people have in common. Learning and applying them will help you achieving financial success.



Although this page is just an introductory summary for a key point, it is a great place to start discussions. Trainers can lead discussions to engage participants on the content, picture, or quote.

# Personal Finance 101



There are many factors that can contribute to proficient personal financial management. By understanding the factors that increase your financial well-being and seeking out resources and support, you can take steps to improve your financial situation and avoid common personal finance mistakes.

**The most common financial mistakes and problems people have are:**

- Poor money management,
- Lack of financial education
- Unhealthy attitudes toward money

**To avoid the common problems in your finances, it is important to be proactive:**

- Create a monthly budget
- Save for emergencies
- Invest for the future
- Maintain responsible spending habits



**Too many people  
spend money they  
earned..to buy  
things they don't  
want..to impress  
people that they  
don't like.**

**-Will Rogers**



Personal finances refer to the management of an individual's financial resources, including income, expenses, savings, and investments. There are some key steps to manage personal finances effectively as well as common things individuals do that led them down the path of financial struggle.



Review the 7 common ways how individuals get stuck in the struggle of managing their finances. Have the participants discuss the ones they have found hard to escape. Then have the group brainstorm some ways to work on these common traps.

## 7 Common Financial Traps

Below are seven of the most common factors that contribute to poor personal finances. By understanding these factors and seeking out education, resources, and support, you can take steps to improve your financial situation and avoid common personal finance mistakes.

- **Not having a budget:** Failing to create and stick to a budget can lead to overspending, debt, and financial stress.
- **Living beyond their means:** Spending more money than they earn can lead to debt, financial insecurity, and limited opportunities for financial growth and stability.
- **Impulse spending:** Making impulsive purchases without considering the long-term impact on their finances can lead to financial instability and poor money management.
- **Failing to save for emergencies:** Not having an emergency fund to cover unexpected expenses can lead to financial stress and reliance on high-interest credit cards or loans.
- **Misusing credit cards:** Using credit cards to finance everyday expenses and carrying high balances can lead to debt, high-interest payments, and a poor credit score.
- **Not investing for the future:** Failing to invest in retirement accounts or other long-term investments can limit opportunities for financial growth and leave individuals financially unprepared for the future.
- **Ignoring bills and debts:** Failing to pay bills on time or ignoring debts can lead to late fees, penalties, and damage to one's credit score.



Spending habits refer to the patterns of spending that individuals develop over time. These habits can have a significant impact on your financial well-being. Understanding them better helps individuals become more aware of why they have developed them as well as work on avoiding them together.



Review the common spending habits below and have the participants discuss which ones they fall under and why.

## Money Spending Habits

Money spending habits are the patterns of behavior that people follow when it comes to spending money. Some common money-spending habits include:

- **Impulse buying:** Impulse buying is when you make a purchase without planning or thinking about it beforehand. This habit can lead to overspending and financial stress.
- **Budgeting:** Budgeting is the practice of setting financial goals and allocating money towards them. People who budget tend to be more mindful of their spending and are more likely to stick to their financial goals.
- **Saving:** Saving is the practice of putting money aside for future expenses or emergencies. People who save regularly tend to have more financial stability and are better prepared for unexpected expenses.
- **Prioritizing needs vs. wants:** Prioritizing needs vs. wants is the practice of identifying the difference between what you need and what you want. People who prioritize needs over wants tend to make more responsible financial decisions.
- **Using credit responsibly:** Using credit responsibly involves using credit only when necessary and paying off balances in full and on time. People who use credit responsibly tend to have better credit scores and financial stability.
- **Avoiding debt:** Avoiding debt involves not taking on unnecessary debt and paying off debt as quickly as possible. People who avoid debt tend to have less financial stress and are more financially stable.





Budgets are important because they help you take control of your finances, achieve your financial goals, and plan for a more secure financial future. However, just like exercise they need to be consistent and followed if you want results.



Start the discussion with the benefits of a budget and how to use it as a tool to reach your financial goals. Then have each participant create one for themselves. Have them talk about their concerns and excitement about their monthly budget. Finally, end with some volunteers allowing the group to review theirs and give them some suggestions on ways they can find to decrease expenses and increase investments.

## Sample Monthly Budget

The purpose of a monthly budget is to help you manage your money effectively by tracking your income and expenses. A budget is a plan that helps you allocate your money in a way that aligns with your financial goals and priorities. By creating a budget, you can see exactly where your money is going and make adjustments to ensure that you're not overspending or underspending in any area.

Expenses		Income	
<b>Home/Utilities</b>		• Income Stream _____	
• Rent/Mortgage	_____	• Income Stream _____	
• Electricity	_____	• Income Stream _____	
• Water and Sewage	_____	Total: _____	
• Garbage Collection	_____		
• Gas	_____	<b>Debt</b>	
• Food/Groceries	_____	• Loan _____	
<b>Services</b>		• Credit Card _____	
• Cell Phone	_____	• Credit Card _____	
• Internet	_____	• Misc. _____	
• TV/Streaming	_____	Total: _____	
<b>Additional</b>		<b>Investments</b>	
• Car Payment/Gas	_____	• Fund 1 _____	
• Car Insurance	_____	• Fund 2 _____	
• Childcare	_____	• Fund 3 _____	
• Healthcare	_____	• Savings _____	
• Memberships	_____	Total: _____	
• Household Items	_____		
• Personal Care	_____	<b>Total</b>	
• Pet care	_____	Total Income _____	
• Misc.	_____	Total Expenses _____	
Total: _____		Total Debt _____	
		Total Investments _____	
		Ending Balance _____	



Money management strategies are important because they help individuals make informed decisions about their finances, improve their financial situation, and achieve their financial goals. By developing and implementing effective money management strategies, individuals can reduce stress and reach their financial goals faster.



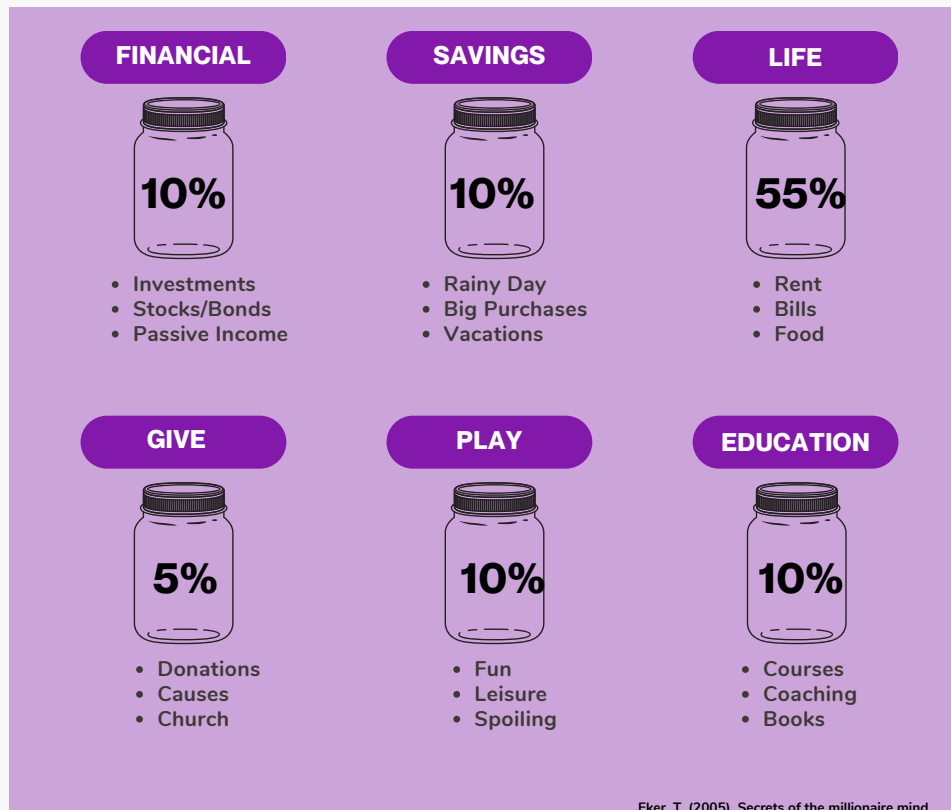
Just like diet and exercise plans, there are probably thousands of different money strategies in the world. Start off by having a group discussion on some of the ones they know. Then talk about why they work. Review the Money Jar System. Have each participant choose a strategy they would like to try for at least 3 months.



Some trainers have found it beneficial to come prepared for this discussion with some strategy examples in case the group is not aware of any yet.

## Money Jar System

There are many very effective money management methods from experts in the field designed specifically to get you to financial freedom. Below is how author, businessman, and motivational speaker T. Harv Eker recommends his clients break down their monthly income.



Eker, T. (2005). *Secrets of the millionaire mind*



Reflection questions are designed to help make sense of experiences, thoughts, and emotions. Here we want participants to connect that they hold the power to change because they can acquire each of these variables.



The purpose of reflection questions is to encourage individuals to think critically and reflectively about their experiences. We want them to consider how they might apply what they have learned in future situations. Reflection questions can help individuals identify their strengths and weaknesses, as well as set goals for personal growth and development.

# Reflection Questions

- 01 Are you stuck in any of the common financial traps and why?
- 02 What are some things you can do to not be trapped?
- 03 What spending habits did you identify with?
- 04 What are the positives of creating and keeping a monthly budget?
- 05 What concerns do you have about maintaining a monthly budget?



Although this page is just an introductory summary for a key point, it is a great place to start discussions. Trainers can lead discussions to engage participants on the content, picture, or quote.

# Mastering your Credit Score



Your relationship with credit is important because it allows you to borrow money and make purchases, and it also plays a role in many other aspects of your financial life, including getting approved for loans, renting an apartment, and even finding a job.

A credit score is a number that represents your creditworthiness, which is a measure of your ability to repay debts on time. Your credit score is used by lenders, landlords, and other financial institutions to determine your creditworthiness and whether to approve you for loans, rental applications, or other forms of credit.

Understanding credit scores can help you make informed decisions about your credit use and can help you maintain a good credit score over time. By paying bills on time, keeping credit utilization low, and monitoring your credit score, you can work towards a strong credit history and financial health.



**Rich people believe  
“I create my life.”  
Poor people believe  
“Life happens to me.”**

**– T. Harv Eker**



Just like the scale in the world of physical health, credit scores are a necessary component of maintaining your financial health. The results on your credit scale aka your credit score, indicate your creditworthiness, determine your eligibility for loans and reflect some of your habits you may not know to exist.



Review the Financial Keeping Score worksheet to help the participants understand what credit scores are based on and how you can control them.

## Financial Score Keeping

Understanding credit scores can help you make informed decisions about your credit use and can help you maintain a good credit score over time. By paying bills on time, keeping credit utilization low, and monitoring your credit score, you can work towards a strong credit history and financial health. Here are some key points to understand about credit scores:

- **Range of credit scores:** Credit scores range from 300 to 850, with higher scores indicating better creditworthiness.
- **Factors that affect credit scores:** Your credit score is based on several factors, including payment history, credit utilization, length of credit history, types of credit used, and new credit inquiries.
- **Payment history:** Payment history is the most important factor in your credit score. Late payments, missed payments, and accounts in collections can all negatively impact your score.
- **Credit utilization:** Credit utilization is the amount of credit you're using compared to your credit limit. High credit utilization can negatively affect your credit score, even if you're making payments on time.
- **Length of credit history:** The length of your credit history also affects your score. Having a longer credit history with a record of responsible credit use can help boost your score.
- **Types of credit used:** Having a mix of different types of credit, such as credit cards, car loans, and mortgages, can also help boost your score.
- **New credit inquiries:** Applying for multiple new credit accounts in a short period of time can negatively impact your score.
- **Credit score monitoring:** Monitor your credit score for free through many credit card issuers, financial institutions, and credit monitoring services. This can help you keep track of your creditworthiness and identify potential issues.



A higher credit score can improve financial well-being and provide individuals with more opportunities and flexibility in managing their finances. There are several ways to increase your skills in the area of managing and increasing your credit scores.



Review the following 9 tips by first discussing why it works and then giving them the steps to try it for themselves. Then have them add any tips they know of or use to the list and share them with the group.



Some trainers have found it beneficial to come prepared for this discussion with some detailed steps for each of the nine tips. They have also started their own list to add to the original nine if the group is not aware of any yet.

## 9 Tips to Raise Credit Scores



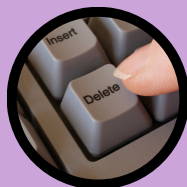
Pay balances on time



Dispute credit report errors



Don't apply for more credit



Remove late payments



Decrease your use of credit



Remove old debt



Pay off high-interest



Diversify your credit mix



Leaving old accounts open



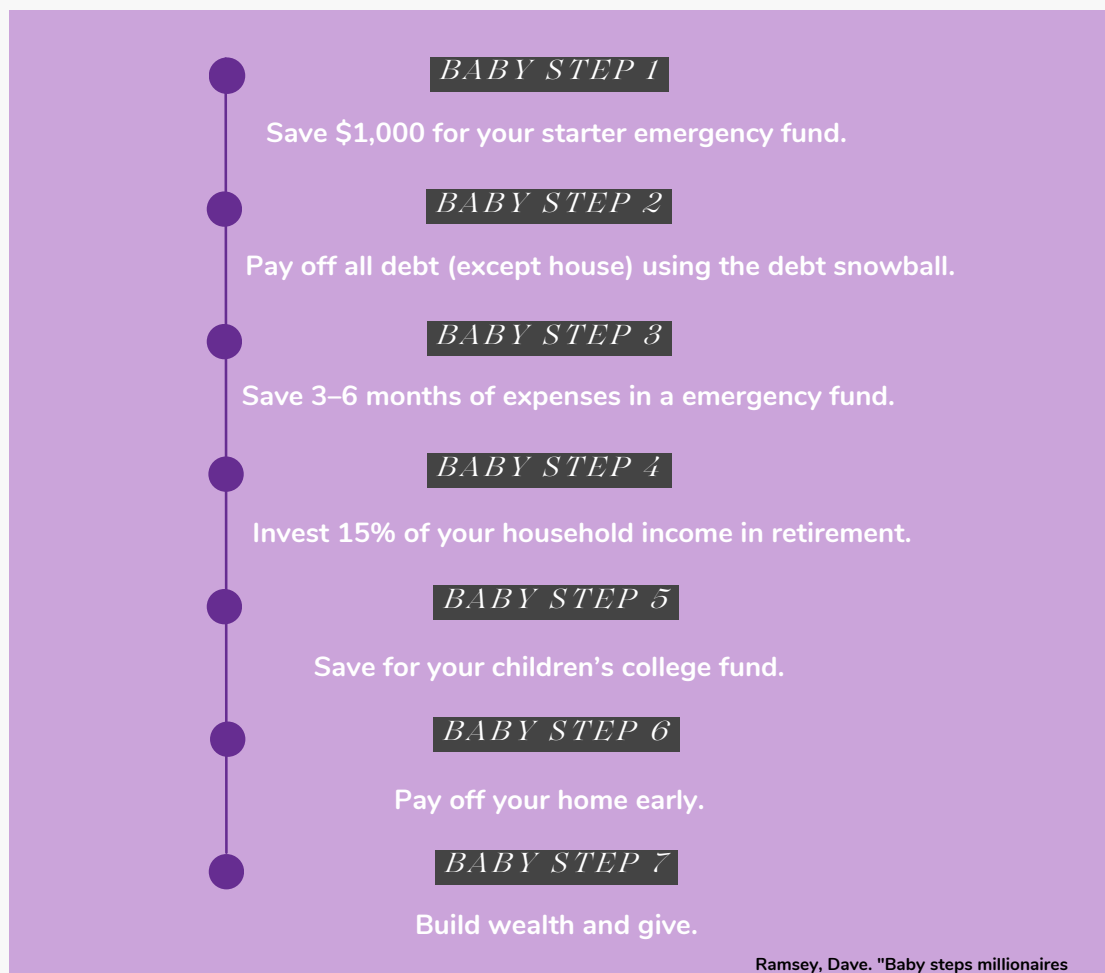
Debt can be overwhelming due to the financial, emotional, and lifestyle impact it can have on individuals. It's important to take steps to manage and reduce debt to alleviate these burdens and improve one's financial well-being.



Just like the Money Jars, The 7 Baby Steps out of Debt is an effective money management method from experts in the field designed specifically to get people to financial freedom. It is one of many, so lead the group in a discussion on how this one works and what the benefits of having a system in place might be. Also, discuss their concerns and excitement about having a system in place to help.

## The 7 Baby Steps out of Debt

There are numerous effective money management methods from experts in the field designed specifically to get you to financial freedom. Below is how personal finance personality, radio show host, author, and businessman Dave Ramsey teaches his clients on how to get out of debt.





Debt can be overwhelming due to the financial, emotional, and lifestyle impact it can have on individuals. It's important to take steps to manage and reduce debt in order to alleviate these burdens and improve one's financial well-being.



One of the most popular debt reduction strategies from experts in the field is The Debt Snowball Method. Have the participants review it and discuss it. Have the participants share any methods or strategies they know of to reduce debt.



Some trainers have found it beneficial to come prepared for this discussion with a few more examples of methods that help decrease debt successfully.

## The Debt Snowball Method

The debt snowball method is effective because it provides a sense of accomplishment and motivation as you see your smaller debts get paid off quickly. This can help you stay motivated and committed to paying off your debt. However, keep in mind that the debt snowball method may not be the most cost-effective way to pay off your debt, as you may end up paying more in interest over time if you're not prioritizing higher-interest debts first.

- **List all of your debts:** Make a list of all your debts, including the balance owed, interest rate, and minimum monthly payment.
- **Order your debts:** Order your debts from smallest balance to largest balance, regardless of interest rate. This is different from the debt avalanche method, which prioritizes paying off debts with the highest interest rate first.
- **Pay minimum payments:** Make the minimum payments on all of your debts, except for the smallest one.
- **Pay extra on smallest debt:** Take any extra money you have and put it toward the smallest debt on your list. This could be money from cutting back on expenses, selling items you no longer need, or working extra hours to earn more money.
- **Repeat:** Once you've paid off the smallest debt, take the money you were putting toward that debt and put it toward the next smallest debt on your list. Keep repeating this process until all of your debts are paid off.





Reflection questions are designed to help make sense of experiences, thoughts, and emotions. Here we want participants to connect that they hold the power to change because they can acquire each of these variables.



The purpose of reflection questions is to encourage individuals to think critically and reflectively about their experiences. We want them to consider how they might apply what they have learned in future situations. Reflection questions can help individuals identify their strengths and weaknesses, as well as set goals for personal growth and development.

# Reflection Questions

- 01 Why is your credit score important and what is your score?
- 02 What are some ways to increase it you would be willing to try?
- 03 What are some spending habits you may need improve?
- 04 What are your thoughts on the 7 baby steps?
- 05 Why is getting out of debt difficult for some people?



Although this page is just an introductory summary for a key point, it is a great place to start discussions. Trainers can lead discussions to engage participants on the content, picture, or quote.

# Millionaire Mindset



The "Millionaire Mindset" refers to the set of attitudes and habits that are commonly associated with achieving financial success.

It involves developing a mindset that prioritizes financial growth, embraces risk-taking, and is focused on creating and seizing opportunities. The Millionaire Mindset is characterized by goal-setting, learning from failures, taking responsibility for one's financial situation, and practicing discipline and self-control.

It is about developing the belief that wealth and success are achievable through hard work, dedication, and a willingness to take calculated risks. Ultimately, the Millionaire Mindset is about adopting a positive and proactive approach to managing one's finances and working towards financial freedom and security.

By adopting these principles, you can develop the mindset and habits that lead to financial success.



**You must gain control over your money or the lack of it will forever control you.**

**- Dave Ramsey**



Mindset is important because it can influence how you approach various aspects of your life, including your personal finances. The way you think about money and finances can influence the way you behave around money. For example, if you believe that you'll never be able to save money, you may not even try. But if you believe that saving money is possible, you're more likely to take action to make it happen.



Review Millionaire Mindset Habits and have the group connect that having a positive and growth-oriented mindset can help them make better decisions, stay motivated, and ultimately achieve their financial goals. Have them choose one to two habits they can try on for the next few weeks.

## Millionaire Mindset Habits

The "Millionaire Mindset" refers to the attitudes and behaviors that are commonly associated with achieving financial success. Here are some key principles of the Millionaire Mindset:

- **Focus on goals:** Millionaires tend to have a clear vision of what they want to achieve and take focused action to achieve their goals. They prioritize their time and energy to achieve their goals, and they stay committed to their objectives even when faced with obstacles.
- **Take calculated risks:** They are not afraid to take calculated risks to achieve their goals. They recognize that this is a natural part of the path to success and are willing to take on calculated risks that have the potential to pay off.
- **Learn from failures:** Millionaires understand that failures are an essential part of the learning process. They embrace failure as an opportunity to learn and grow, and they use their failures as motivation to improve their performance.
- **Seek out opportunities:** They are always on the lookout for new opportunities to create value and generate wealth. They are curious and open-minded, and they actively seek out opportunities to invest in their future.
- **Embrace a growth mindset:** Millionaires believe that their abilities can be developed through hard work, dedication, and persistence. They adopt a growth mindset that allows them to see challenges as opportunities for growth and development.
- **Take responsibility for finances:** They take full responsibility for their financial situation. They understand that their financial success is their responsibility and are willing to take action to improve their financial situation.
- **Practice discipline and self-control:** Millionaires understand that financial success requires discipline and self-control. They develop good habits around saving, investing, and spending and are mindful of their financial decisions.



The laws of money are important because they provide a framework for understanding how money works and how to manage it effectively.



Review The Laws of Money and have the group share examples in their life of how these laws have affected them. Have the group share specific actions per law they could start doing to help them achieve their financial goals

# 6

## Laws of Money

- **Law of attraction:** This law states that our thoughts and emotions attract corresponding experiences and outcomes in our lives. By focusing on positive thoughts and emotions related to money, such as gratitude and abundance, we can attract more wealth and financial success.
- **Law of delayed gratification:** This law states that delaying gratification and making short-term sacrifices can lead to long-term rewards. By saving and investing money instead of spending it on immediate pleasures, we can build wealth and achieve financial goals over time.
- **Law of compounding:** This law states that small investments made consistently over time can grow exponentially. By investing money in assets that generate compound interest or returns, such as stocks or mutual funds, we can grow our wealth over time.
- **Law of leverage:** This law states that borrowing money to invest in income-producing assets can amplify returns and accelerate wealth building. However, it's important to use leverage responsibly and manage risk carefully.
- **Law of diversification:** This law states that spreading investments across different asset classes and industries can reduce risk and increase returns over time. By diversifying our investments, we can avoid putting all our eggs in one basket and increase the likelihood of achieving our financial goals.
- **Law of abundance:** This law states that there is enough wealth and resources in the world for everyone to prosper. By embracing an abundance mindset and focusing on creating value for others, we can attract more wealth and financial success into our lives.



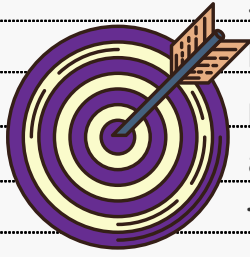
Reflection questions are designed to help make sense of experiences, thoughts, and emotions. Here we want participants to connect that they hold the power to change because they can acquire each of these variables.



The purpose of reflection questions is to encourage individuals to think critically and reflectively about their experiences. We want them to consider how they might apply what they have learned in future situations. Reflection questions can help individuals identify their strengths and weaknesses, as well as set goals for personal growth and development.

# Reflection Questions

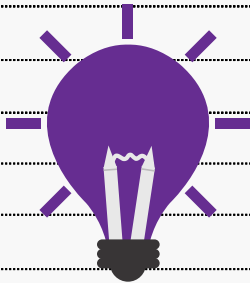
- 01 What Millionaire Mindset Habits do you currently have?
- 02 What Millionaire Mindset Habits do you need to work on?
- 03 How do you think and feel about money?
- 04 How can following the laws of money increase your finances?
- 05 What law of money can you start with today and how?



Stories are a powerful tool for learning and growth, helping participants connect with information and ideas on a deeper level, reflect on their own experiences, develop empathy and understanding for others, and be inspired to take action.



The following story contains potentially distressing material that may bring up unexpected emotions.



Remember that everyone responds to trauma differently, and it's important to approach each situation with sensitivity and empathy. If someone is triggered, the first thing to do is to ensure their safety and comfort.

Here are some steps you can take:

- Remain calm and composed, a calm presence can help the person feel more secure and grounded.
- Ask the person what they need at the moment and offer support accordingly. This may involve providing a safe space, water, or tissues.
- Encourage the person to engage in self-care activities such as deep breathing, taking a break, or reaching out to a person they trust.
- If the person's symptoms persist or worsen, encourage them to seek professional help from a mental health provider.

# Prosper

## Secrets, Truth, and Tenacity Helena Georgiou

Secrets seem as natural as breathing, though they can be a heavy burden we bear. Most secrets are told deliberately or accidentally and some we take to our deathbeds. Secrets slowly gnaw away at our being; silencing them is exhausting, however, divulging them can lighten the load. Today, I disclose the most gripping secret tragedy of my life as well as the touching story of someone very close to me. I hope to inspire you to live a life without secrets.

Around five years ago, I awoke with a severely frozen neck. As a Holistic therapist, I'd studied and seen firsthand how physical ailments present when underlying trauma and unresolved emotional issues are stored in the body. Immediately I sought out psychological help to overcome the root cause. I discovered that my current physical state was due to my dysfunctional family and my unstable childhood. After two years of therapy, various holistic healing modalities, and at the age of 45 a deep dark secret was revealed.

I had been sexually abused by my father. My mother was busy taking care of my sickly younger brother, so I was often left in his care. The abuse started when I was three years old and continued until I reached puberty. When I became old enough to stand up for myself, he beat me with his belt whenever I spoke up. His beatings were another form of abuse that met his narcissistic need for control.

Realizing the degree of trauma I had endured helped me understand why I avoided or distanced myself from men. Although, discovering this tragic truth raised some very strong emotions, from severe depression to suicidal thoughts. However, today I've overcome this thanks to holistic interventions and self-development.

Eventually, I decided to courageously face my mother and share my abuse story. Without realizing it, I offered her a space to disclose her tragic secret; one which she had kept for over 60 years.

# Prosper

At the age of 15, while waiting alone at a bus stop, four guys in a car abducted my mother, they gang-raped her for hours and did not release her until the next day. When she arrived home, she was met with the belt for staying out the previous night. She silenced herself that day, never telling a soul until the night she shared it with me.

Sharing our truth and revealing our secrets shattered the barrier between us, creating an opportunity for a heart-level connection between my mother and myself. Our relationship only deepened from there. We now listen to and support each other in a way we never have before. She is 80 years old and even though she lives abroad we have never been closer, we chat daily. Together we were able to heal and turn our wounds into wisdom.

Yes, the truth can be destructive, yet so powerful. When I let go of my secret, I let go of a burden. When I shared my secret, I shared part of myself and helped my mom do the same. When I connected with another being whom I could trust, it was an even stronger benefit!

We are all responsible for our lives and the choices we make; we can either live in anger and bitterness which often leads to serious addictive consequences, or we can be brave and face our traumas and turn them into triumphs. "Only when the desire to heal is greater than our fear, can our truth set us free."

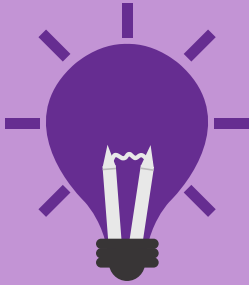
Secrets offer two choices, disclose them or be silent. Either outcome guarantees disruption in our life. We can live from their wounds or from the deeper wisdom of the experience. Bravery and courage help us extract the higher teaching, that there always is. Speaking my truth was my path to emancipation, along with forgiveness. I now enjoy my euphoric, authentic self, living my true calling; which is helping sexual abuse and trauma survivors find healing. I help them transform their lives so they can discover their absolute potential using their pain to fuel their passions.

Our truth deserves to be revealed;  
Our presence warrants to be acknowledged;  
Our voice needs to be expressed and heard.





Talking about God can be a sensitive and personal topic for many people. It is helpful to approach the conversation with respect and sensitivity. Talking about God can be a meaningful and enriching experience when done appropriately. Some things help these conversations, such as listening, sharing your personal experiences, using inclusive language, respecting boundaries, and being open to the views of the other.



The Christian perspective sections serve two purposes. The first is to reinforce the word for those that already believe in Jesus and follow his teachings. The second purpose is for those with a loss of faith. Some individuals feel abandoned or punished by God. This can lead to a loss of meaning and purpose for living the word. This section provides a safe space with a soft reintroduction back to God.

## Christian Perspective on Finances

This proverb is speaking about the importance of careful planning and hard work in achieving success and abundance while warning against impulsive and hasty decisions that can lead to poverty.

In essence, this verse emphasizes the importance of being diligent and deliberate in our actions, rather than rushing headlong into decisions without proper consideration. By taking the time to plan and work hard, we are more likely to achieve our goals and experience prosperity in our lives. On the other hand, making impulsive decisions without adequate forethought can lead to financial and personal ruin.

“The plans of the diligent lead to profit as surely as haste leads to poverty.”

-Proverbs 21:5



The plan of action is designed to have participants start with a few small steps. These small steps can definitely help people change. In fact, it's often the best way to make lasting change because it allows people to build momentum and create positive habits over time.



When people try to make big changes simultaneously, they often feel overwhelmed and give up quickly. However, they can gain confidence and gradually progress when they start with small steps. These small steps help with motivation to continue making positive changes.



This is a great place to have participants choose small things they can commit to during the week. They can Practice new behaviors while decreasing old ones that do not yield the results they want.

# Plan of Action

What are their biggest takeaways about change?

- What are the things they can stop doing?
- What are the things they can do less of?
- What are the things they can keep doing?
- What are the things they can do more of?
- What are some things they can start doing?

## MODULE 7

# BUILDING STRONG CONNECTIONS

A Guide to Healthy Relationships and Thriving Communities

## Module Seven

Module seven focuses on healthy relationships and why they are essential for emotional, social, and physical well-being. By investing in healthy relationships, individuals can build stronger support networks, promote personal growth, and improve their overall quality of life. However, one must develop the skills to attract and maintain healthy ones.

## Learning Objective

At the end of this module, participants will be able to recognize the difference between the patterns of healthy relationships from unhealthy ones. Participants will increase their skills in the areas of setting boundaries, communication, and self-trust.



The skills assessments are designed for participants to self-evaluate their abilities in direct relation to the top five specific skills for each section.



After they have filled out the assessment have them share why they choose the score they did for each skill.



# Skills Assessment

Healthy relationships are essential for personal and professional success. Here are five essential skills for building and maintaining healthy relationships. Please indicate your perception of your level of ability in each area using the following scale:

- 5 = High level of competence - extensive experience in the skill area
- 4 = Moderately high level of competence - good experience in the skill area
- 3 = Average level of competence – some experience in the skill area
- 2 = Low level of competence – little experience in the skill area
- 1 = No level of competence – no experience in the skill area

**Respect:** the ability to be treated and treat others with dignity, honor their boundaries, and valuing their opinions.

- ① ② ③ ④ ⑤

**Empathy:** the ability to understand and share the feelings of others, being emotionally present and responsive to others' needs.

- ① ② ③ ④ ⑤

**Positive Communication:** expressing appreciation, providing positive feedback, and sharing your opinions and feelings without being overbearing or violating others.

- ① ② ③ ④ ⑤

**Self-Trust:** consistently staying true to yourself, looking after your own needs and safety. Being reliable, honest, and transparent in your actions and words.

- ① ② ③ ④ ⑤

**Healthy Boundaries:** the ability to establish and maintain the limits and rules you have identified as the reasonable, safe, and permissible way for others to behave towards you.

- ① ② ③ ④ ⑤



This page is an introductory summary leading into the module. Each module has three main points.



Recognizing that relationships are an essential part of a fulfilling and meaningful life, however, they need to be healthy ones that increase your overall quality of life.



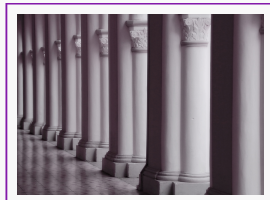
Attracting healthy relationships takes time and effort and starts with one's self in the areas of self-respect and self-worth.



Forming a strong and healthy support network involves taking intentional steps and having mutual respect for each other's emotional well-being, values, and boundaries.

## A Guide to Healthy Relationships & Thriving Community

Healthy relationships are an essential part of a fulfilling and meaningful life. They can provide us with a sense of purpose, belonging, and happiness, and can help us grow and thrive as individuals. Remember that healthy relationships take effort and commitment from both parties. It's important to prioritize communication, trust, and respect in all of your interactions with the other person, and are based on a foundation of shared values and a willingness to work through challenges and conflicts together.



PILLARS OF  
HEALTHY  
RELATIONSHIPS

Although healthy relationships consist of numerous variables they all include core pillars such as trust, respect, and communication.



ATTRACTING  
HEALTHY  
RELATIONSHIPS

Attracting healthy relationships takes time and effort. It requires an active effort in the areas of self-value, open communication, and respect



STRENGTHEN  
YOUR  
SUPPORT SYSTEM

A support system consists of people who provide emotional support, encouragement, and assistance during challenging times.



Although this page is just an introductory summary for a key point, it is a great place to start discussions. Trainers can lead discussions to engage participants on the content, picture, or quote.

## Pillars of Healthy Relationships



Abusive relationships affect every aspect of life. Whether the abuse is financial, physical, sexual, emotional/mental, or all of the above, the effects are wide-ranging and can significantly affect you as you move forward. One of the scariest things that survivors of abusive relationships face is relationships.

Forming relationships after experiencing abuse can be challenging, but it is worth it as they are essential for several reasons.

- **Emotional well-being:** Healthy relationships can provide us with emotional support and a sense of connection and belonging. When we feel loved and supported, we are more likely to feel happy, confident, and fulfilled.
- **Personal growth:** Being in a healthy relationship can help us grow and develop as individuals. We can learn from our partner's strengths and weaknesses, and use the relationship as an opportunity to develop greater self-awareness and emotional intelligence.
- **Increased resilience:** Healthy relationships can help us develop greater resilience in the face of challenges and setbacks. Having a strong support system can help us cope with stress and bounce back from difficult experiences.



**A healthy relationship  
is a feast of  
affection/giving for  
both people; not one  
receiving crumbs and  
trying to convince  
themselves its  
enough.**

**-Shannon Thomas**



Forming healthy relationships requires active effort and a commitment to communication, respect, and trust. By taking intentional steps to build healthy relationships, individuals can experience greater emotional well-being and overall quality of life.



Review the aspects of forming healthy relationships with the group and have the participants share their experiences of it. Have them discuss ways they know this aspect needs to increase in a relationship. This is not the section to go too deep into their trauma experiences with others. This is mainly to help them learn the foundation aspects of healthy relationships.

## Aspects of Healthy Relationships

Healthy relationships are characterized by mutual respect, trust, communication, and support. They are based on a foundation of shared values and a willingness to work through challenges and conflicts together. Here are some key characteristics of healthy relationships:

- **Respect:** Healthy relationships are built on a foundation of mutual respect. Each person in the relationship should value the other's feelings, opinions, and boundaries.
- **Trust:** Trust is essential in healthy relationships. This means being honest, reliable, and consistent in your words and actions.
- **Communication:** Effective communication is crucial for building healthy relationships. This means being open, honest, and respectful in your interactions with the other person.
- **Support:** Healthy relationships involve supporting each other's goals, dreams, and aspirations. This means being there for each other during both good times and bad.
- **Empathy:** Empathy is the ability to understand and share the feelings of others. Healthy relationships involve being able to empathize with the other person's perspective and feelings.
- **Boundaries:** Healthy relationships involve setting and respecting boundaries. Each person in the relationship should have the right to set boundaries around their personal space, time, and relationships with others.
- **Equality:** Healthy relationships involve a balance of power and decision-making. Each person in the relationship should have equal say in important decisions and should be respected as an equal partner.



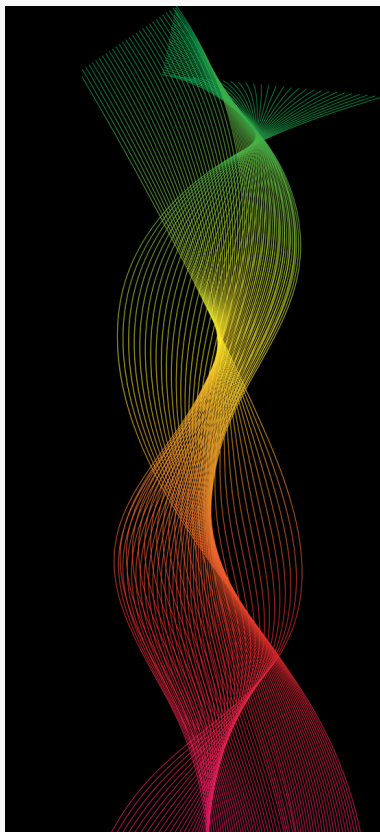
All relationships exist on a spectrum from healthy to abusive, with unhealthy in between. The spectrum can help individuals understand where they sit and help them make more informed decisions on where they want this relationship to go.



Review the Relationship Spectrum and help participants connect that in a healthy relationship, the majority of the time you feel respected, secure, loved, happy, and free to be yourself. Sometimes in relationships, you spend most of your time living between all of them. Here is where participants can really understand that is unhealthy.

## Relationships Spectrum

It's important to recognize that relationships can evolve and change over time and that people may have different needs and expectations when it comes to the relationship. Not all relationships are going to be perfect all the time and will have moments of disagreements frustration, and discomfort. However, the majority of the time a healthy relationship makes you feel respected, secure, loved, happy, and free to be yourself. Below is a list of behaviors, which can be characterized as unhealthy, healthy, or abusive.



### HEALTHY

- Communicating
- Respectful
- Trusting
- Mutual Choices
- Equal
- Enjoy time apart
- Honest
- Empowering
- Supportive
- Empathic

### UNHEALTHY

- Not Communicating
- Disrespectful
- Not Trusting
- Trying to take control
- Unequal
- Only spend time together
- Dishonest
- Empowering
- Pressured into activities
- Hostile

### ABUSIVE

- Communication is threatful
- Communication is harmful
- Controlling
- Mistreating
- Accusing
- Isolating Partner
- Intimidating
- Gaslighting
- Bullying
- Violent





Reflection questions are designed to help make sense of experiences, thoughts, and emotions. Here we want participants to connect that they hold the power to change because they can acquire each of these variables.



The purpose of reflection questions is to encourage individuals to think critically and reflectively about their experiences. We want them to consider how they might apply what they have learned in future situations. Reflection questions can help individuals identify their strengths and weaknesses, as well as set goals for personal growth and development.

# Reflection Questions

- 01 How do you know you are in a safe relationship?
- 02 What are some signs someone is mistreating you?
- 03 What are some red flags you can be aware of now?
- 04 What are some green flags you can be aware of now?
- 05 How do you deserve to be treated? How are you going to ensure that?



Although this page is just an introductory summary for a key point, it is a great place to start discussions. Trainers can lead discussions to engage participants on the content, picture, or quote.

# Attracting Healthy Relationships



Have you ever felt like you always attract a certain type of person?

Some might say it is the Law of Attraction at work. The Law of Attraction is a belief that suggests that positive or negative thoughts can bring positive or negative experiences into a person's life. In essence, it is the belief that like attracts like, in other words relationships in our lives act as mirrors; when we have a loving relationship with ourselves, the reflection will always be the strong, healthy, loving relationship we deserve.

Attracting healthy friendships takes time and effort. It requires being intentional and focusing on building connections that are based on respect, trust, and open communication. Here are some tips to help you attract and maintain healthy friendships:

- Know who you are
- Know what you want
- Know your worth
- Teach people how to treat you
- Set boundaries
- Be intentional



**“The law of attraction states that whatever you focus on, think about, read about, and talk about intensely, you’re going to attract more of into your life.”**

**—Jack Canfield**



It may be helpful to reflect on some of the reasons individuals attract the wrong people in their life. Understanding these can help them work on improving relationship skills, self-awareness, and self-worth to attract healthier and more fulfilling relationships.



Review the 5 Reasons for Attracting the Wrong People and have the participants share if they resonate with any and why. Then have the group share some ideas on how they can change some of the things they are doing.

# 5

## Reasons for Attracting the Wrong People

Attracting the wrong people can happen for a variety of reasons. Here are some possible reasons why you may be attracting the wrong people.

- **Unresolved personal issues:** If you have unresolved personal issues, such as low self-esteem, a lack of boundaries, or a fear of intimacy, you may unconsciously attract people who reinforce these issues.
- **Familiarity:** Sometimes, we are attracted to people who feel familiar to us, even if that familiarity is based on negative past experiences. This can lead to repeating patterns of unhealthy relationships.
- **Lack of clarity:** If you don't have a clear understanding of what you want and need in a relationship, you may be more likely to attract the wrong people.
- **External validation:** If you rely on external validation to feel good about yourself, you may be more likely to attract people who are not good for you, just to feel validated.
- **Unhealthy patterns:** If you have developed unhealthy patterns of behavior in relationships, such as co-dependency or a tendency to enable unhealthy behavior, you may attract people who perpetuate those patterns.

To break the cycle of attracting the wrong people, it's important to take a step back and reflect on your past relationships and your patterns of behavior. Work on building your self-esteem, setting clear boundaries, and developing a clear understanding of what you want and need in a relationship. Seek support from friends, family, or a therapist if necessary. With time and effort, you can attract healthier relationships.



Attracting healthy relationships is a process, and it may take time and effort to find the right person. But by prioritizing your own well-being and being intentional about the kind of relationships you want, you can increase your chances of finding fulfilling and healthy connections.



Review the Attracting Healthy Relationships and have the groups share the ones they resonate with and why. Then have the group share some things they could do in each of the categories.

## Attracting Healthy Relationships

Attracting healthy relationships requires a combination of self-reflection, intentional action, and a willingness to communicate effectively. Here are some tips to help you attract and maintain healthy relationships:

- **Know your worth:** Before you can attract healthy relationships, you need to know your own worth. Spend time getting to know yourself, your values, and your boundaries. This will help you identify what you want and need in a relationship.
- **Communicate effectively:** Communication is key to any healthy relationship. Be open and honest about your feelings, needs, and boundaries. Also, be willing to listen and respond in a respectful and understanding way.
- **Practice self-care:** Taking care of yourself physically, mentally, and emotionally will help you attract healthier relationships. This means getting enough sleep, eating well, exercising regularly, and taking time for things that make you happy.
- **Be authentic:** Be true to yourself and your values. Don't try to be someone you're not in order to please others. Authenticity attracts healthy relationships.
- **Set boundaries:** Boundaries are essential in any healthy relationship. Be clear about your limits and expectations, and communicate them clearly. This will help you avoid unhealthy relationships and attract people who respect you.
- **Focus on quality over quantity:** It's better to have a few close, healthy relationships than many superficial or unhealthy ones. Invest time and energy in building strong, meaningful connections.
- **Let go of toxic relationships:** If you're in a toxic relationship, it's important to let go. This will free up space in your life for healthier relationships to come in.



Reflection questions are designed to help make sense of experiences, thoughts, and emotions. Here we want participants to connect that they hold the power to change because they can acquire each of these variables.



The purpose of reflection questions is to encourage individuals to think critically and reflectively about their experiences. We want them to consider how they might apply what they have learned in future situations. Reflection questions can help individuals identify their strengths and weaknesses, as well as set goals for personal growth and development.

# Reflection Questions

- 01 What are some ways to be intentional when forming relationships?
- 02 What are your 5 non- negotiables with how you are treated?
- 03 What are you looking for in new relationships?
- 04 What are some boundaries you need to set?
- 05 Are there any people in your life right now that need to treat you differently?



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## Strengthen Your Support System



Building a support system is essential for anyone's mental and emotional well-being. A support system consists of people who provide emotional support, encouragement, and assistance during challenging times.

Remember, building a support system takes time and effort. Don't be afraid to reach out for help and support when you need it. Building a strong support system can provide a sense of comfort, security, and well-being during challenging times.

Having a strong support system has many positive benefits, such as higher levels of well-being, better coping skills, and a longer and healthier life. Studies have also shown that social support can reduce depression and anxiety. A strong support system can often help reduce stress.

Unfortunately, having poor social support has been linked to depression and loneliness and has been shown to alter brain function and increase the risk of the following: Alcohol/Drug use, Cardiovascular disease, and Depression.



**Anything is possible when you have the right people there to support you.**

**–Misty Copeland**



Building a support system is essential for anyone's mental and emotional well-being. There are specific things individuals can be doing to be successful in ensuring their support system consists of healthy people.



Review the tips on building a healthy support system and have the group share out some ways they can take some actions in one to two of the suggestions.

## Build a Support System

Building a support system is essential for anyone's mental and emotional well-being. Everyone needs a team of supporters. A great support system builds you up, keeps you strong, and pushes you to do your best even when it may be difficult. Here are some tips to help you build a strong support system:

- **Identify your needs:** Reflect on what type of support you need and who can provide it. This might include friends, family members, or professionals like therapists or counselors.
- **Reach out to trusted individuals:** Reach out to people you trust and feel comfortable talking to. Let them know what's going on in your life and what kind of support you need.
- **Be clear about your boundaries:** It's important to set clear boundaries with the people in your support system. Let them know what you're comfortable with and what you're not.
- **Seek professional help:** Sometimes, talking to a trained professional like a therapist or counselor can be beneficial. They can provide a non-judgmental and confidential space to work through difficult emotions or situations.
- **Join support groups:** Consider joining a support group for people going through similar experiences. This can provide a sense of community and understanding.
- **Be willing to give support:** A support system is a two-way street. Be willing to listen and offer support to others when they need it.
- **Practice self-care:** Taking care of yourself is essential to building a strong support system. This includes getting enough sleep, eating well, and engaging in activities that bring you joy and relaxation.



Establishing clear boundaries and communicating them assertively can help you avoid relationships that are harmful or unsatisfying.



Review the tips on setting boundaries and have the group share out some ways they can take some actions in one to two of the suggestions. Have participants share some concerns about setting boundaries and some benefits.

## The Art of Setting Boundaries

Setting boundaries is an ongoing process that takes time and practice. It's okay to make mistakes and adjust your boundaries as needed. Be patient with yourself and with others, and prioritize your well-being and self-respect.

- **Identify your needs:** Start by identifying your needs and what's important to you. Reflect on what you're comfortable with and what you're not.
- **Be clear and direct:** When setting boundaries, it's important to be clear and direct with the other person. Use "I" statements to express your feelings and needs, and be specific about what you're asking for.
- **Be firm:** It's important to be firm in setting boundaries, even if the other person doesn't initially agree or understand. Don't apologize or back down if the other person pushes back.
- **Consider the other person's perspective:** While it's important to prioritize your needs, it's also important to consider the other person's perspective. Try to understand their point of view and find a compromise that works for both of you.
- **Practice self-care:** Setting boundaries can be difficult and uncomfortable, so it's important to practice self-care during this process. Take care of yourself physically, emotionally, and mentally.
- **Follow through:** Once you've set boundaries, it's important to follow through with them. Stick to what you've communicated and don't compromise on what's important to you.





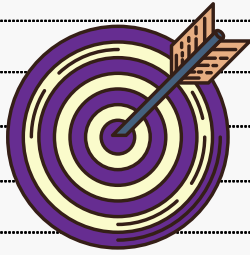
Reflection questions are designed to help make sense of experiences, thoughts, and emotions. Here we want participants to connect that they hold the power to change because they can acquire each of these variables.



The purpose of reflection questions is to encourage individuals to think critically and reflectively about their experiences. We want them to consider how they might apply what they have learned in future situations. Reflection questions can help individuals identify their strengths and weaknesses, as well as set goals for personal growth and development.

# Reflection Questions

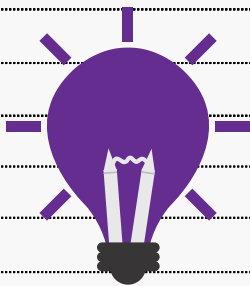
- 01 Who is part of your support network right now?
- 02 Where is there any gaps in your support network?
- 03 What are some things you can do to add to your support network?
- 04 What are some ways you practice self-care?
- 05 What might be difficult when setting boundaries?



Stories are a powerful tool for learning and growth, helping participants connect with information and ideas on a deeper level, reflect on their own experiences, develop empathy and understanding for others, and be inspired to take action.



The following story contains potentially distressing material that may bring up unexpected emotions.



Remember that everyone responds to trauma differently, and it's important to approach each situation with sensitivity and empathy. If someone is triggered, the first thing to do is to ensure their safety and comfort.

Here are some steps you can take:

- Remain calm and composed, a calm presence can help the person feel more secure and grounded.
- Ask the person what they need at the moment and offer support accordingly. This may involve providing a safe space, water, or tissues.
- Encourage the person to engage in self-care activities such as deep breathing, taking a break, or reaching out to a person they trust.
- If the person's symptoms persist or worsen, encourage them to seek professional help from a mental health provider.

# Perceptive

Let us shatter the chains of silence

By Sheldon R. Crocker

In the depths of my darkest moments, I carried a secret that threatened to consume me. At four years old, I experienced an unspeakable act of sexual abuse at the hands of my babysitter, forever altering my life. With no siblings to share the pain, I witnessed my parents' volatile relationship, feeling invisible as their words of anger echoed through my childhood home. My father's cruel words, claiming I'd amount to nothing more than a "disabled welfare bum," haunted me for years.

Despite life's challenges, including my physical disability that required leg braces, I persevered. Against all odds, I learned to walk, navigating the world with unyielding determination. For years, I bore the scars of my past in silence, fearing the judgment and disbelief that male survivors of domestic violence and sexual abuse often face.

The time has come for men like me to rise above the stigma and shame. We must stand together and shatter the barriers preventing us from speaking our truth, for in our voices, we find our strength, power, and ability to heal. Through God's grace and love, we can overcome past trauma and forge a new path toward healing and hope. In Christ's teachings, we find solace and guidance, a beacon of light illuminating our souls' darkest corners.

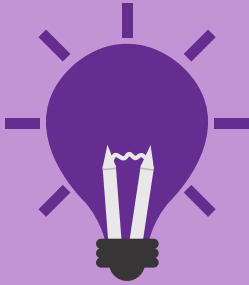
Together, we can create a world where men and women alike can share their stories without fear of retribution or disbelief. A world where the healing power of faith and financial literacy uplifts those broken by abuse.

So let us rise, my brothers and sisters. Let us embrace the wildness of our spirits and the fire within our hearts. Let us shatter the chains of silence that have held us captive for too long. In our unity and determination to make a difference, we will create a brighter future for ourselves and generations to come.

As we walk hand in hand toward that future, remember that we are not alone. In the face of adversity, we have each other and the unending love and grace of God to guide us on our journey. Together, we are a force to be reckoned with – a powerful testament to the resilience of the human spirit and the boundless potential within each of us.



Talking about God can be a sensitive and personal topic for many people. It is helpful to approach the conversation with respect and sensitivity. Talking about God can be a meaningful and enriching experience when done appropriately. Some things help these conversations, such as listening, sharing your personal experiences, using inclusive language, respecting boundaries, and being open to the views of the other.



The Christian perspective sections serve two purposes. The first is to reinforce the word for those that already believe in Jesus and follow his teachings. The second purpose is for those with a loss of faith. Some individuals feel abandoned or punished by God. This can lead to a loss of meaning and purpose for living the word. This section provides a safe space with a soft reintroduction back to God.

## Christian Perspective on Community

This verse reflects the value of friendship and the importance of having others to rely on in times of need. Working with a partner or friend can lead to greater productivity and success, as two people working together can achieve more than one person working alone.

Additionally, the passage emphasizes the importance of helping others, as having someone to help you up when you fall is crucial for success and survival. The scripture is seen as a call to value our relationships with others and to recognize the benefits of working together in our personal and professional lives.

Two are better than one, Because they have a good reward for their labor. For if they fall, one will lift up his companion. But woe to him who is alone when he falls, For he has no one to help him up.

-Ecclesiastes 4: 9-10



The plan of action is designed to have participants start with a few small steps. These small steps can definitely help people change. In fact, it's often the best way to make lasting change because it allows people to build momentum and create positive habits over time.



When people try to make big changes simultaneously, they often feel overwhelmed and give up quickly. However, they can gain confidence and gradually progress when they start with small steps. These small steps help with motivation to continue making positive changes.



This is a great place to have participants choose small things they can commit to during the week. They can Practice new behaviors while decreasing old ones that do not have the results they want.

# Plan of Action

What are their biggest takeaways about change?

- What are the things they stop doing?
- What are the things they can do less of?
- What are the things they can keep doing?
- What are the things they can do more of?
- What are some things they can start doing?

# MODULE 8

# ACHIEVING GREATER HEIGHTS

Journey to Success After Survival

## Module Eight

Module eight focuses on the three key factors in the journey to success after survival that keeps providing and strengthening motivations to continue. Personal growth and being the best version of one's self requires a combination of perseverance, self-reflection, and a commitment to your vision and goals.

## Learning Objective

At the end of this module, participants will approach change with confidence because they will have an understanding of what is most important to them, and what they want to achieve, which can help them focus their energy and effort in a meaningful way.



The skills assessments are designed for participants to self-evaluate their abilities in direct relation to the top five specific skills for each section.



After they have filled out the assessment have them share why they choose the score they did for each skill.



# Skills Assessment

Motivation is a critical factor in the journey to success after survival. Here are five essential skills for building and sustaining motivation on your continued journey. Please indicate your perception of your level of ability in each area using the following scale:

- 5 = High level of competence - extensive experience in the skill area
- 4 = Moderately high level of competence - good experience in the skill area
- 3 = Average level of competence – some experience in the skill area
- 2 = Low level of competence – little experience in the skill area
- 1 = No level of competence – no experience in the skill area

**Goal Setting:** the process of taking active steps to define, plan, act on, and achieve your desired outcomes.

① ② ③ ④ ⑤

**Self-Discipline:** the ability to push yourself forward, stay motivated, and take action, regardless of how you're feeling, physically or emotionally.

① ② ③ ④ ⑤

**Accountability:** the willingness to accept responsibility for your actions and results through monitoring your progress, owning your mistakes, and recognizing your achievements.

① ② ③ ④ ⑤

**Self-Development:** the ability to consistently work on and grow your self-awareness, talents, potential, skills, and abilities.

① ② ③ ④ ⑤

**Celebrate:** the ability to recognize and celebrate your own achievements. Taking the time and honoring who you are, where you came from, and what you've done helps boost your confidence and motivation.

① ② ③ ④ ⑤



This page is an introductory summary leading into the module. Each module has three main points.



Recognize that letting go can be a difficult and challenging process but it is a much-needed transformative experience that leads to greater peace and acceptance.



Understanding that routines can have a powerful impact on our lives, as they provide structure, predictability, and stability. They can help establish good habits, increase productivity, reduce stress, and improve overall well-being.



Understanding how to use the strategy of "Be, Do, Have". Which is a simple framework that highlights the importance of focusing on who we are, what we do, and what we have to live a fulfilling life.

## Journey to Success After Survival

Motivation is a critical factor in the journey to success after survival, particularly in overcoming trauma and abuse. Ultimately, the journey to success after survival requires a combination of perseverance, self-reflection, and a commitment to personal growth. By focusing on your goals, seeking support when needed, and taking care of yourself, you can find the strength and resilience to overcome challenges and achieve success.



### THE ART OF LETTING GO

Letting go can be a difficult and challenging process, but it's an important skill to cultivate in order to move forward, live a fulfilling life, and become the best version of ourselves.



### THE SIGNIFICANCE OF ROUTINE

Having a routine can be incredibly beneficial for our physical and mental health, as well as our productivity and overall sense of well-being. They are key steps in obtaining our goals



### THE POWER OF BE, DO, HAVE

The "be, do, have" concept suggests that by focusing on our inner growth and taking action towards our goals, we can create a life that aligns with our values and desires.





Although this page is just an introductory summary for a key point, it is a great place to start discussions. Trainers can lead discussions to engage participants on the content, picture, or quote.

## The Art of Letting Go



Psychology, self-improvement and spiritual traditions speak often of letting go. This term means letting go of painful memories and painful thoughts, harmful desires and unhealthy habits. It also means stop dwelling on the past or worrying about the future.

Letting go is a process that takes time and effort. Be patient and kind to yourself as you practice the art of letting go.

With time and practice, you can cultivate the ability to let go and move forward toward a more fulfilling life. Letting go of who we were in order to become someone better can be a challenging but rewarding process.

Remember, personal growth is a lifelong journey, and it's okay to make mistakes and have setbacks along the way. Letting go of who you were in order to become someone better is a process that takes time and effort, but with commitment and determination, you can achieve your goals and become the best version of yourself.



**“There is no passion to be found playing small—in settling for a life that is less than the one you are capable of living.”**

**—Nelson Mandela**



Letting go can be a difficult process, as it often involves confronting and processing challenging emotions such as anger, grief, or fear. It involves accepting a situation or a person for who they are, forgiving someone for past wrongs, or moving on from a painful experience.



Review the Act of Letting Go and have the participants talk about any of the strategies that have worked for them. Have the participants also share one to two they are willing to try and some of the actions they are going to take to see if the strategy works for them.

## The Act of Letting Go

Letting go can be a difficult and challenging process, but it's an important skill to cultivate in order to move forward and live a fulfilling life. Here are some steps to help you practice the art of letting go:

- **Acknowledge your emotions:** Allow yourself to feel the emotions that come up when you think about what you need to let go of. It's normal to feel sad, angry, or hurt.
- **Identify what you need to let go of:** Identify what it is that you need to let go of. This might be a relationship, a job, a past mistake, or something else.
- **Practice acceptance:** Accept that what you need to let go of is no longer serving you and that it's time to move on.
- **Forgive yourself and others:** Forgiveness can be a powerful tool in the process of letting go. This means forgiving yourself for any mistakes or regrets, as well as forgiving others for any hurt they may have caused.
- **Create a ritual:** Create a ritual or symbolic gesture that represents letting go. This might involve writing a letter or burning a piece of paper with what you need to let go of.
- **Focus on the present:** Focus on the present moment and the things in your life that bring you joy and fulfillment. Allow yourself to move forward and create new experiences.



Letting go can be a difficult process, as it often involves confronting and processing challenging emotions such as anger, grief, or fear. It involves accepting a situation or a person for who they are, forgiving someone for past wrongs, or moving on from a painful experience.



Review the Art of Letting Go and have the participants walk through each team and list several ways to practice that step. Once all the steps have a few things to try under them, have the participants pick one new step they have not practiced. Have them list a daily action to do for that step for the next week.

## The Art of Letting Go

Letting go of who we were in order to become someone better can be a challenging but rewarding process. Here are some steps to help you let go of your past self and embrace personal growth:

- **Acknowledge and accept your past self:** It's important to acknowledge and accept who you were in the past, including any mistakes or regrets. This can help you to move forward without carrying the weight of the past.
- **Reflect on your values and goals:** Reflect on what is important to you and what you want to achieve in your life. This can help you to identify areas where you want to grow and change.
- **Set realistic goals:** Set realistic goals that align with your values and that challenge you to grow and become a better version of yourself.
- **Practice self-compassion:** Be kind and compassionate to yourself as you work towards your goals. Remember that personal growth is a journey and that there will be setbacks along the way.
- **Let go of limiting beliefs:** Let go of any limiting beliefs or negative self-talk that may be holding you back from achieving your goals.
- **Surround yourself with support:** Surround yourself with people who support and encourage your personal growth. This might include friends, family, or a therapist or coach.



Realistic goals are goals that are achievable and attainable within a reasonable timeframe and with the resources and abilities available to us. Setting realistic goals is important because it can help us stay motivated and build our confidence as we achieve them, while also avoiding feelings of frustration and failure that can come from setting goals that are too ambitious or unattainable.



Review the Tips for Setting Realistic Goals and explain to the participants why setting and accomplishing some small goals helps lead to the confidence to build up to dream bigger and set their sights on significant achievements. Have them write out some goals they want to accomplish in the next 30 days. Then have them break down the steps to achieve them.

## 6

### Tips for Setting Realistic Goals

Setting realistic goals is a process that takes time and effort. Be patient and kind to yourself as you work towards achieving your goals, and remember that it's okay to make adjustments along the way. Here are some tips to help you set realistic goals:

- **Identify your priorities:** Start by identifying your top priorities. What is most important to you right now? This will help you to focus your energy and attention on what really matters.
- **Make your goals specific:** Set specific goals that are clearly defined and measurable. This will help you to track your progress and stay motivated.
- **Break your goals down into smaller steps:** Break your goals down into smaller, manageable steps that you can realistically achieve. This will help you to avoid feeling overwhelmed and make progress towards your larger goal.
- **Be flexible:** It's important to be flexible with your goals and adapt them as needed. Life can be unpredictable, and it's important to be able to adjust your goals when necessary.
- **Set a timeline:** Set a realistic timeline for achieving your goals. This will help you to stay motivated and focused on making progress.
- **Celebrate your successes:** Celebrate your successes along the way, no matter how small they may be. This will help you to stay motivated and encouraged as you work towards your larger goal.



Reflection questions are designed to help make sense of experiences, thoughts, and emotions. Here we want participants to connect that they hold the power to change because they can acquire each of these variables.



The purpose of reflection questions is to encourage individuals to think critically and reflectively about their experiences. We want them to consider how they might apply what they have learned in future situations. Reflection questions can help individuals identify their strengths and weaknesses, as well as set goals for personal growth and development.

# Reflection Questions

- 01 What are some things you are holding on to?
- 02 What is one thing you want to let go of?
- 03 What is a limiting belief you have?
- 04 What is one thing you want to do differently?
- 05 What are some goals you have for your life?



Although this page is just an introductory summary for a key point, it is a great place to start discussions. Trainers can lead discussions to engage participants on the content, picture, or quote.

## The Significance of Routine



Routines create structure and promote mental, physical, and emotional health. The absence of a routine can often lead to stress and feelings of unmanageability.

A routine refers to a regular and repeated pattern of behavior, activity, or action that you follow. It is a set of habits or customs that are established over time and can be either conscious or unconscious.

Routines can help us to live more organized, productive, and fulfilling lives. They can provide a sense of structure and stability that can reduce stress and anxiety, while also helping us to achieve our goals and establish healthy habits. We need routines for several reasons, including:

- **Creating Structure**
- **Increasing Productivity**
- **Establishing Healthy Habits**
- **Reducing Decision Fatigue**
- **Improving Mental Health**



**Your future is found  
in your daily  
routine. Successful  
people do daily  
what others do  
occasionally!**

**-Paula White**



Routines can be a powerful tool for creating a sense of order and stability in our lives. By establishing healthy habits and reducing stress, routines can help us to improve our overall well-being and achieve our goals.



Review the Reasons for Establishing Routines and have the participants choose and talk about the one benefit they want to see in their lives.

# 5

## Reasons for Establishing Routines

- **Efficiency:** By establishing a routine, we can become more efficient and productive with our time. When we know what we need to do and when we need to do it, we can avoid wasting time on unnecessary decisions or actions.
- **Consistency:** Routines help to create consistency in our lives. When we have a regular schedule to follow, we are less likely to experience disruptions or unexpected events that can throw us off track.
- **Stability:** Routines provide a sense of stability and security. Knowing what to expect can reduce stress and anxiety and help us feel more in control of our lives.
- **Health:** Many routines, such as exercising, eating healthy, and getting enough sleep, can contribute to our overall physical and mental health.
- **Goal-setting:** Routines can help us achieve our goals by providing structure and discipline. When we establish a routine around specific tasks or habits, we can make progress toward our goals more consistently and efficiently.



Routines can be a powerful tool for creating a sense of order and stability in our lives. By establishing healthy habits and reducing stress, routines can help us to improve our overall well-being and achieve our goals.



Review the Establishing Routines and have the participants expand a little on the one step that will be easy for them to try and the one step that will be the most difficult and why.

## Establishing Routines

Routines can provide structure and stability in our lives, help us make progress toward our goals, and improve our health and well-being. Below are some steps you can take to set up a routine:

- **Identify your goals:** Before you can establish a routine, it's important to identify what you want to achieve. Set specific, measurable goals that align with your priorities and values.
- **Determine your priorities:** Decide what's most important to you and prioritize your goals accordingly. This will help you allocate your time and energy in the most effective way possible.
- **Create a schedule:** Once you know your goals and priorities, create a schedule that outlines your routine. Start with the most important activities and work your way down to the less important ones.
- **Be realistic:** Make sure your routine is realistic and achievable. Don't overload yourself with too many activities or tasks, or you may become overwhelmed and discouraged.
- **Be flexible:** Recognize that life can be unpredictable, and be prepared to adjust your routine as needed. Allow for some flexibility in your schedule so you can adapt to changing circumstances.
- **Stay accountable:** Find ways to hold yourself accountable for sticking to your routine. This could include setting reminders, tracking your progress, or enlisting the support of a friend or family member.
- **Practice consistency:** The key to making a routine stick is to practice consistency. Stick to your schedule as much as possible, and over time, it will become a habit that feels natural and effortless.





Routines can be a powerful tool for creating a sense of order and stability in our lives. By establishing healthy habits and reducing stress, routines can help us to improve our overall well-being and achieve our goals.



Review the Morning Routine Example and have the participants share what they think this person's life would look like one year from now if this is what they did every morning. Then have the participants write out 3 new things they could do each morning to improve their lives. Have them try it for two weeks and see if there are any results they are getting.



It is important for them not to overwhelm themselves and take on too much too fast. They can start with a few things and add on to them once you are experiencing success.

## Morning Routine Example

- Wake up at the same time every day
- Drink a glass of water to rehydrate after sleeping.
- Stretch to wake up the body and get blood flowing.
- Take a shower to freshen up and feel alert
- Eat a healthy breakfast to fuel the body and brain.
- Meditate and set a positive intention for the day.
- Plan the day: review the schedule and to-do list.
- Spend a few minutes enjoying some music,
- Get ready and leave for work.



Reflection questions are designed to help make sense of experiences, thoughts, and emotions. Here we want participants to connect that they hold the power to change because they can acquire each of these variables.



The purpose of reflection questions is to encourage individuals to think critically and reflectively about their experiences. We want them to consider how they might apply what they have learned in future situations. Reflection questions can help individuals identify their strengths and weaknesses, as well as set goals for personal growth and development.

# Reflection Questions

- 01 What is one thing that excites you about establishing routines?
- 02 What is one thing that concerns you about establishing routines?
- 03 What routines do you have down already?
- 04 Where do you need a routine?
- 05 What do you want to accomplish by establishing a new routine?



Although this page is just an introductory summary for a key point, it is a great place to start discussions. Trainers can lead discussions to engage participants on the content, picture, or quote.

## The Power of Be. Do. Have.



"Be, do, have" is a concept that relates to personal growth and achieving our goals. It suggests that in order to have the things we want in life, we must first focus on who we want to be and what we want to do. Here's a breakdown of each element of "be, do, have":

- **Be:** This refers to who we want to be as a person. It involves identifying our core values, beliefs, and character traits that we want to embody. By focusing on who we want to be, we can align our actions and choices with our desired identity.
- **Do:** This refers to the actions we take to achieve our goals. It involves setting specific, measurable goals and taking steps to accomplish them. By taking action towards our goals, we can build momentum and make progress towards our desired outcomes.
- **Have:** This refers to the things we want to have in life, such as material possessions, relationships, and experiences. By focusing on who we want to be and what we want to do, we can create a path towards achieving the things we want to have.



**"The best way to predict the future is to create it."**

**—Abraham Lincoln**



The significance of "Be, Do, Have" lies in its ability to help us prioritize what's truly important in our lives. By focusing on our values and character, we can align our actions with our authentic selves and live a more fulfilling life. By focusing on our actions and behaviors, we can develop a sense of purpose and meaning. And by focusing on what we have, we can cultivate gratitude and appreciation for the abundance in our lives. Overall, this framework can help us live a more intentional and fulfilling life.



Review the Be, Do, Have Iceberg and have the participants expand on why they think the things that have the biggest impact on their results are the things that can not be seen like beliefs, values, and attitudes. Have them share how their beliefs, values, and attitudes have shaped their lives.

## Be, Do, Have Iceberg

The "be, do, have" concept suggests that by focusing on our inner growth and taking action toward our goals, we can create a life that aligns with our values and desires. By prioritizing who we want to be and what we want to do, we can create a sense of purpose and direction in our lives, and ultimately achieve the things we want to have.





Beliefs are the thoughts, ideas, and opinions that we hold to be true about ourselves, others, and the world around us. The power of belief lies in the fact that our beliefs can shape our thoughts, feelings, and actions, and ultimately influence the outcomes we experience in our lives.



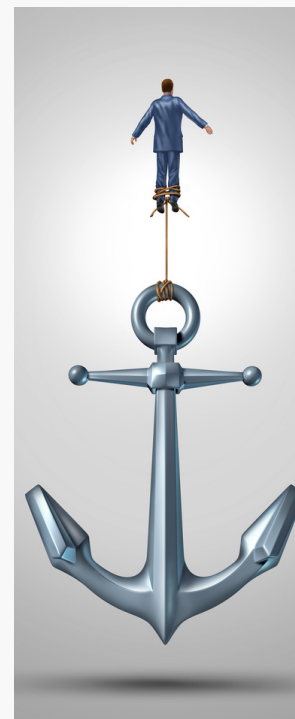
Review the Power of Beliefs and have the participants talk about some of their limiting beliefs and how they have shaped their lives.

## The Power of Beliefs

The things we believe to be true; WE CREATE...

"A limiting belief is a state of mind or belief about yourself that restricts you in some way." Limiting beliefs are beliefs or assumptions that you hold about yourself, others, or the world that hold you back from reaching your full potential. These beliefs may be based on past experiences, cultural or societal norms, or other factors that have shaped your perception of what is possible for you.

These beliefs can be deeply ingrained and may go unnoticed until you start to examine your thoughts and behaviors more closely. However, once you identify your limiting beliefs, you can begin to challenge and overcome them by replacing them with more empowering beliefs that support your goals and aspirations.



Remember that you're the writer and editor of your own life story.



Beliefs are the thoughts, ideas, and opinions that we hold to be true about ourselves, others, and the world around us. The power of belief lies in the fact that our beliefs can shape our thoughts, feelings, and actions, and ultimately influence the outcomes we experience in our lives.



Review the steps to Overcome Limiting Beliefs and have the participants talk about some of the new beliefs they want to hold. Have them choose one to two steps below to help them maintain the new beliefs they choose to hold.

## 5

### Steps to Overcome Limiting Beliefs

- **Examining the evidence:** Look for evidence that challenges your limiting beliefs and supports a more positive outlook.
- **Questioning assumptions:** Ask yourself whether your beliefs are based on fact or simply assumptions that you have made.
- **Re-framing beliefs:** Find ways to re-frame your beliefs in a more positive light, such as by focusing on your strengths and accomplishments.
- **Taking action:** Take small steps towards your goals, even if they are outside of your comfort zone, to build confidence and overcome self-doubt.
- **Create affirmations:** Repeat them regularly and with intention. You can say them out loud, write them down, or repeat them silently to yourself throughout the day.



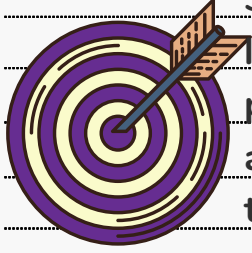
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# Reflection Questions

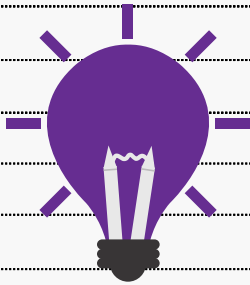
- 01 Who do you want to be?
- 02 What do you need to start doing to be that person?
- 03 What beliefs have been holding you back?
- 04 What are some new beliefs you need to have?
- 05 What can you do to reinforce these new beliefs?



Stories are a powerful tool for learning and growth, helping participants connect with information and ideas on a deeper level, reflect on their own experiences, develop empathy and understanding for others, and be inspired to take action.



The following story contains potentially distressing material that may bring up unexpected emotions.



Remember that everyone responds to trauma differently, and it's important to approach each situation with sensitivity and empathy. If someone is triggered, the first thing to do is to ensure their safety and comfort.

Here are some steps you can take:

- Remain calm and composed, a calm presence can help the person feel more secure and grounded.
- Ask the person what they need at the moment and offer support accordingly. This may involve providing a safe space, water, or tissues.
- Encourage the person to engage in self-care activities such as deep breathing, taking a break, or reaching out to a person they trust.
- If the person's symptoms persist or worsen, encourage them to seek professional help from a mental health provider.



# Purpose

From Tragedy to Purpose  
By Christina Gruber

We were all children at one point. I am sure in one way or another, we have all questioned our purpose. What is my value? What is my mission? What is God's purpose for me on this earth? Why was I brought here?

As a child, like many of us, we were influenced by the love or lack thereof of our parents. I grew up with a very religious mom whom I always trusted to guide me on the right path. For most of my life I was exposed to a life of religious context, but one faithful night I went from being a follower to a true believer. Angels are not simply mythical context spoken but rather, they do in fact actually exist not just for me, but for all.

How can something so beautiful become something so very tragic and terrifying? And if so, why? On October 1, 2017, on a night when the midnight sky was full of music, sounds, and celebration at the Route 91 Harvest Music Festival in Las Vegas, Nevada, how did that night become life-changing for those that did not survive and more life-changing for the families and those who attended who did leave with their lives?

In the ether of celebration of the final headliner, Jason Aldean, my heart was full of love for life and people, only to have it shattered by the small pops of what I believed then to be fireworks. Amongst the smoke, the chaos, the fear, the sounds, the blood, and screaming; I realized in slow motion we were no longer having the time of our lives. While my life changed, so did the lives of 22,000 other concertgoers who quickly transcended into the same nightmare; a living hell in which nobody knew whether any of us were getting out alive.

Sometimes things are not what they seem. Sometimes fireworks are in fact not fireworks. Sometimes faith is challenged and replaced with fear and doubt. In the lights that shined brightly yet dimly from the Mandalay Bay, I found truth and answers to all these questions. I questioned humanity. I questioned love. I questioned safety... something, that all of us from our younger years need. I had no defense; however, I did have a purpose. My children.

# Purpose

My only defense was simply to run. I ran not for my safety but for the safety of my children with a determination to see them again. At that moment, while they were miles away, they were for me still no longer safe, and the world as small as it was, I was not either. They say, that at times of great trauma, your pain and injuries are masked by adrenaline, purpose, and faith.

As I realized I could no longer run, there was a pop in my leg that felt like a flick but impacted me like a flood. How can a dime-sized wound in my leg become a cavernous opening in my heart as I watched it pour blood? What had I done? What had anyone done to deserve this? Was this it? Was my final destination in life finally reached?

No. You see, everything we know about fate and angels is only what we have read. That is until you meet one face to face. Behind an old church, I was aided, supported, and protected by random strangers. We will call them by their earthy names of strangers when in all actuality, they go by the name of angels. These selfless individuals (many injured themselves) transported and carried this unworthy stranger to the hospital for medical care.

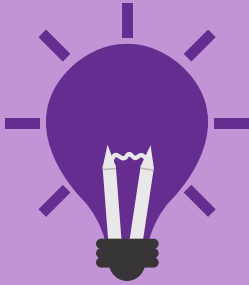
When the smoke subsided and the smells and screams no longer existed, the remnants of evil were represented in eighteen pieces of shrapnel in my legs. How can mere inches in a time like this matter? For me, it was the difference between life and death separated by a femoral artery. Over the days I realized I was blessed. Angels were real. God existed and, yes, in some ways I realized I had a purpose.

I now smile more, speak less, appreciate others more deeply, hold my children and family tighter, and yes know that gods plan for me on that night was not about tragedy but hope.

Fast forward to today, I am still healing emotionally. I don't know if I will ever be 100%. However, physically, I am back to where I was prior to that night, only stronger. I am back to running. I have completed three half Ironman triathlons as well as a full Ironman triathlon. I have a renewed love for life and a renewed faith in something more powerful than you or I. While I may never understand the evil that ignited this event, I will always understand the love and faith I gained from it.



Talking about God can be a sensitive and personal topic for many people. It is helpful to approach the conversation with respect and sensitivity. Talking about God can be a meaningful and enriching experience when done appropriately. Some things help these conversations, such as listening, sharing your personal experiences, using inclusive language, respecting boundaries, and being open to the views of the other.



The Christian perspective sections serve two purposes. The first is to reinforce the word for those that already believe in Jesus and follow his teachings. The second purpose is for those with a loss of faith. Some individuals feel abandoned or punished by God. This can lead to a loss of meaning and purpose for living the word. This section provides a safe space with a soft reintroduction back to God.

## Christian Perspective on Growth

The meaning of this verse is that how we handle small things in life reflects our character and can be an indicator of how we will handle larger things in the future. If we prove ourselves to be trustworthy and responsible with small tasks and responsibilities, we are more likely to be trusted with greater ones. On the other hand, if we are dishonest or irresponsible with small things, we will not be trusted with bigger responsibilities.

This verse teaches us the importance of integrity and responsibility in our daily lives. It reminds us that the way we handle even the smallest tasks and responsibilities can have a significant impact on our lives and that we should strive to be faithful with all that we have been given. This is how we grow and expand by making sure we are taking care of the little things, because those then take care of the bigger things.

Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much.”

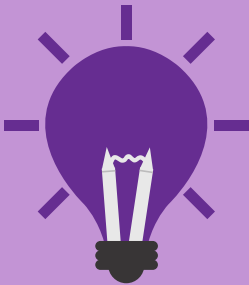
-Luke 16:10



The plan of action is designed to have participants start with a few small steps. These small steps can definitely help people change. In fact, it's often the best way to make lasting change because it allows people to build momentum and create positive habits over time.



When people try to make big changes simultaneously, they often feel overwhelmed and give up quickly. However, they can gain confidence and gradually progress when they start with small steps. These small steps help with motivation to continue making positive changes.



This is a great place to have participants choose small things they can commit to during the week. They can Practice new behaviors while decreasing old ones that do not have the results they want.

# Plan of Action

What are their biggest takeaways about change?

- What are the things they can stop doing?
- What are the things they can do less of?
- What are the things they can keep doing?
- What are the things they can do more of?
- What are some things they can start doing?

# NEXT STEPS

Where to go from here

## Next Steps

These 8 modules were full of insights, lessons, and strategies, it is now time to take everything they have learned and put it into action.



Ninety-day goals are a specific type of goal-setting framework where individuals set specific, measurable goals to achieve within a 90-day period. The significance of 90-day goals lies in their ability to provide a structured and manageable approach to achieving longer-term goals, while also promoting focus, accountability, and progress tracking.



Have the participants walk through each step and fill it out. When they are done with their plan have them share it with the group. They can ask for feedback and answer some questions the group may have to help them make their plans even stronger.

## Where to Start

Setting 90-day goals can be an effective way to stay focused and motivated, as well as track progress towards achieving longer-term goals. Here are some steps you can take to set and achieve 90-day goals:

- **Define your goal:** Identify a specific and measurable goal that you want to achieve within the next 90 days. Your goal should be challenging yet realistic, and aligned with your overall vision and values.
- **Break it down:** Break your goal down into smaller, actionable steps that you can take on a daily or weekly basis. This will help make your goal more manageable and keep you on track.
- **Create a plan:** Develop a plan for how you will achieve your goal, including specific tasks, deadlines, and resources you will need. Write down your plan and refer to it regularly to stay on track.
- **Stay accountable:** Share your goal with someone else or find an accountability partner who can help keep you motivated and on track.
- **Measure your progress:** Regularly track your progress towards your goal, and adjust your plan as needed to stay on track.
- **Celebrate your success:** Once you've achieved your 90-day goal, take time to celebrate your success and reflect on what you've learned. Use this experience to help set and achieve new goals in the future.



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Have them rewrite their goals and plans on the following sheet so they can refer back to it daily. Encourage them to read this sheet twice a day, once in the morning and once at night.

## 90 DAYS

What do I want to accomplish in the next 90 days (BIG PICTURE)?

Goal 1:  
Why:

3 Action steps to achieve goal

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Goal 2:  
Why:

3 Action steps to achieve goal

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Ninety-day goals are a specific type of goal-setting framework where individuals set specific, measurable goals to achieve within a 90-day period. The significance of 90-day goals lies in their ability to provide a structured and manageable approach to achieving longer-term goals, while also promoting focus, accountability, and progress tracking.



The secret to accomplishing goals is to have your daily tasks be actual things that lead to the outcome of your goals. Have the participants break down their daily action steps and share them with the group.

## 90 DAYS

Fill in the actions and tasks needed during the week to accomplish your goals.

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday





The journey to success after survival requires a combination of perseverance, self-reflection, and a commitment to personal growth. By focusing on your goals, seeking support when needed, and taking care of yourself, you can find the strength and resilience to overcome challenges and achieve success.

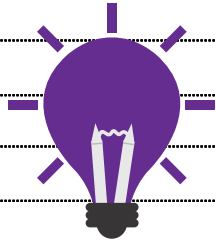


Review some of the ways to build and sustain motivation on your journey. Have the participants break down each step and place some actions they can do to accomplish the step. Explain to them these steps are here when they start to struggle they can immediately pull out this page and do some of the actions to get them back on track.

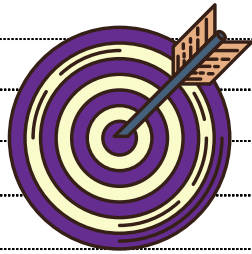
## Final Thoughts

Ultimately, your journey to success after survival requires a combination of perseverance, self-reflection, and a commitment to personal growth. By focusing on your goals, seeking support when needed, and taking care of yourself, you can find the strength and resilience to overcome challenges and achieve success. Here are some ways to build and sustain motivation on your journey:

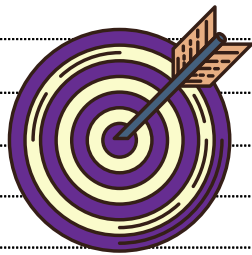
- **Identify your values and goals:** Understanding what is most important to you, and what you want to achieve, can help you focus your energy and effort in a meaningful way.
- **Set achievable and realistic milestones:** Breaking down your journey into smaller, manageable steps can help you track your progress and stay motivated.
- **Surround yourself with supportive people:** Having a network of people who believe in you, offer encouragement, and are there to offer help and advice can be incredibly empowering.
- **Celebrate your successes:** No matter how small they may seem, recognizing and celebrating your achievements can help boost your confidence and motivation.
- **Seek out resources and support:** Whether it's counseling, therapy, or other forms of support, it's important to find resources that can help you navigate the challenges of your journey.
- **Reframe setbacks and failures as opportunities for growth:** Instead of viewing setbacks as a reason to give up, try to see them as opportunities to learn and grow.
- **Practice self-care and self-compassion:** Taking care of yourself physically, mentally, and emotionally is essential for maintaining your motivation and resilience.
- **Keep a growth mindset:** Embracing a positive, growth-oriented mindset can help you overcome obstacles and stay motivated, even in the face of adversity.



The well-being survey is a self-evaluation that allows participants to examine themselves, monitor their abilities, and evaluate strengths and weaknesses.



This will put them mainly in charge of their own development during the program. It is now time for the participants to take this survey again and compare the results to see how much they have grown.



After the participants complete their well-being survey have them compare the scores from the first time they took it before the program started. Have them talk about the changes they have seen in themselves and set some goals for where they want to go on their well-being journey.

The survey is the same one at the beginning of the modules. The participants all have the second one in their workbooks.

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## Resources

### RESOURCES FOR VICTIMS AND SURVIVORS OF DOMESTIC VIOLENCE NATIONAL CRISIS ORGANIZATIONS AND ASSISTANCE:

**National Resource Center on Domestic Violence**  
1-800-537-2238  
[www.nrcdv.org](http://www.nrcdv.org) and [www.vawnet.org](http://www.vawnet.org)

**Futures Without Violence: The National Health Resource Center on Domestic Violence**  
1-888-792-2873  
[www.futureswithoutviolence.org](http://www.futureswithoutviolence.org)

**National Center on Domestic Violence, Trauma & Mental Health**  
1-312-726-7020 ext. 2011  
[www.nationalcenterdvtraumamh.org](http://www.nationalcenterdvtraumamh.org)

**National Runaway Safeline**  
1-800-RUNAWAY or 1-800-786-2929  
[www.1800runaway.org](http://www.1800runaway.org)

**National Deaf Domestic Violence Hotline (NDDVH)**  
Website: <https://www.thedeafhotline.org/>  
Hotline: 855-812-1001 (Voice/VP)  
Email: [hotline@adwas.org](mailto:hotline@adwas.org)

**Abused Deaf Women's Advocacy Services (ADWAS)**  
Website: <https://www.adwas.org/>  
Email: [adwas@adwas.org](mailto:adwas@adwas.org)  
Office: 206-922-7088 (Voice/VP)

#### MEN

**National Organization for Men Against Sexism (NOMAS)**  
1-720-466-3882  
[www.nomas.org](http://www.nomas.org)

#### TEENS

**Love is respect**  
Hotline: 1-866-331-9474  
[www.loveisrespect.org](http://www.loveisrespect.org)

**Break the Cycle**  
202-824-0707  
[www.breakthecycle.org](http://www.breakthecycle.org)

**The National Domestic Violence Hotline**  
1-800-799-7233 (SAFE)  
[www.ndvh.org](http://www.ndvh.org)

**National Dating Abuse Helpline**  
1-866-331-9474  
[www.loveisrespect.org](http://www.loveisrespect.org)

**National Child Abuse Hotline/Childhelp**  
1-800-4-A-CHILD (1-800-422-4453)  
[www.childhelp.org](http://www.childhelp.org)

**National Sexual Assault Hotline**  
1-800-656-4673 (HOPE)  
[www.rainn.org](http://www.rainn.org)

**National Suicide Prevention Lifeline**  
1-800-273-8255 (TALK)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**National Center for Victims of Crime**  
1-202-467-8700  
[www.victimsofcrime.org](http://www.victimsofcrime.org)

**National Human Trafficking Resource Center/Polaris Project**  
Call: 1-888-373-7888 | Text: HELP to BeFree (233733)  
[www.polarisproject.org](http://www.polarisproject.org)

**National Network for Immigrant and Refugee Rights**  
1-510-465-1984  
[www.nnirr.org](http://www.nnirr.org)

**National Coalition for the Homeless**  
1-202-737-6444  
[www.nationalhomeless.org](http://www.nationalhomeless.org)

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**V****ICES**