

A Healing Life: Self-Care for Trauma Survivors

Traversing Life's Tougher Terrains
By Kerry McElwee, Life Mastery Consultant



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The Intention

- Introduce 4 Stages of Quantum Life
 - Face your Boogieman.
 - Decide for your new reality.
 - Implement new thinking strategies.
 - Visioning your future.
- Greater clarity on this tool set
- Feel even more confident in your ability

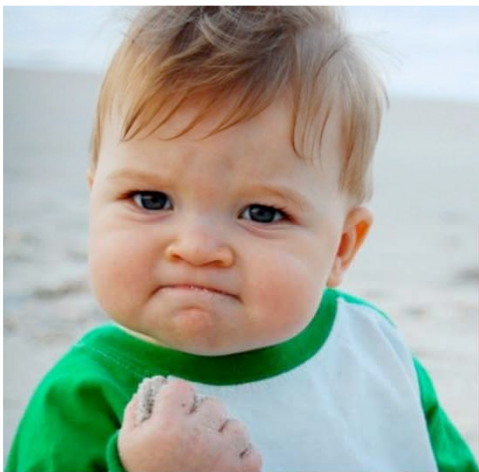


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You are continually growing with every moment!

Step 1: Face Your Boogieman



My Story



MARY MORRISSEY
LIFE MASTERY INSTITUTE
The Premier Training Center for Transformational Coaching

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You feel isolated, alone, no one understands!



I See You! You are my priority!



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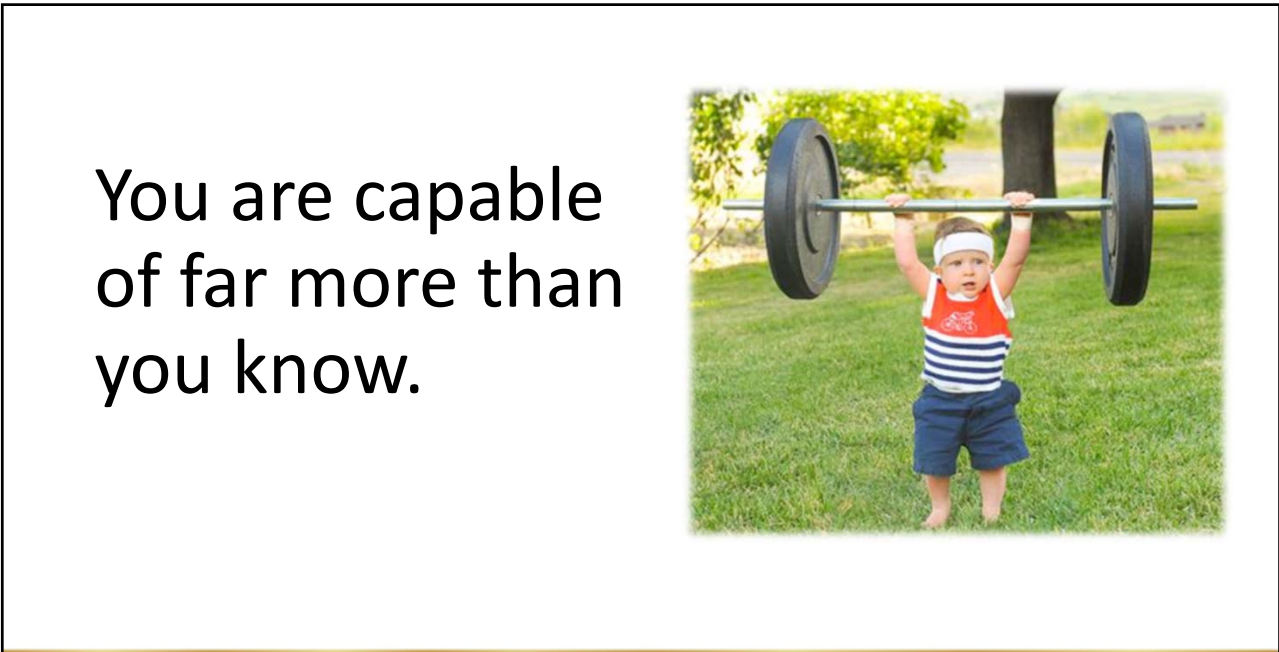


- Explain as an observer.
- List the players.
- Why is this event significant?
- What have you learned about yourself?

Your Situation




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You are capable of far more than you know.

Numbers Exercise


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Long View - Ghandi


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Stage 2: Deciding your New Reality

- Make the Decision for change.
- Take the steps you can take today.
- Believe that change will happen.

Tuning Your Attention

The Experiment



The Experiment

“I have learned this, at least, by my experiment. That if one advances confidently in the direction of their dream, endeavoring to live the life they are imagining, one passes an invisible boundary...”

The Experiment

...all sorts of things begin to occur that never otherwise would have occurred. One begins to meet with a success unexpected in common hours.

The Experiment

New more Universal, more liberal Laws begin to establish themselves around this person, or the old Laws are rearranged in one's favor, nevertheless, one begins to live with the license of a higher order of being."

Stage 3: Implement New Thinking

- “What would I LOVE?”
- Put the HOW on hold.
- Notice your thoughts and challenge them.

“Think and Grow Rich”

- Napoleon Hill and Andrew Carnegie
- Decide quickly
- Challenge your labels

Affirmations

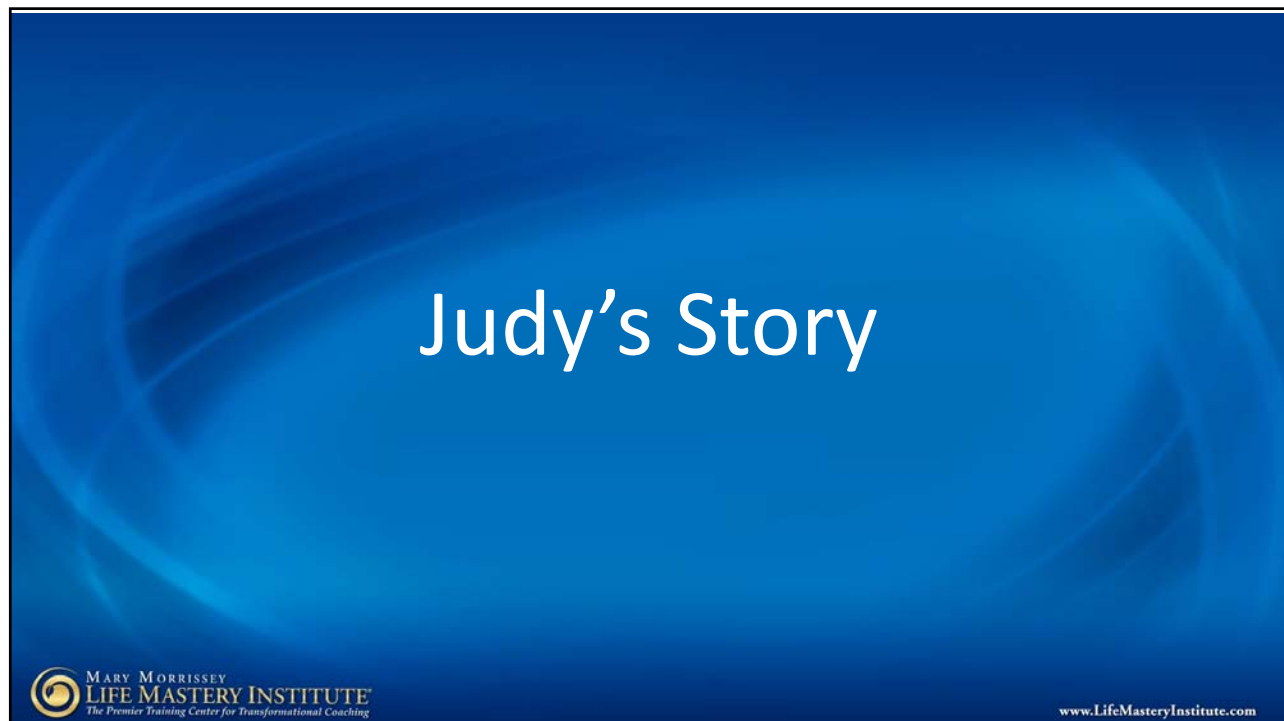
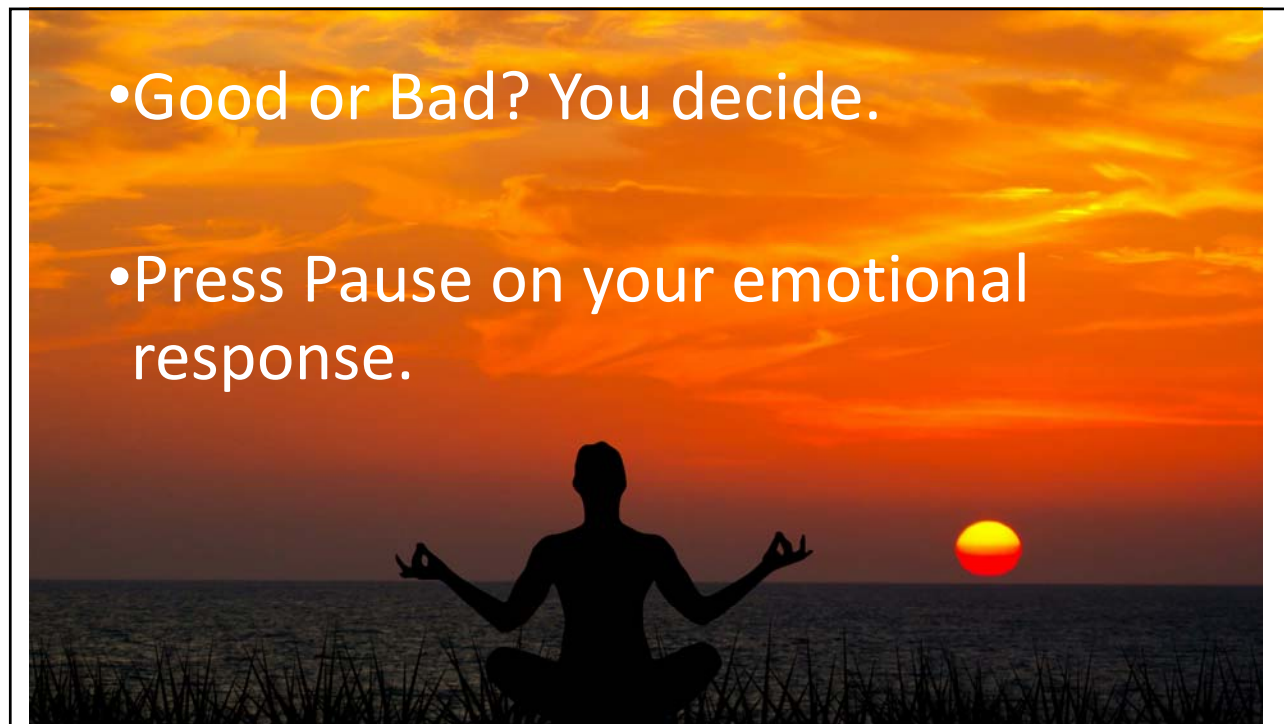
Label: Mother

Affirmation: I am the best mother I know how to be and the best mother my son could have.

Notice what you Focus on

Focus on what you want.

Thoughts become your reality.



Step 4: Visioning your future

Imagine 3 years from now

Ask: What would I LOVE?

Detailed Description of Daily Life

Are You Ready to Take the Leap?





Visioning your Future



Dream Activation Process

- Does it bring me life?
- Is there good in it for more than just me?
- Does it align with my core values?
- Will it cause me to grow?
- Do I need help from a higher power?

TRUE

- Think: think new empowering thoughts about your circumstance.
- Release: your old ways of thinking, being and acting.
- Use: your co-creative capacity to create a life you love.
- Expect: the changes you are making will work for you.

Quantum Life Healing Life Stages

- Face your Boogieman
- Deciding your New Reality
- Implementing New Thinking
- Visioning your Future



My FREE GIFT to You



Kerry McElwee, ksmcelwee@yahoo.com subject "Calibration"



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WHATEVER YOU CAN DO,
OR DREAM YOU CAN, BEGIN IT.
— BOLDNESS HAS GENIUS, —
POWER AND MAGIC IN IT.

—Johann Wolfgang von Goethe