

START YOUR HEALING JOURNEY

THE 5 MUST HAVES FOR YOUR HEALING JOURNEY



Before you embark on your healing journey, it's important to prepare. Just like a road trip, there are certain things you need to have in place to ensure a smooth and successful journey.

This checklist is designed to aid you in readying your inner self for the journey ahead. When finished, you should have what you need to 'hit the road'.

Self-reflection is a crucial part of the Betrayed No More Healing Process. Clarity enables us to assess our current situation and determine what we need to add to our toolkit to ensure a successful journey.

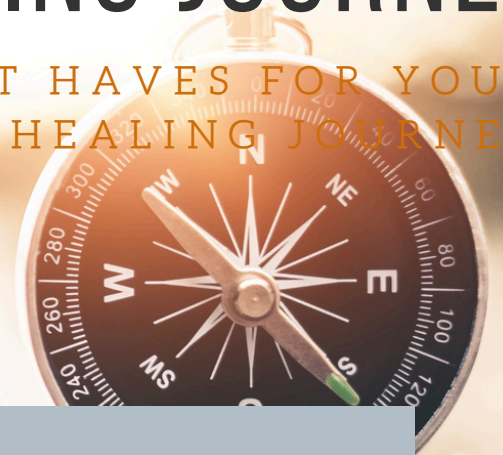
So, let's start at the beginning with this checklist. Take the time to reflect on each question and gain insight into your current state. Use this awareness to take action and pave the way for a smooth healing path.

You have been through it, haven't you? But now is the time to heal and reclaim your life. It is time to start your transformation from pain to peace, from anguish to power and from uncertainty to confidence.

The first step towards your transformation begins now!

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Instructions:

Go through each section and answers the questions.

Spend time with the question before answering. Turn within for the answers, meaning, lean more on the heart to answer the questions than the mind because your greatest truth lies within your heart.

MUST HAVE #1



TURN ON YOUR NAVIGATION

Know your destination.

Before beginning a healing process, you need to develop clarity about your goals and desires. You must be willing to **set aside emotion** and focus on what you want and need now. **Once you know your destination, you can develop a roadmap** to get there.

WHERE DO YOU WANT TO GO

Answer the questions below to help you find clarity and purpose for your healing journey.

QUESTIONS

1. What do you hope to achieve through healing?
2. What does being healed look like for you?
3. List three specific goals you have for healing.

"HEALING IS A JOURNEY, BUT
IT'S EASIER TO NAVIGATE WHEN
YOU HAVE A CLEAR
DESTINATION".

-Rebecca Le Vine



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MUST HAVE #2



GET A TUNE-UP

Is everything in working order?

It is important to be clear on where we are before we start on a healing journey. We need to know if something isn't working right or needs repair so you can **take care of it now rather than it becoming an obstacle later.**

REJUVENATE & REPLENISH

Answer the questions below to help you identify if there are opportunities for self-care before you 'hit the road'.

QUESTIONS

1. Do I have any physical ailments that require attention and what action can I take for healing of the body?
2. Am I in the right mindset to begin a healing journey now? Do I need to wait?
3. List three things I can do to rejuvenate my spirit this week.

"A HEALING JOURNEY IS MORE EFFECTIVE WHEN MIND, BODY, AND SPIRIT ARE IN HARMONY".

-Rebecca Le Vine



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MUST HAVE #3



PACK YOUR TOOL-KIT

Healing is a process so it is a good idea to have a **ready-now set of tools** you can use if needed. Think about it as a collection of practices and resources that can **help you** with **everything from emotions to resilience.**

WHAT'S IN YOUR TOOL-KIT?

Answer the questions below to help identify what tools you have and what tools you need.

QUESTIONS

1. What tools do I have today to help with stress and anxiety?
2. How can I improve and/or grow my support system?
3. What tools can I add to my tool-kit? (See below)

TOOLS YOU CAN USE TODAY

- JOURNALING
- TAKE A WALK IN NATURE
- CALL A SUPPORTIVE FRIEND
- GET SUPPORT FROM A THERAPIST OR A COACH
- MEDITATE
- DO A CRAFT PROJECT
- LISTEN TO RELAXATION MUSIC



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MUST HAVE #4



KNOW THE ROAD

Before you begin your healing journey, let's do a quick check-in to make sure there are **no obstacles in the way**. If we find any, we **can clear them away** before they become a problem.

IS YOUR ROAD CLEAR?

Answer the questions below to identify any obstacles that may be a hinderance to your healing journey?

QUESTIONS

1. Am I willing to do what it takes to heal my
heartache?*
2. Do I believe that I can heal completely?**
3. Do I deserve to be healed from this
heartache?***

*To find your willingness level, ask yourself, on a scale of 1-10 - how willing am I to heal my heartbreak? Think of 10 being 'I was ready yesterday' and 1 being 'Not even close'. Where are you on the scale? Anything 7 and above, you are ready to hit the road. 7 and below, you might need to give yourself more time before you start.

**Go deep and see what you really believe about your ability to heal. There might be some hidden reservations that you need to work through. At DHO, we believe everything can be healed. Do you agree?

***So often after a betrayal, we can find ourselves in shame and blame, feeling as if we deserve the pain we are experiencing. This certainly can impede one's healing journey. If you find yourself there, know that what you truly deserve is love. You deserve to be in peace and joy. You deserve all the beauty and wonders of this life.



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MUST HAVE #5



TAKE YOUR TIME

A slow and steady journey will get you to your destination. **No need to rush.** As long as you are moving from point to point, you are **growing, evolving and expanding**. If you rush, you could blow past a really important part of the journey and miss it. **Enjoy the evolution.**

GET THERE IN DIVINE TIME

Here are some tips for creating patience on the healing journey.

QUESTIONS

1. Anchor in the thought that you will complete your healing journey at the exact right time.
2. Allow yourself the time to learn all of the lessons you need to learn so you don't have to repeat them.
3. Celebrate every step you take because each step is a gift you give to yourself.

"YOUR HEALING WILL UNFOLD IN ITS OWN PERFECT TIMING".

-Rebecca Le Vine



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FIANAL THOUGHTS



RECLAIM

At Directional Healing Online, we believe that **everything can be healed**. Now that you have created the **insight and awareness** of what you want to achieve on a healing journey, its **time to 'hit the road'**.

Here are a few steps you can take now to begin the process.

WHAT YOU CAN DO TODAY

1. Keep asking these questions to continue to evolve your internal understanding of your experience.
2. Focus on your belief system: Be steadfast in the belief that you can and will heal this heartbreak.
3. Create momentum by creating a daily bite-sized action step you can take to bring more peace into your life now!