

Roadmap to Recovery

Your Step-by-Step Healing Journey

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| 1 | Acceptance
I open the door to healing. | ☐ |
| 2 | Controlling My Thoughts
I choose empowering thoughts. | ☐ |
| 3 | Embracing My Emotions
I allow myself to feel fully. | ☐ |
| 4 | Healthy Coping
I practice strategies that support healing. | ☐ |
| 5 | Breaking the Attachment
I release what no longer serves me. | ☐ |
| 6 | Preparing to Move On
I strengthen my independence. | ☐ |
| 7 | Getting Back Out There
I re-enter life with confidence. | ☐ |
| 8 | Increasing My Value
I invest in my growth and self-worth. | ☐ |
| 9 | Becoming Magnetic
I embody confidence and attract aligned love. | ☐ |
| 10 | Living Resiliently
I thrive in all areas of my life. | ☐ |

My Resilient Heart Statement:

This journey is yours — and every step forward is proof of your resilience.