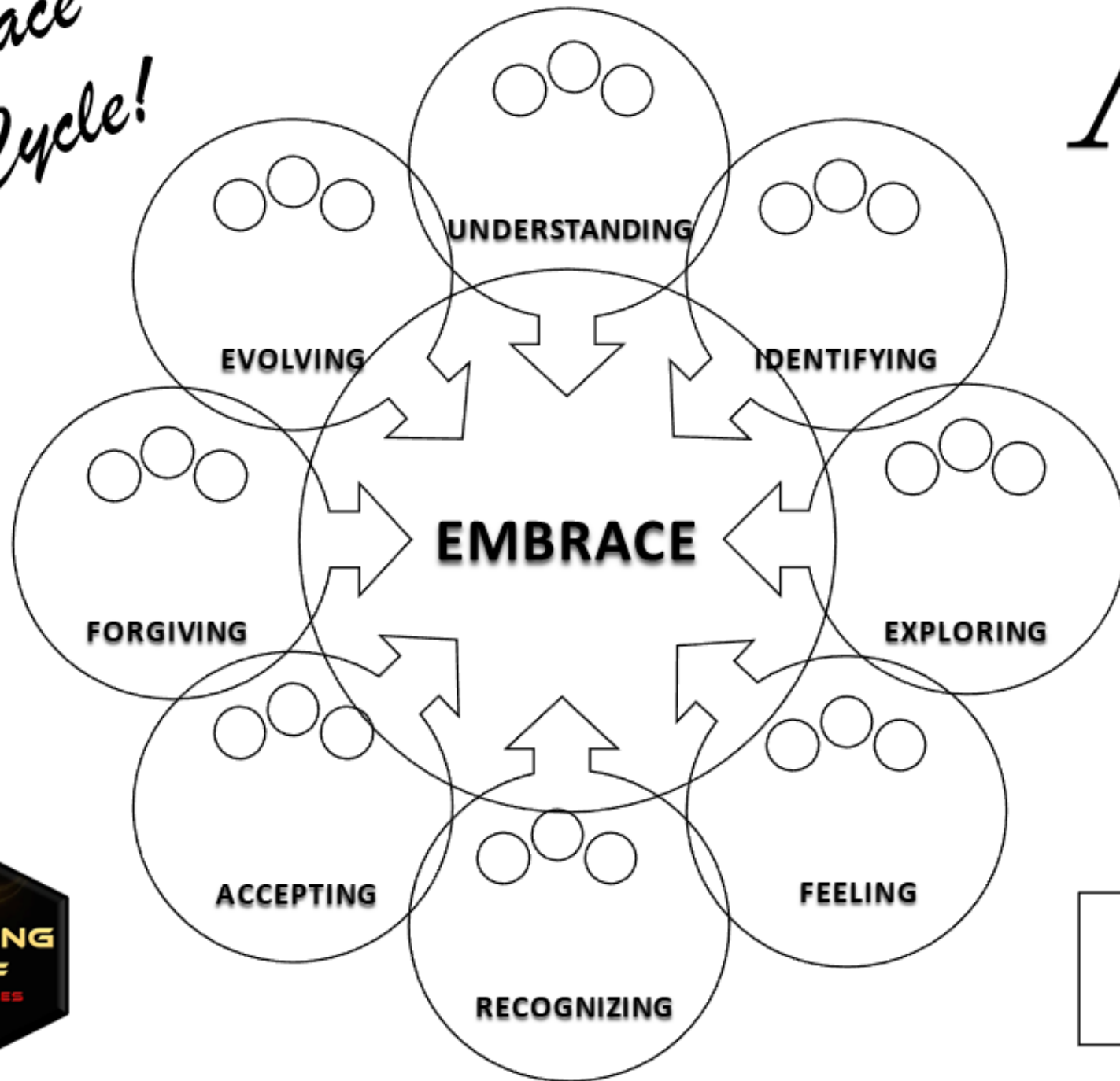


The Path to Discovery, Understanding & Healing

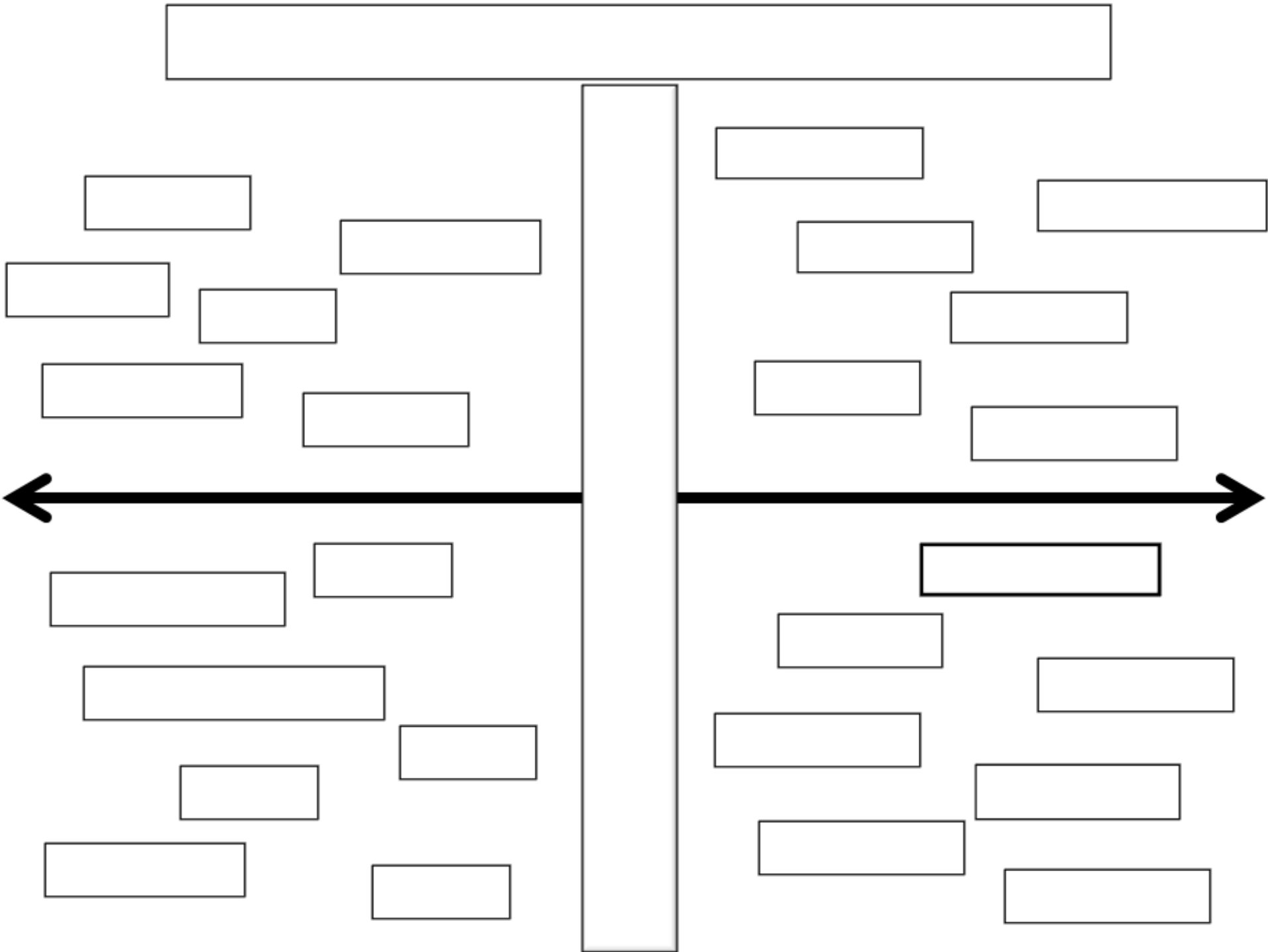
	1	UNDERSTAND	You're Normal	
	2	IDENTIFY	Your Grief	
	3	EXPLORE	Your Emotions	
	4	FEEL	Your Pain	
	5	RECOGNIZE	The Impact	
	6	ACCEPT	Your Loss	
	7	FORGIVE	Self & Others	
	8	EVOLVE	Into Life	

*Embrace
The Cycle!*



TOTAL





Establish My Path....

Today
Total

My Goal
in 1 Year

Acceptance

1 I Believe that Life is Fair	2 I Have No Regrets	3 I Have Let Go	4 I Embrace What Is (No Suffering)
○	○	○	○

Forgiveness

5 I Have Forgiven Myself	6 I am Grateful for All That I Had	7 I Consistently Feel Joyful	8 I Fully Participate In Life
○	○	○	○

Gratitude

9 I Have Energy	10 I Can Provide Support to Others	11 I Have a Sense of Purpose	12 I Have Safety & Security
○	○	○	○

Confidence

13 I Am Optimistic	14 I Believe in Myself	15 I Am Open to Experiencing a Full Life	16 I Feel In Control
○	○	○	○

Contentment

17 I Feel Valued	18 I Feel Heard	19 I Feel Connected	20 My Life is Rewarding
○	○	○	○

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