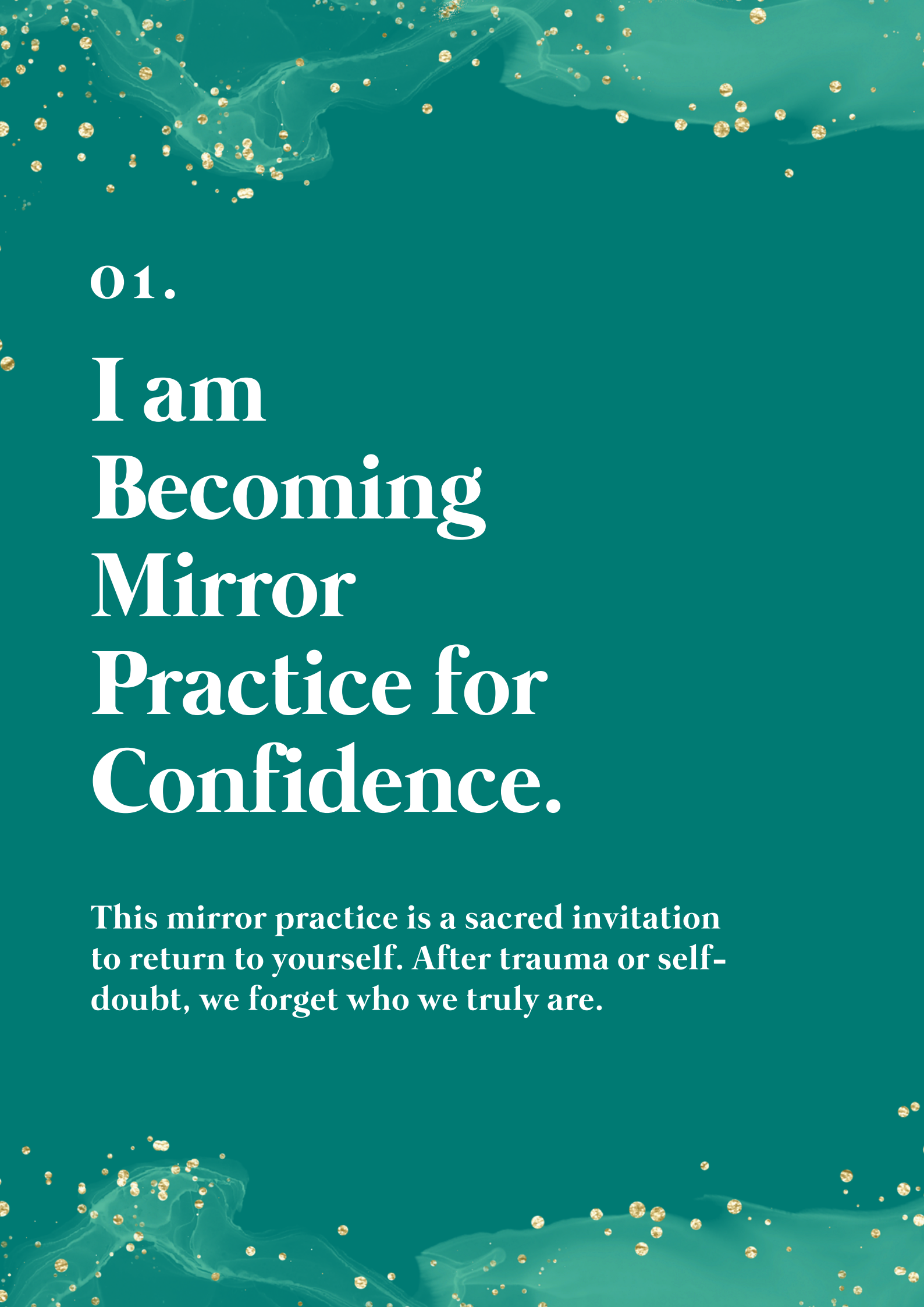




Unstoppable Self Healing Series Resilience

Starter Kit



01.

I am Becoming Mirror Practice for Confidence.

This mirror practice is a sacred invitation to return to yourself. After trauma or self-doubt, we forget who we truly are.



Step 01.

Stand Before the Mirror

**Look gently into your own eyes. No
judgment. Just presence.**





Step 02.

Place Your Hand on Your Heart



Breathe deeply. Say aloud:

**'I am safe. I am healing. I
am becoming.'**

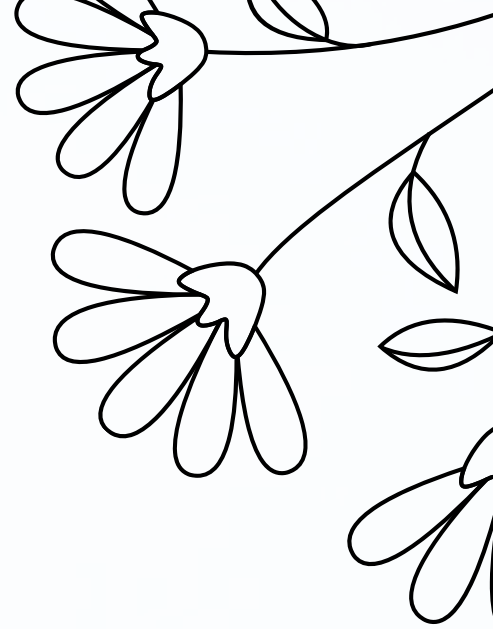
Step 03.

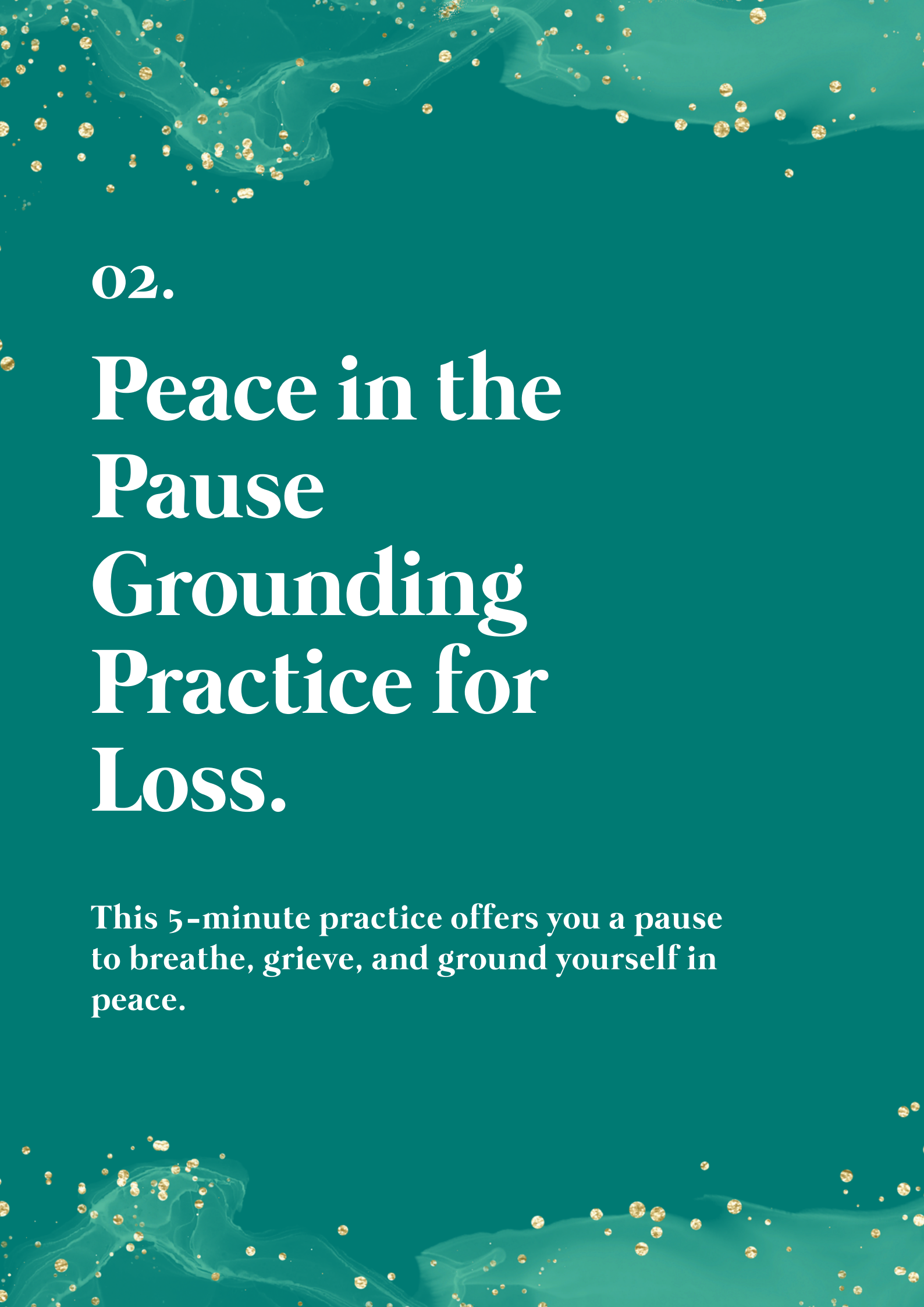
Speak 3 'I AM' Statements

'I AM worthy.'

'I AM resilient.'

'I AM whole.'





02.

Peace in the Pause Grounding Practice for Loss.

This 5-minute practice offers you a pause to breathe, grieve, and ground yourself in peace.



Step 01.

Find Your Sacred Space

**Sit peacefully, light a candle if you
wish.**

Step 02.

Breath of Presence

Hand on heart + belly. Inhale and exhale slowly. Whisper:

'I AM here.'

'I AM safe.'

'I AM loved.'



Step 03.

Peace Affirmations

**Even here,
I choose peace.
Grief is love with
nowhere to go.**



Step 04.

Gentle Gratitude

**Name one thing you're
grateful for.**

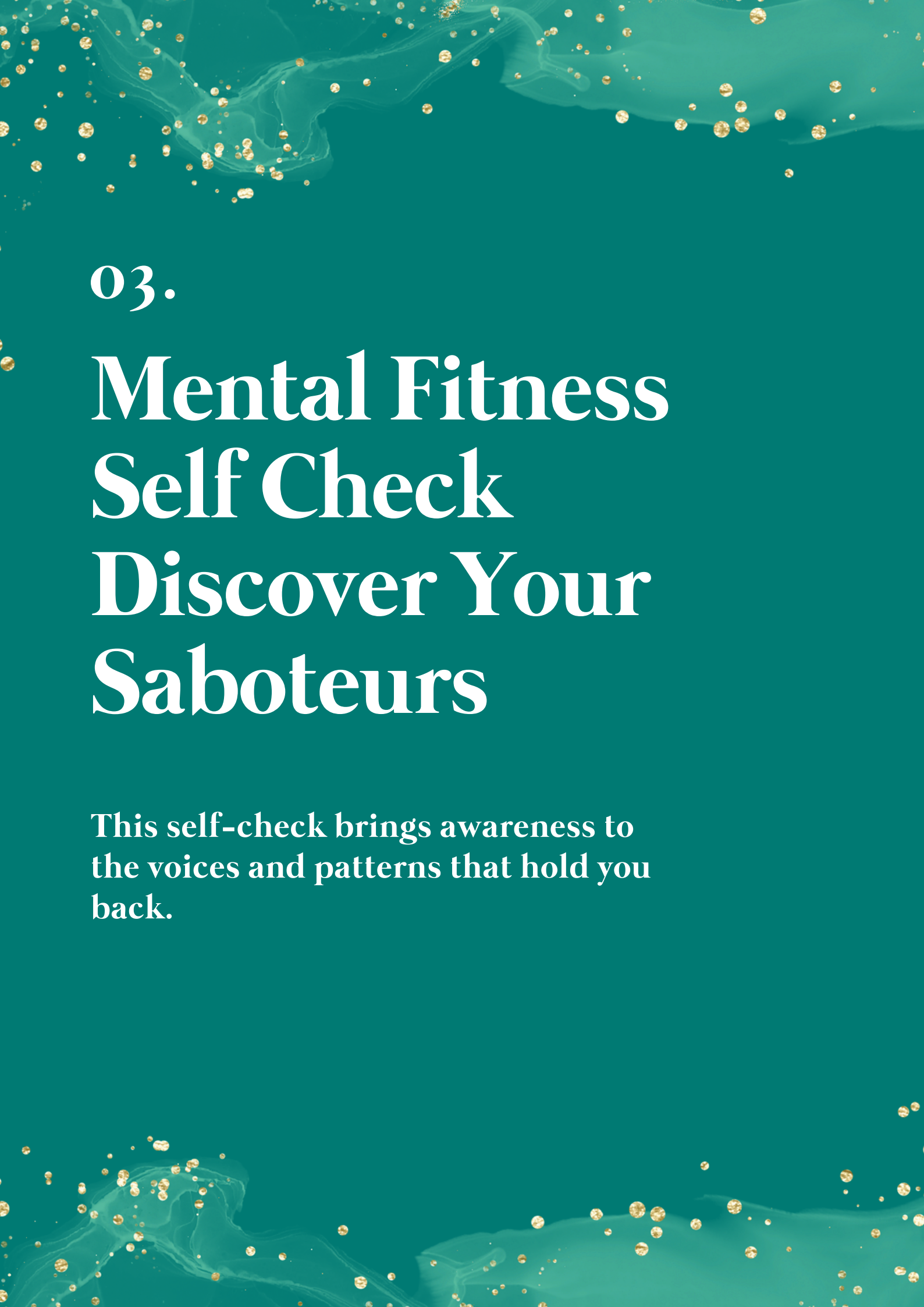


Step 05.

Closing Blessing

**Peace lives in me, even in
the midst of pain**





03.

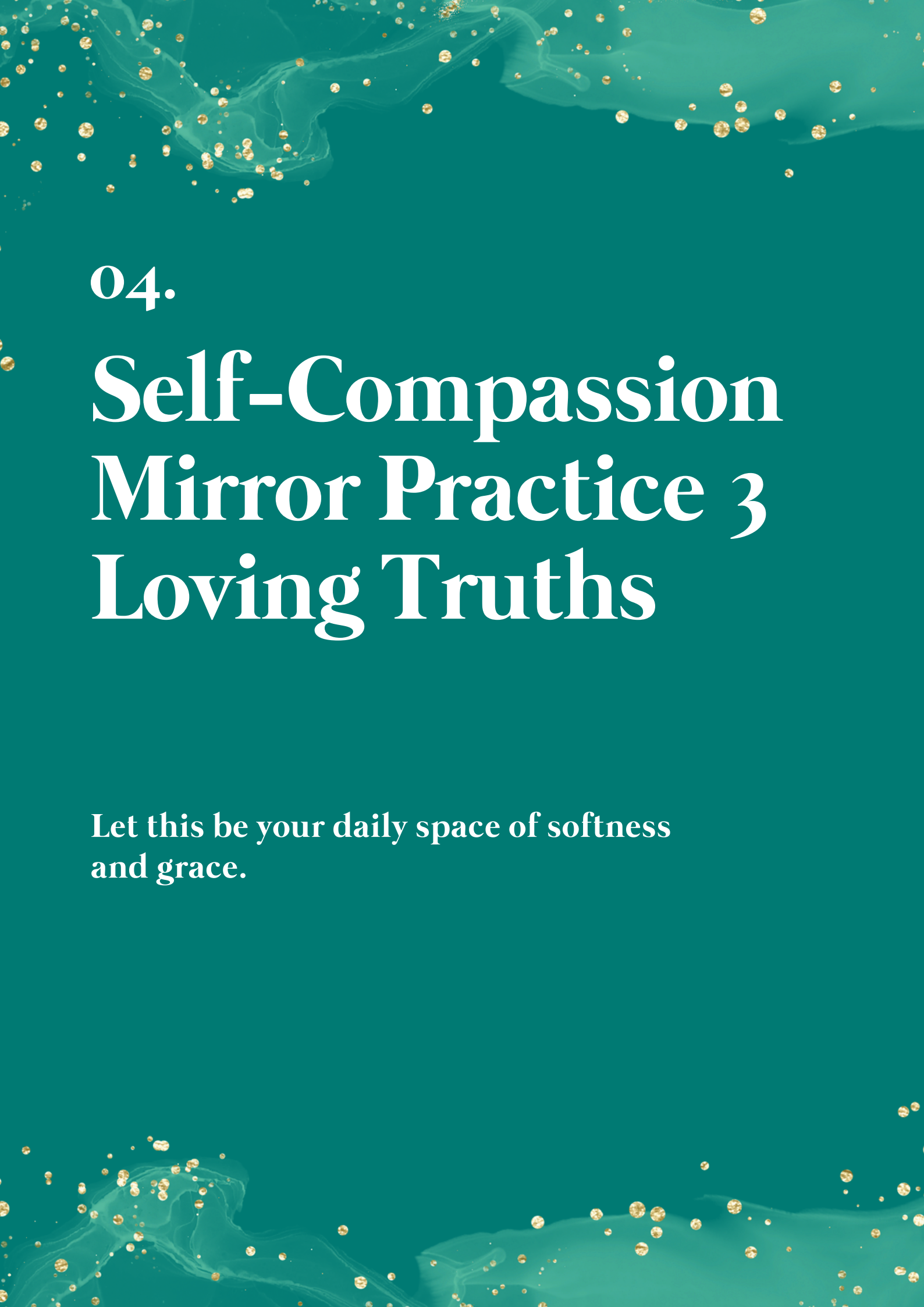
Mental Fitness Self Check Discover Your Saboteurs

This self-check brings awareness to the voices and patterns that hold you back.

Ask Your Self

- Do I feel like I'm not good enough?
- Do I overthink or second-guess myself?
- Do I carry guilt or self-blame?
- Do I avoid conflict or say yes to please others?
- Do I find it hard to rest without guilt?

If you answered 'yes' to 3 or more, your Saboteurs may be running the show. But awareness is the first step to healing.



04.

Self-Compassion Mirror Practice 3 Loving Truths

Let this be your daily space of softness
and grace.

The background of the entire page is a light mint green. It is decorated with abstract, flowing watercolor-style washes of a slightly darker teal color, primarily located at the top and bottom edges. Scattered throughout these teal areas and across the white background are numerous small, circular gold glitter particles of varying sizes.

Step 01.

Stand in Front of a Mirror

‘Breathe.’

‘Release.’

‘Judgment.’

Step 02.

Speak These Truths

I am enough just as I am.

I am healing in my own time.

I am learning to love myself deeply.

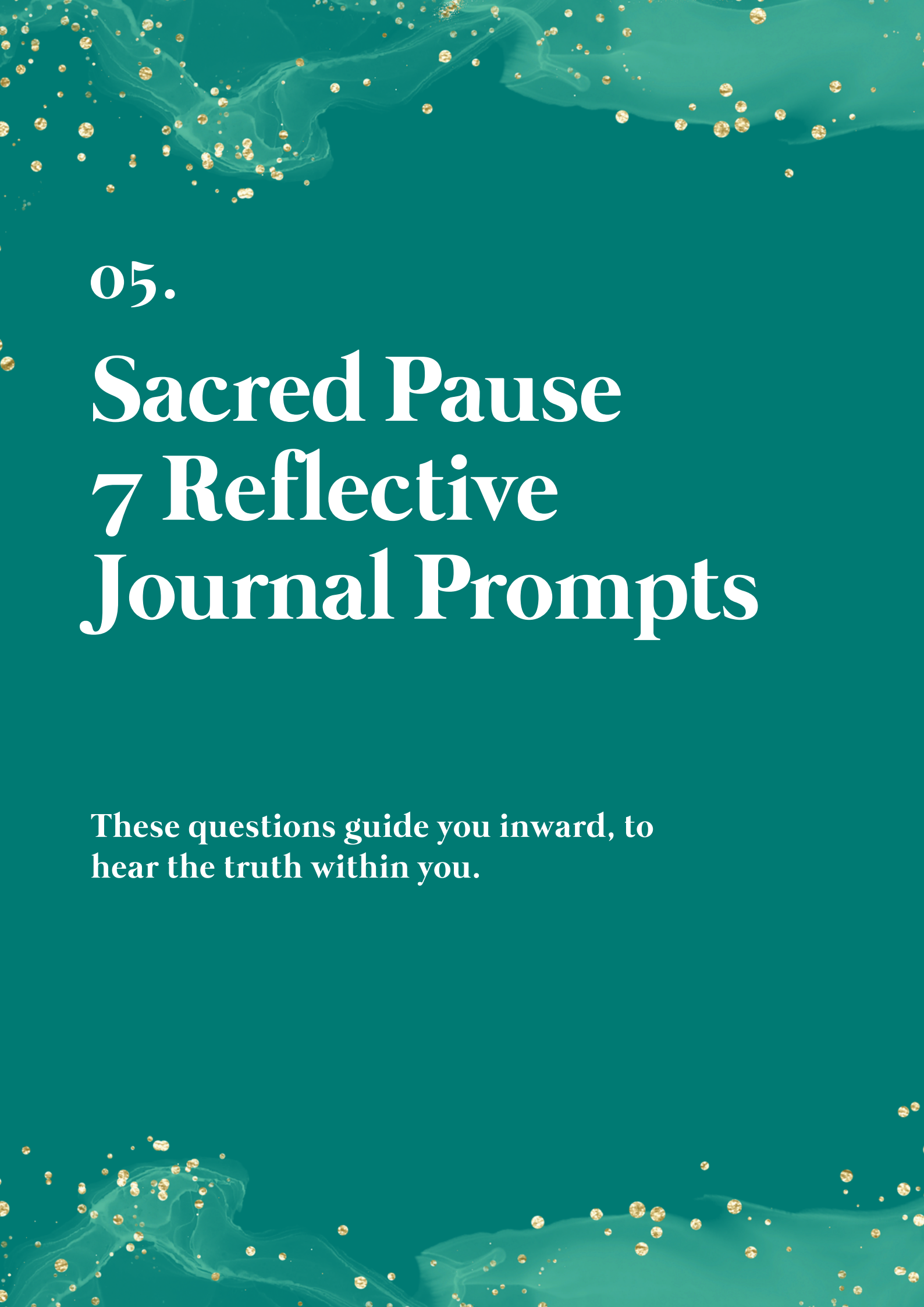


The background of the entire slide is a teal marbled pattern with gold glitter. The marbling is fluid and organic, with various shades of teal and light green. Gold glitter is scattered throughout, appearing as small, shimmering dots and streaks. The text is centered and reads:

Step 03.

Smile, hand on heart

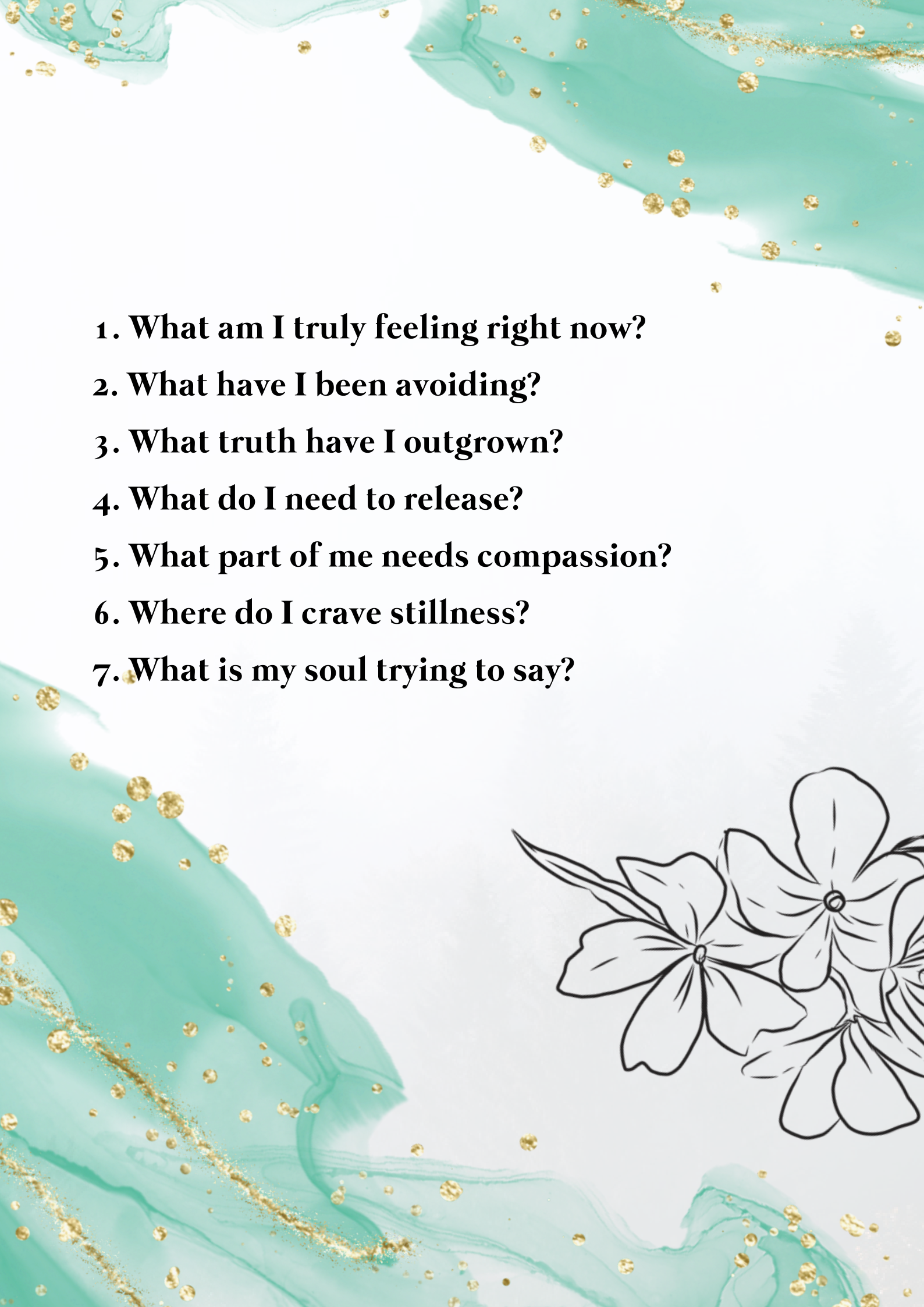
**Whisper: 'Thank you for
showing up today**

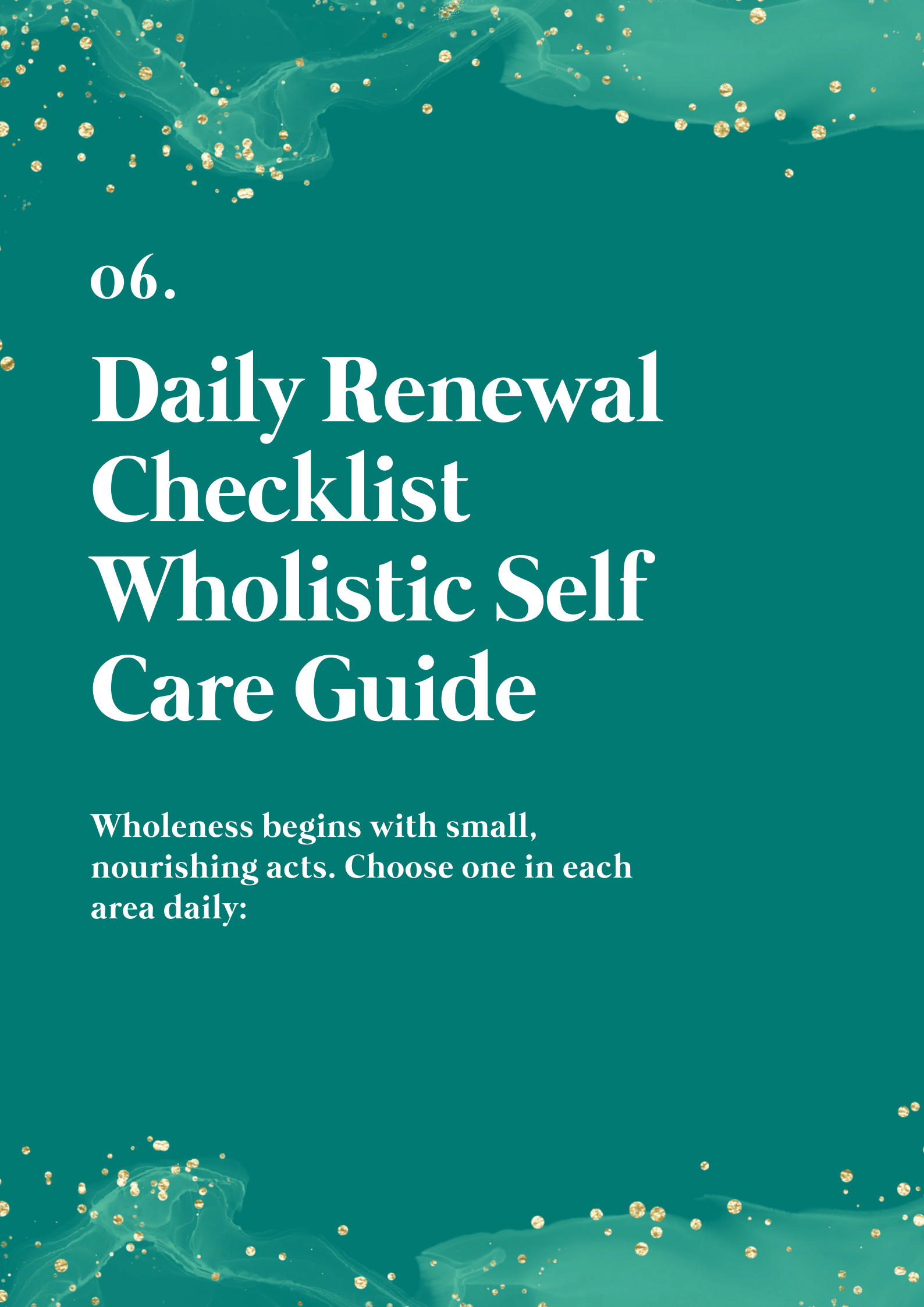


05.

Sacred Pause 7 Reflective Journal Prompts

These questions guide you inward, to
hear the truth within you.

- 
- The background of the page is a light teal watercolor wash with scattered gold glitter. In the bottom right corner, there is a black line drawing of three flowers with five petals each and long, thin leaves.
- 1. What am I truly feeling right now?**
 - 2. What have I been avoiding?**
 - 3. What truth have I outgrown?**
 - 4. What do I need to release?**
 - 5. What part of me needs compassion?**
 - 6. Where do I crave stillness?**
 - 7. What is my soul trying to say?**



06.

Daily Renewal Checklist Wholistic Self Care Guide

Wholeness begins with small,
nourishing acts. Choose one in each
area daily:

01: Mind

- ☐ I spoke kindly to myself
- ☐ I protected my peace

02: Body

- ☐ I moved gently
- ☐ I drank water + ate well
- ☐ I rested without guilt

03: Spirit

- ☐ I prayed or meditated
- ☐ I embraced stillness

04: Soul

- ☐ I smiled or laughed
- ☐ I enjoyed beauty or creativity
- ☐ I connected with someone I love

