

WEEK 2

Trauma to Triumph

With
Christa Janine

WWW.TRAUMATOTRIUMPHCO.COM

Week 2:

TO DO LIST

- ☒ **SETUP YOUR WEEK AHEAD IN YOUR PLANNER**
- ☒ **SCHEDULE TIME EACH DAY TO MEDITATE, JOURNAL & WRITE OUT DAILY AFFIRMATIONS**
- ☒ **PLAN 3 DAYS A WEEK TO DO 30-60 MINUTES OF PHYSICAL ACTIVITY.**
{note: You have full access to Christa Janine Fit during your program.}
- ☒ **COMPLETE ACTIVITY WORKSHEET**
- ☒ **SET YOUR GOALS FOR THE PROGRAM.**

LET'S GET IT!



WEEK 2

TAKING A LOOK AT THE PAST

OBJECTIVE

Our objective this week is to identify and dive into past traumas. We will use excerpts from Rachel Hollis' *Girl Wash Your Face* to explore the varying emotions that arise from losing a loved one at a young age, and explore how such a heavy loss at a young age can continue to impact you throughout life.

THINGS YOU'LL NEED

GIRL WASH YOUR FACE BY
RACHEL HOLLIS
JOURNAL
SAGE & PALO SANTO
1-2 HOURS OF TIME TO READ &

THIS WEEK'S READING

Girl, Wash Your Face Chapter 15

YOUR TRUTH

RACHEL SHARES ALL THE THINGS SHE DOESN'T WANT TO TELL HER READERS ABOUT HOW SHE REACTED WHEN SHE LOST HER BROTHER.

- 1) *What have you held in about the loss of a loved one that you wish you could change or undo do?*
- 2) *Do you have any regrets about the events that followed their passing?*
- 3) *What feelings have you held in since their passing?*

RACHEL SHARES WHAT SHE REFUSES TO DO IN REGARDS TO HER LIFE AND ALLOWING HER BROTHER'S DEATH TO DICTATE HOW SHE NAVIGATES HER FUTURE.

- 1) *What are things you've overcome despite losing your loved one?*
- 2) *How has the loss shaped the way you view life today?*
- 3) *How has it impacted other relationships in your life?*
- 4) *How has it impacted the way you parent your children?*

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YOUR TRUTH

RACHEL SHARES A QUOTE FROM TONY ROBBINS ABOUT FINDING THE GOOD IN BAD SITUATIONS.

1) Is there any good you can find that's come from your loss?

COPING

TOWARD THE END OF THE CHAPTER RACHEL DISCUSSES WAYS SHE MOVED PAST THE LOSS OF HER BROTHER.

1) What ways have you learned to cope with this loss ?

2) Have you tried the "replaying" method Rachel discusses in her book? If not, do you think it would be helpful for you?

FINAL THOUGHTS

RACHEL SHARES HER TRUTH IN THIS CHAPTER IN ORDER TO HELP OTHER WOMEN COPE WITH THE LOSS OF A LOVE YOU.

1) Knowing you want to help and inspire others how can you use your loss to encourage others?

2) Is there anything else that's come up for you after reading this chapter you want to share?

Week 2:

AFFIRMATIONS



In my grief, I have changed



Death does not break the bond of love



I can hold on to love and let go of grief



Today is for healing



My focus is on my blessings



The pain in my heart will heal



I am never alone in my grief



In my grief, I love myself

**LOVE IS ALL
AROUND US**



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