

*WEEK 7*

# *Trauma to Triumph*

With  
Christa Janine

[WWW.TRAUMATOTRIUMPHCO.COM](http://WWW.TRAUMATOTRIUMPHCO.COM)



# Week 7:

## TO DO LIST

- ☒ **SETUP YOUR WEEK AHEAD IN YOUR PLANNER**
- ☒ **SCHEDULE TIME EACH DAY TO MEDITATE, JOURNAL & WRITE OUT DAILY AFFIRMATIONS**
- ☒ **SCHEDULE 3 TIMES THIS WEEK TO WORKOUT FOR 30 - MINUTES. (i.e. a walk, zumba, chair aerobics etc.)**
- ☒ **COMPLETE ACTIVITY WORKSHEET**
- ☒ **SET YOUR GOALS FOR THE FOLLOWING WEEK.**
- ☒ **SCHEDULE TIME DAILY TO REFLECT & FIND GRATITUDE**

**LET'S GET IT!**



# WEEK 7

FORGIVE & REMEMBER

## OBJECTIVE

Our objective this week is to find space to forgive and let go of the past. We will dive into ways you're still looking for closure in regards to past traumas, and identify practical ways you can move forward in life. We will finally focus on ways the lack of closure directly impacts you today.

## THINGS YOU'LL NEED

DON'T SETTLE FOR SAFE BY  
SARAH JAKES ROBERTS  
JOURNAL

SAGE & PALO SANTO  
1-2 HOURS OF TIME TO READ &

## THIS WEEK'S READING

Don't Settle for Safe Chapter 6

## HOW CAN YOU FORGIVE & REMEMBER

**IN CHAPTER 6 SARAH SHARES THE STORY OF A MOTHER & DAUGHTER WHO HAD BEEN AT ODDS FOR YEARS.**

- 1) *In what ways could you identify with either the mother or daughter in this story?*
- 2) *What ways can you identify that you may have been holding on to past trauma that made you push people away?*
- 3) *How have you seen the loss of a loved one bring out unresolved issues in yourself or your family?*

## WHAT DOES CLOSURE LOOK LIKE FOR YOU?

**SARAH SPENDS AN EXTRA BIT OF TIME IN THIS CHAPTER DISCUSSING THE IMPORTANCE OF FINDING CLOSURE IN OUR LIVES.**

- 1) *Sarah writes, "Closure is the moment you stop reliving your history & let go of the 'what ifs'." What "what ifs" are you still holding onto in your life?*
- 2) *Sarah writes, "Closure is embracing that your pain was necessary for your growth & ultimate peace & joy." Can you identify ways your past pain has brought growth, peace, & joy to your life?*
- 3) *Sarah writes about how your life is moving forward with or without you. Have you ever felt like life around you was moving forward, but you were standing still?*

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## POINTS OF REFLECTION

**REFLECTION: SPEND 30 MINUTES TO AN HOUR  
EXPLORING THE AREAS OF YOUR LIFE WHERE YOU  
STILL NEED CLOSURE.**

*REFLECTION 1: Identify ways you're still desiring closure in any areas of your life.*

*REFLECTION 2: Write what closure in these areas of your life would look like for you.*

*REFLECTION 3: Ask yourself why you need this closure and what having it will mean to you? How will this closure change your life?*

*REFLECTION 4: Identify ways you can work toward finding closure in these areas without involving the other person who caused your pain.*

*REFLECTION 5: Write an empowering statement you can read to yourself whenever you feel as though you need more closure from this pain. (i.e. This pain doesn't define me. I know it is not my fault this happened to me. I have the power & determination to let this pain go.)*



# Week 7:

## GRATITUDE TIME



**This week along with using the daily affirmations you already have I want you to begin a gratitude journal.**

**Each morning and evening I want you to spend time journaling about what you are most grateful to have in your life.**

**Morning Journal Prompt: What are you most grateful for in your life right?**

**Evening Journal Prompt: What are you most grateful for from this day?**

**LOVE IS ALL  
AROUND US**





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