



Essential # 4

Your Healing Journey Action Steps

- ___ Make Healing Your Emotional Wounds a Priority
- ___ Be honest about your negative emotional patterns
- ___ Have a strong conviction about your body's ability to heal
- ___ Examine the Cancer Personality profile and determine what areas call for improvement in my life.
- ___ Express your thoughts in your journal about what you believe may be your emotional connection to Breast Cancer.
- ___ Order a meditation program that deals with the mind-body connection and meditate every day for no less than 15 minutes every day.
- ___ Take time to nurture your little girl.
- ___ Happiness can become a learned habit. I can incorporate daily habits to improve my happiness levels.





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___ Begin to understand the power of You Are The Placebo – (Dr. Joe Dispenza) Read the book!



___ The Art of Healing – Dr. Bernie Siegel – express your thoughts with art

___ Discover the power of EFT – The Tapping Solution.com



___ Incorporate various tools to release stress on a daily basis

___ Practice journaling every day

___ Create the relaxation response every day for at least 20 minutes

___ Use essential oils to calm your body and mind



___ Laugh every day

___ Pray every day

___ Do more things that bring you joy

___ Choose to live your life without regret.

