

# 5 STAGES OF THE SELF-HEALING JOURNEY:

(To note: Healing doesn't always happen in a straight line. Sometimes you step back on the path and that's Ok. Getting back on track starts with the choices you make today.)



# HEALING CATEGORIES, MILESTONES & ACTION STEPS:



OBSERVER



CHANGE-  
MAKER



CONSISTENT &  
IMPROVING



EXPLORER



PEACE WITH  
ENDO



FOOD

*I'm aware of what I eat & how it makes me feel.*

*I eat at least two servings of fruits & veggies every day & drink plenty of water. I start my day with lemon water.*

*I consistently eat at least 5 servings of fruits & veggies every day & drink 64 ounces or 2 liters of water. I start & end my day with lemon water. I'm feeling better!*

*I'm aware of emotional connections to certain foods & pause before eating to make sure I'm actually hungry & not trying to fill an emotional need.*

*Eating whole, nutritious foods, & staying hydrated is part of my routine. I consistently eat foods that support my body & mind.*

## ACTION STEPS:

For at least a week record every thing that you eat & how it makes you feel physically & emotionally.

## ACTION STEPS:

Drink lemon water upon waking & drink water throughout the day. Eat at least two servings of fruits & veggies today. The goal is to get to five servings. Eat the colors of rainbow. Add in healing supplements.

## ACTION STEPS:

Consistently eat at least 5 servings of fruits & veggies every day & drink 64 ounces or 2 liters of water. Start & end your day with lemon water. Take healing supplements every day.

## ACTION STEPS:

Pause before you eat to ensure that you're actually hungry & not trying to fill up another emotional need. Pay attention to certain food triggers & how you feel emotionally when you eat something that doesn't serve you.

## ACTION STEPS:

Consistently feed yourself with nourishment that supports your body & mind for the long run.



DIGESTION

*I know which foods trigger pain.*

*I avoid these foods & supplement to improve digestive fire. I eat mindfully.*

*I consistently avoid problematic foods. I supplement for digestion every day. My digestion is improving.*

*I'm aware of the mind/body connection with food. I explore the connection with the solar plexus & personal power.*

*My digestion is not an issue. It's strong. I no longer worry about what to eat. I naturally eat foods that support me.*

## ACTION STEPS:

Learn which foods are problematic.

## ACTION STEPS:

Make moves to avoid these foods. Find good substitutes. Collect endo-friendly recipes. Supplement and/or juice to strengthen digestion. Eat sitting down without distractions or stress. Slow down & fully chew your food.

## ACTION STEPS:

Consistently choose healing, supportive foods & supplements for your body & mind. Notice how you feel physically & emotionally when you stray from this.

## ACTION STEPS:

Tune into the power of your solar plexus. Use visualization & directed breathing to help clear blocks.

## ACTION STEPS:

Pay attention to your gut instincts. Follow your intuition. Remember your power

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CALM

*I'm aware of my breath & how it influences how I feel.*

*I'm aware of what my stress triggers are.*

## ACTION STEPS:

Learn about the connection with your nervous system, pain & your breath. Be mindful of stress triggers in your life. What needs to change?

*I take time at least once per week for meditation, &/or deep focused breathing.*

*I supplement to support my nervous system.*

## ACTION STEPS:

Make space for meditation and/or deep breathing at least once per week. Stimulate vagal tone. Add in supplements to support your nervous system.

*I take time every day for meditation and/or deep, focused breathing.*

*I consistently supplement to support my nervous system.*

## ACTION STEPS:

Make space every day for meditation and/or focused, deep breathing. Stimulate vagal tone every day. Consistently supplement to support your nervous system.

*I've made moves to reduce stress, but know that it's a part of life, & not always in my control.*

## ACTION STEPS:

Make changes in your life when it comes to situations that cause chronic stress.

*I'm aware of the power of my response, and how this calms the stress response. I use the power of my breath to calm things down.*

## ACTION STEPS:

When stress arises be mindful of your response. Is it worth stressing over? Remember the power of your breath & use slow, diaphragmatic breathing to calm..



SLEEP

*I'm aware of my daily habits & how this impacts my sleep.*

*I'm mindful of blood sugar & my daily food habits.*

## ACTION STEPS:

Observe your nightly routine. & sleeping area. What needs to change? Learn about sleep & blood sugar..

*I have a nightly routine that calms me. My sleeping area is set up for my best sleep. My food & supplement*

*choices support blood sugar balance & restful sleep. My daily habits align with my body's natural circadian rhythms.*

## ACTION STEPS:

Adjust your nightly routine & sleeping area. Support natural circadian rhythms. Eat to balance blood sugar. Supplement for your best sleep.

*I rarely wake up during the night and I'm feeling more rested when I wake up & during the day.*

## ACTION STEPS:

Maintain consistent habits to support your body's natural circadian rhythms & restful sleep.

*I make note of my dreams & any fears or worries that keep me up a night. I'm aware of my thoughts in the last*

*5 minutes before I go to sleep & intentionally use this time to stimulate the mind/body healing connection.*

## ACTION STEPS:

Make note of your dreams and any fears or worries that keep you up at night. Fill your mind with healing thoughts right before sleep.

*Sleep is not an issue. I fall asleep easily, sleep through the night, and feel good when I wake up.*

## ACTION STEPS:

Release the thoughts and worries. Let go and allow the healing power of sleep to restore your mind, mind and spirit.

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## DETOXIFY

*I'm aware of what's in the products I use on my skin & in my home. I'm aware of my body's natural detoxification components & how to support them.*

### ACTION STEPS:

Take inventory of the products you use on your skin & in your home. Test your hair for heavy metals. Learn about your liver & lymphatic system.

*I use natural products on my skin & in my home. I buy organic foods when possible. I take steps to support my liver & lymphatic system.*

### ACTION STEPS:

Update the products you use on your skin & in your home to natural. Buy organic foods when possible. Implement daily morning detox. Add in foods, supplements & activities that support your liver.

*Every day I implement the morning detox, drink the heavy metal smoothie, & support my liver & lymphatic system. I'm feeling better!*

### ACTION STEPS:

Consistently implement the daily morning detox and drink the heavy metal smoothie. Consistently eat foods & implement activities that support your liver & lymph. Complete the 3:6:9 Liver Cleanse.

*I'm aware of the impacts of negative energy in my life, and I protect my energy every day. I intentionally bring positive energy into my day.*

### ACTION STEPS:

Clear energy & protect yourself. Be mindful of the energy that's around you. Intentionally bring positive energy into your day.

*I avoid toxins to the best of my ability & lead a clean lifestyle. My liver & lymphatic system are supported & flowing better. My symptoms are much improved.*

### ACTION STEPS:

Lead a clean lifestyle. Avoid toxins when possible. Make liver and lymphatic support a normal part of your life.



## SELF-CARE

*I'm aware of where I have imbalances in my life & what needs focus. I'm aware of what brings me joy.*

### ACTION STEPS:

Complete the Circle of Life Exercise. Identify what brings you joy.

*I take steps to improve the areas in the Circle of Life and intentionally bring more joy into my life.*

### ACTION STEPS:

Set an intention this week that addresses an area in your life that needs focus. Create space for you.

*I consistently add myself to the top of my to-do list. I make choices that serve my healing journey.*

### ACTION STEPS:

Add a self-care activity to the top of your to-do list every day. Put your health & healing first.

*I ask for help & am open to receiving it. I deserve to be treated well. I use creative activities as a way to express myself and get in touch with divine feminine energy.*

### ACTION STEPS:

Ask for help, even if it's with a simple prayer. Be open to receiving help. Get outside. Create something.

*I love myself. I intentionally feel joy & peace every day.*

### ACTION STEPS:

Make self-care a natural part of your routine. Make self-care commitments daily, weekly, & monthly..

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*I'm aware of the power of my thoughts & how this influences my health.*

*I take steps to bring more peace into my life. I forgive & release people or things that bring me down. I surrender to that which is out of my control.*

*Every day I intentionally bring peace into my life. I meditate. I create. I spend time outside. I am present. I love myself.*

*I let down the walls & allow healing. I allow myself to feel as I feel. I am open to receiving miracles. I am a miracle. I am more than my body. I connect with my higher self.*

*I love & accept myself as I am. I intentionally make healing choices & release expectations of the outcome. I surrender to the process of healing.*

## ACTION STEPS:

Meditate. Be an observer of your thoughts.  
Connect to the part of yourself that's listening to these thoughts.

## ACTION STEPS:

Practice self-love in the mirror every day for at least a week.  
Look into your eyes & share loving affirmations with yourself.  
Practice the compassion & forgiveness meditations.  
Listen to the sacral bath meditation.  
Find a healthy way to release what's on your mind.  
Write, pray, talk to a friend, or attend the group support calls.

## ACTION STEPS:

Intentionally bring peace into your every day life. Be mindful.  
Be present. Meditate.  
Create.  
Spend time outside.  
Make choices & commitments that support your healing journey.

## ACTION STEPS:

Set an intention for healing. Open yourself up to receive.  
Use daily mantras to help keep you mind in the right vibe.  
Meditate. Observe.  
Connect with your higher self.  
Be aware of synchronicities that guide you along your healing journey.

## ACTION STEPS:

Be intentional about your experience in this life. Ask & you shall receive. Be clear on what you want, and surrender to the process of healing.

## DISCLAIMER:

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