



Roadmap to Rewiring

Where are you now?

This roadmap is your journey guide. Use it to explore your identities, beliefs, triggers, and new pathways toward healing. Think of it as both a map and a companion on your path.

Part 1. What Identities and Persona's Dictate most of your thoughts, actions and emotions?

Ex. Are you a People pleaser, Perfectionist, Over Acheiver etc. Is the Primordial or Survival Brain in charge?

What would elevated identities and persona's look like?

Ex. People pleaser becomes an advocate for my needs,

Perfectionist becomes Student of Life always growing and learning

We are all perfect creations of God with unique talents and gifts

Our bodies know how to heal and are always striving to do that!

My favorite elevated identity is a Healing Warrior that will win the battle!

What are some Beliefs that are dictating your daily actions?

Ask yourself: Is this belief actually mine or is it inherited? If it came from someone else, do they have a life you aspire to live? Is it possible this is a disempowering belief?

Is it true all of the time or are there exceptions? If there are exceptions, it is quite possible this is an inaccurate belief

Does this belief help me maintain the high vibe emotion and frequency that will aid in healing?

Ex. "I have to make sure everyone around me is happy" or "I can only feel good about myself, after my to do list is done"

What would an elevated belief look like to replace the former one?

Ex. It is not my responsibility to manage other people's emotions. I advocate for myself, and feel safe, even when those around me have negative emotions.

or

I am choosing to listen to my body and rest instead of pushing through to finish the task at hand.

Learning to hold space for yourself and what you need is a form of boundaries and also a form of Self Love!

Part 2.- Training Your RAS (Raticular Activating System) what to look for

Often our Primordial brain is keeping our RAS looking for danger. It is vigilant to point out what could go wrong. It is gaming the worse case scenario. I want you to begin looking for things that could go right. Ask, “what if it all works out?” and give yourself permission to envision a favorable outcome.

Begin Looking For the Glimmers!

Write down things that are improving or going right. It is important to begin to focus on the positive instead of the negative!

Look for a sign that God and the Universe have your back!

Pick a sign to begin to use as reassurance. You could look for heart shaped things, butterflies, dragon flies, birds or whatever you pick! When you see that sign, reassure yourself that All is well and that Life is happening for you, not to you!

Write down what your personal sign, will be. Train your RAS to look for it every day!

Part 3. Managing Triggers!

Write down the common triggers you encounter regularly that put you in a negative emotion/energetic frequency.

For each trigger, write down what belief is getting reinforced.

Ex. I am triggered by my husband asking if I should be eating so much fruit sugar

Belief that is touched- Maybe I will never heal.

Ask all the qualifying questions of the belief

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Pattern Interrupts!

When we are triggered the first thing we need to do before we begin to analyze the beliefs is do a pattern interrupt! That can be anything that changes our state physically or emotionally. We can move to different room, step outside, move our bodies by dancing or exercising, listening to music, deep breaths etc. We do this before we ride the emotional rollercoaster down.

List some pattern interrupts you can use:

Write them down to keep them top of mind. It is hard to remember our tools when we are in an adrenalized state!

Part 4. - Managing our Emotions and Energy

Do hourly check-in's

Every hour or so, check in with yourself. Are you feeling up or have you begun to ride the emotional rollercoaster down. If you have slipped lower. Do a pattern interrupt, then begin to get curious. What triggered you to feel lower? What belief is coming up? You can go through the investigative process.

what number between 1-10 do you default to? (1 is low vibe emotions, and 10 is ecstasy)

Write down your answer

Using Self Care as an energy booster

Self care is not selfish. It is essential to keep our cup filled up. We can not pour from an empty cup! So self care is an important part of this journey. It does not have to be fancy. We often think of things like a trip to the spa or massage as self care. I am talking about simple things that spark joy. It can be simply sitting outside and listening to the birds. I urge you to reflect upon some things you enjoyed as a child.

Write down activities you enjoy now, or used to do a lot during a different chapter of your life

List a few self care activities you will implement in the upcoming week. Bonus- schedule one each day!

Part 5- Remembering Who You Are

It is easy to forget how truly remarkable you are. You have conquered many challenges in the course of your life. When we have physical symptoms weighing on us, sometimes we forget how powerful we really are!

Make your Bad-Ass List!

Write down your list of accomplishments. I want you to begin listing the things you have accomplished from childhood on. Maybe you graduated high school or college. Maybe you raised some awesome kids. Maybe you mastered the game of tennis or the piano.

Look at that list every day!

You are an amazing individual who has done a lot of really hard things in life. Your current challenges are no different. You will overcome! All storms pass.

**You are on your own personal Hero's journey.
You can reclaim your health, your peace and
your life.**

**It is up to you to begin to recognize how amazing
you are!**

You can do hard things!