

# THE PRACTICAL TOOLKIT FOR GROWING AND SELF-HEALING

*Exercises and habit-builders to rebuild your  
self-esteem and overcome mental traps*





# WELCOME

Often, we think of trauma as one day gone absolutely wrong, or a single violent event that shatters us into pieces. However, our internal wounds can just as easily come from years of neglect and overexertion, fueled by everyday experiences and self-doubt.

These cracks can be hard to spot, hidden beneath the ice of our outer armors. But they're still there.

They can run just as deep and leave us equally brittle.

- Healing these internal wounds will require you to dig deep, too:
- Where does this self-doubt come from?
- Why is my mind wired this way?
- Can I retrain it?

YES – but it will take time.



*Sasha Nicole*

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**FEARLESS  
NFLUENCE**  
BY *Sasha Nicole*

# OUR METHOD

With this toolkit, I hope to give you the instruments you need to:

**03**

**Halt anxiety on its tracks**

**08**

**Take back control of your journey**

**12**

**Journal your path towards new habits**

**14**

**Release yourself from the burden of guilt**

**18**

**Level up your skills and fortitude**



## RESET YOUR SENSE OF SELF

Before a tree can grow, it needs to find solid, stable soil.

Permanent peace may seem like a pipe dream at first. This is why we will focus first in creating small "peaceful havens," where we will reconnect with right now and just me.

The exercises on this section are based on mindfulness. Set aside some time every day to perform any of them (or even mix and match).

However, they can also double as emergency aid! Carry the basic instructions on your phone or a flashcard. When you feel your sanity is getting ready to escape, you can use them to bring yourself back to your peaceful haven.





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BY *Sashia Nicole*

# DISCONNECTING

The way we live, communicate, and do business is full of noise. The path towards peace requires some quiet time where you won't be interrupted. Spend 20 minutes on yourself. Do anything you want, as long as:



- Your phone is away or completely on silent
- The TV is off or in another room
- Nobody is about to ask any favors from you
- No house chores or money talk

# GROUNDING

## Reconnecting with Earth, the moment, and what's real

Also known as "earthing," grounding techniques allow you to realign yourself with the Earth's energies and the natural passage of time. They provide a powerful way to halt anxiety on its tracks by helping you focus on your immediate surroundings.

Grounding anchors you on tangible sensations. When practiced daily, it will create a safe haven without any reminders of social media memories, upcoming deadlines, and "what if" scenarios.

In times of crisis, grounding will help you steer towards actions, rather than negative thoughts.

There are many different grounding exercises -- but they are all based on the same principles:

- If possible, take off your shoes and stand on the grass.
- Feel the earth (or tiles, or carpet) beneath you.
- Engage your 5 senses by focusing on things you can hear, see, smell, taste, or feel against your skin.
- Take deep breaths at a steady rhythm.
- If you are outdoors, find a rhythmic noise around you: flowing water, chirping birds, rustling leaves.

**"Keep your eyes on the stars and your feet on the ground."** *Theodore Roosevelt*



# 4 STEPS FOR A BODY SCAN

01

Place yourself in a comfortable position. Sitting or lying down are both fine. Make sure you are not actively holding yourself upright, and relax your muscles instead.

02

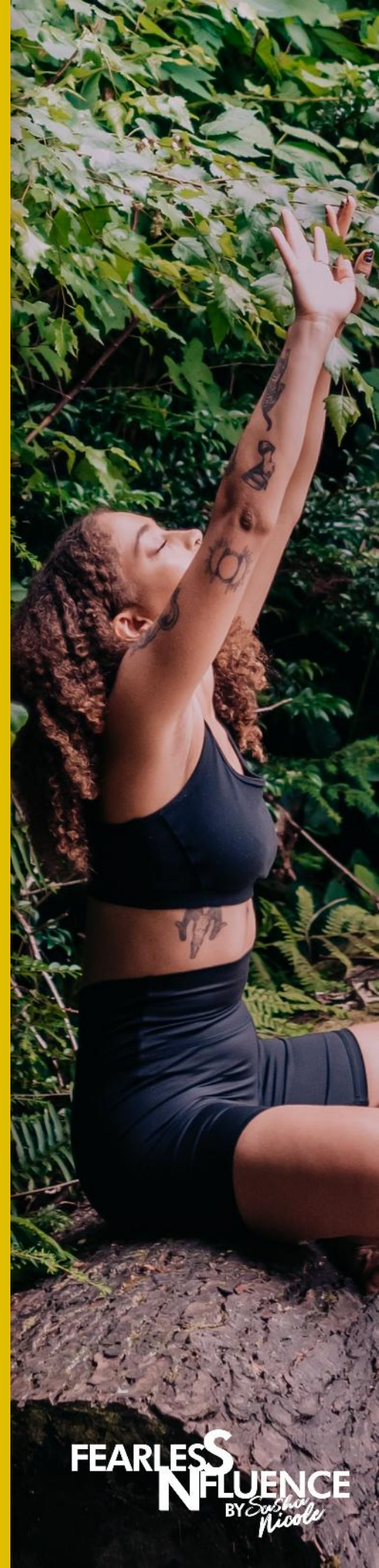
Place one hand on your chest and one on your stomach. Feel how each one rises and falls as you breathe. Establish a pattern.

03

Visualize a scanning ray that starts from the tip of your toes moving steadily up your legs, your trunk, your arms, and eventually your head.

04

As the ray moves around, feel every bodily sensation you come across. Acknowledge the tingles, pains, soreness, and aches.





## REFRAME YOUR STORY

Trauma, self-abuse, and lack of self-confidence can all alter the way we feel and think about ourselves.

One of the key aspects of self-healing is to reconcile yourself with your virtues, flaws, and unique characteristics.

In many ways, this is like couples therapy -- but the relationship we are trying to save is that between you and the person you want to be.

The exercises in this section are designed to help you recognize when you are not treating yourself right. They will also nudge you towards self-kindness.

Practice them regularly to rewire your inner programming.



# REVIEW YOUR VISION

Sometimes, we are not chasing impossible dreams, just the wrong ones. Society dictates a specific idea of success. Often unattainable and occasionally grueling, there's a good chance that you subconsciously know that these are not the goals you truly want.

Hard to stay motivated if that's the case, right?

Today, we begin working on what truly makes you happy.

Think of the goals and markers of a successful person.

Don't worry if you have them or are actively chasing them.

Just describe what you imagine when you hear someone has "made it".

Now , reflect on the type of joy that these things would realistically bring FOR YOU.

Is something missing in the picture above?

Think about it, and write about your idea of happiness

# Would you say this about your best friend?

Time to indulge your dark side. Think of the flaws that are keeping you from being who you want to be:

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- 
- 
- 

Now, imagine you are out for coffee with your best friend, sister, or boss. She asks you why are things are not working for her.

Place yourself in front of a mirror and read the flaws you wrote above.

Imagine yourself telling those terrible things to someone you love. Mean, right?

Imagine overhearing someone else saying those things about your best friend. Unacceptable! Wouldn't you defend her?

**BECOME YOUR OWN BEST FRIEND.**



# QUESTION THE "SUPER WOMAN" MYTH

In theory, we all know perfection isn't possible. In reality, we are quick to judge ourselves much more harshly. We think of absolutes, and we fail to love the amazing contradictions that make us who we are.

Take some time to reflect on them. Think of the qualities you want to have, and their less-than-perfect presentations.

- YES, I can be healthy and still enjoy ice cream
- YES, I can be a good mom, and still feel tired
- YES, I can be a good student, and still get a B.

YES, I can be:

and still...



## JOURNAL YOUR WAY TO NEW HABITS

Recovery and growth both take time. When we are immersed in our daily tasks, we often lose sight of the small everyday triumphs.

Later on, you will be able to look back and see everything you have progressed. In the mean time, having a more tangible way to track your progress will help you stay motivated.

This section is a space for you to journal and reflect on your latest progress. Every morning, think about your plans for the day and make a balance of the day before.

Once a week, review the entries for the last seven days. Patterns will emerge!

Print as many copies of the next page as you need.



# Today is

As I woke up this morning, my emotions were:

My body felt:

A difficult moment from yesterday was when:

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What did I do about it?

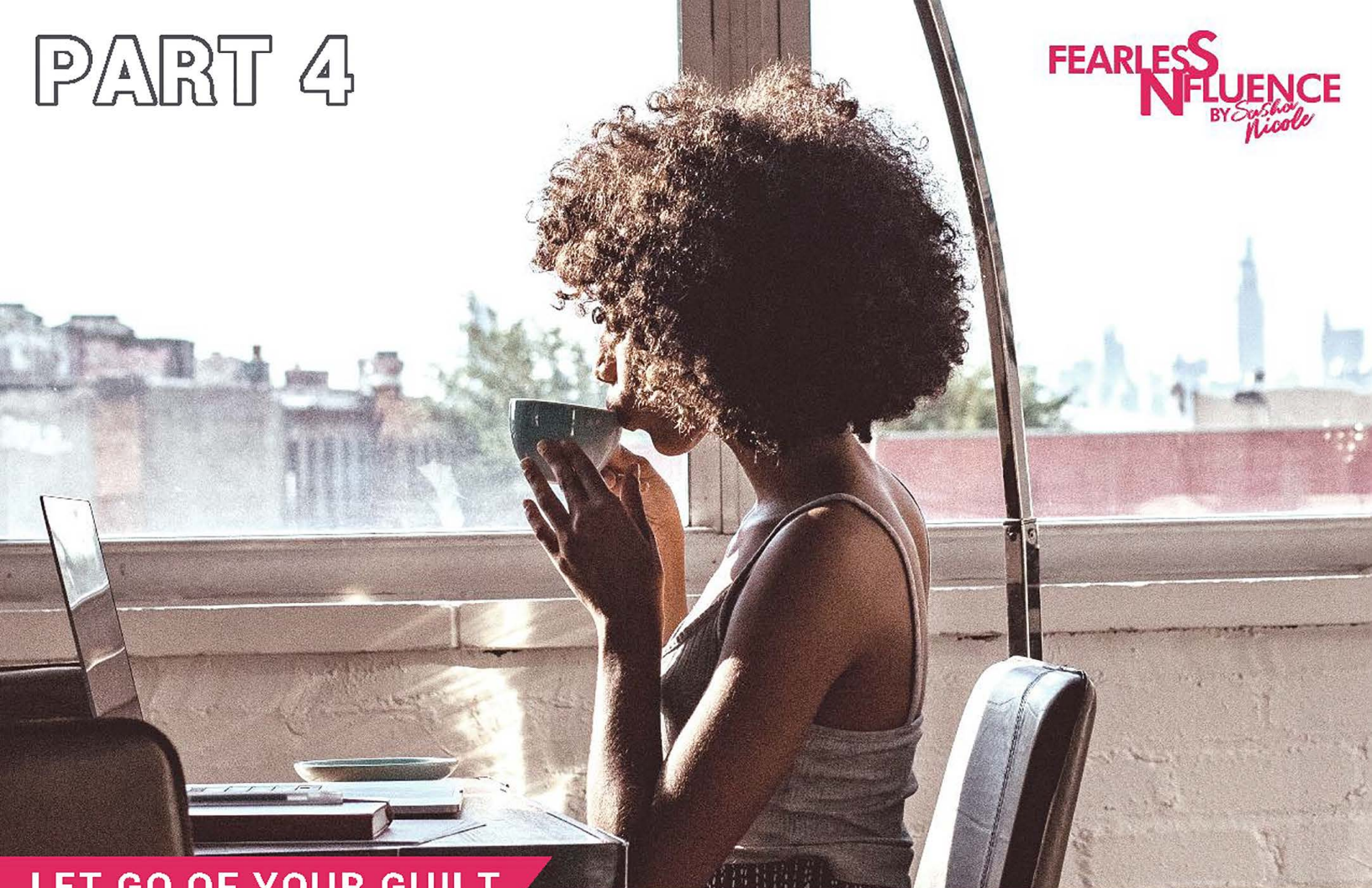
How do I feel about it today?

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- Did I exercise?*
- Did I disconnect?*
- Was I my own best friend?*
- Did I learn something new?*





## LET GO OF YOUR GUILT

It's easier to run when we are wearing light, cool clothes. If you need to climb a mountain, you will need gear -- but you wouldn't carry any unnecessary loads.

Sometimes, we mess up and hurt others. Other times, we simply don't meet our own expectations.

Either way, self-forgiveness will be part of your healing and regrowth process.

This section focuses on acknowledging our past, but not on regretting. Let's take the lessons learned but unload the guilt.





# NAME YOUR GUILT

**An enemy needs a face, but it shouldn't be yours**

Guilt is a funny enemy.

It is introverted and quiet, but very stubborn.

If you push it enough, it will become argumentative.

You can't be too aggressive with her, but she shouldn't leave in your home for free forever.

To negotiate with our guilt, we need to bring it down from the ideal, abstract realm, and down to Earth with us.

**It all starts with a name:**

**How did she arrive in your life?**

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**How long has she been with you?**

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**What is her main source of power?**

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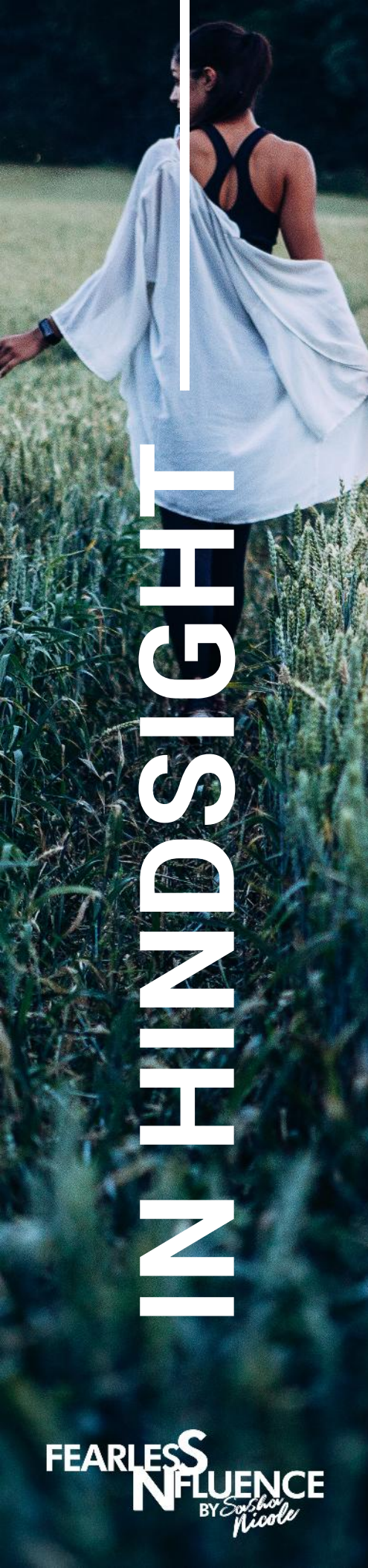


# WRITE TO YOUR GUILT

It is time to patch everything up with your guilt. Tell her how you feel, what she means to you, and what will you do with the space she leaves behind:







# IN HINDSIGHT

Many of our mistakes can be traced back to things we didn't know or weren't prepared to handle.

In hindsight, the solution was obvious -- but it wasn't back then.

Hindsight can be a trap. It keeps you from being a friend to your past self.

What do you know now that you didn't back then?

How can you use this knowledge to protect yourself in the future?

Now, thank your past self for giving you an opportunity to learn so much.

## NURTURE YOUR MIND

Healing is tough.

Doing it right will put you on a smoother track for the future. However, the journey doesn't end there. In fact, the journey never ends.

Just like your future may hold more mistakes or tough times, it will also bring important lessons and new joys.

The bell jar has lifted a bit, and now you can feel fresh air invigorating your lungs. Build upon this to continue nurturing your mind and heart.

In this last section, we are going to pack for a lifelong journey of learning and action.



# KICKSTART YOUR ACCOMPLISHMENT MODE

Choose tasks that you can get done in:



**01**

Task you can do in the next 5 minutes

**02**

Chores you can finish in the next 5 hours

**03**

Goals you can cross off in the next 5 days

**04**

Skills you can learn in the next 5 weeks

**05**

Projects you can finish in the coming 5 months.



# What have I learned today?

Today I learned about this curious trivia fact:

Today I practiced this skill

Tomorrow, I will delve deeper into this topic

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How will it connect with my vision? Will it bring me joy?