



WEEKLY TOPICS

WEEK 1

Where We Are

Discover where you are in the healing process in order to have clarity for the next steps forward.

WEEK 3

Managing Expectations

Your body has a response to your uncomfortable emotions. Learn to work with the body, soul and spirit areas of growth together.

WEEK 5

Growing Forward

Fear and gratitude cannot exist in the same moment. Discover the path to grow forward through the power of staying present in the moment.

WEEK 7

Dreaming Healthy

Overcome obstacles to enjoy health in areas of physical, spiritual and emotional freedom through the fruit of the spirit.

WEEK 9

Communicating with Confidence

Learn how your natural temperament shapes your behavior and how to deepen your relationships.

WEEK 11

Exploring the Path Ahead

Continuation of week 10- Prepare to socialize and date in healthy ways with boundaries.

WEEK 2

Embracing Emotions

Learn to use the emotions God gave you to heal rather than conceal. Begin to manage your emotions, feelings and responses.

WEEK 4

Conquering Stress

Learn the healthy and unhealthy aspects of stress, stress busters and strategies for taking your life back.

WEEK 6

Taking Inventory

Discover the skills, gifts and talents God placed inside you. Explore ways to enjoy them as part of your life today.

WEEK 8

Bursting Out Of The Box

Break the patterns that are holding you back. Build a support team that aligns with your new pathway.

WEEK 10

Socializing and Dating

Discover where you can find and make new connections in your social circle and have a healthy dating experience.

WEEK 12

Reflecting and Moving

Final reflections on weekly takeaways and next steps to moving forward.

Awareness

Acceptance

Action