



Day 5: Embracing a Mindset of Growth

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Practice of the Day Turning Your Breakdown into Your Breakthrough

To help you get into the habit of measuring your breakdowns according to the growth they are inviting you to take on... I invite you to take your notebook and answer the following questions.

Describe the breakdown. What happened and why is this a breakdown? *(For example, "I found out my partner has been cheating on me and we did not have an open relationship.")*

Reflect on the growth the breakdown is affording you, particularly as it relates to how you show up in your intimate relationships. *(For example, "I had a feeling that something wasn't right and kept dismissing my knowing. The growth I'm invited to take on is to trust myself more and to have the courage to speak up and directly engage what doesn't feel right in my relationships, even when I'm scared to say something. Especially when I'm scared!")*

Identify new ways of showing up in your relationships that you can commit to moving forward. *(For example, "My commitment to myself is to always trust my knowing and to speak up and say something, even if the other person doesn't want to hear it.")*

Ask yourself, “How might this breakdown be happening *for* me, as opposed to just *to* me?” (For example, “I’ve been showing up all my life as a people pleaser, too scared to say what I really think, feel or need in order to feel happy and safe in my connections. This breakdown is forcing me to stop pretending to be less intelligent than I am and to show up more in my power in all of my relationships.”)

Healing Power Statement of the Day

I say yes to becoming the person I would need to be to create healthier, happier relationships moving forward. I embrace the growth this breakup is affording me and I am grateful for the opportunity to grow myself stronger and wiser.

Suggested Self-Care Action of the Day

Fill your home with fresh air, lots of light, beautiful flowers and things that smell good.

Today is the day to pull back the curtains, open the windows and allow a cross breeze to run through your home if you can.