



To get stronger and better and healthier, it's going to take that part of our brain that makes sound decisions for our future – the pre-frontal cortex or the adult brain. We will use this part of our brain to move from survival to thrival.

**Step 1: Acceptance** - Acceptance is embracing the reality of your life as it is right now – including all the weakness, pain, and suffering that comes with hardships and brokenness. There's no room for denial here. It's a truly honest assessment of where you are in life and where you need to go from here.

What do you need to accept right now?

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**Step 2: Trust** - Trust is where we decide to consciously move out of survival mode if we truly want to live. Trust that with God's help this is even possible. Trust that with His power and His guidance He will lead you in His divine plan for your life. Trust that His promises for hope, healing, and restoration are yours in Christ Jesus. Trust that He takes what was meant for evil and turns it for good. Trust Him to do that for you.

What do you need to trust to move forward?

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**Step 3: Purpose** - God uses our story, no matter how awful and broken, and uses it for a very good purpose. Thrival comes when can we find meaning in it all.

Write a brief prayer asking God to use your brokenness for something good:

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**Step 4: Openness** – This is being open to the possibility of stepping into something beautiful again. Thrival is where you break free from the limitations survival put on you – the things it's keeping you from doing. This is where growth happens, where true meaning and purpose is lived out, and where you are truly living.

What are you willing to be open to doing that will allow you to fully live in the present?

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It's important that we take responsibility for how we are experiencing life and commit ourselves to making a change. By implementing these four steps, acceptance, trust, purpose, and openness, you can break free from the limitations of survival mode and step into a life of abundance and fulfillment. If you'd like some help in this area, I'd love to be your Life Coach. Feel free to email me at: [coaching@triciazody.com](mailto:coaching@triciazody.com)