

Radical Resilience

Companion Workbook



A Somatic Integration Guide for Healing
Burnout, Anxiety, and Emotional Overload

Dr. Tanya Berfield

WELCOME

Friend,

Take a breath. You made it here.

That in itself is radical. For years, you've been carrying invisible weight, shoulders tight, jaw clenched, chest heavy. You've been the strong one, the capable one, the one who smiled even when you were breaking inside. But today, you've done something different. You've chosen to pause. To put the weight down. To pick up a light instead.

This workbook is for the part of you that's tired of performing. The part that knows deep down: I can't keep living like this. I don't want to keep living like this. Here, it's just you and me. There is no need to prove anything. You don't have to earn your worth. You don't have to hustle for belonging.

Here, you get to pause. To listen. To remember.

Remember what it feels like when your body exhales.

Remember the version of you before the world told you who to be.

Remember that resilience isn't about pushing harder, it's about anchoring deeper.

Think of this workbook like sitting at the edge of the ocean with me, watching the waves. Some days the tide will feel calm, other days the storm might roll in. Either way, you'll have a lighthouse in your hand, a steady guide back to yourself.

Every exercise, every practice, every page is an invitation to come home. To your voice. To your body. To your light.

You don't need to rush. You don't even need to get it right. You just need to begin. And sister, you already have.

I am so proud of you for showing up here. For yourself, for your healing, and for the light you're meant to carry.

*All my loves
Dr. Tanya*

BEFORE YOU BEGIN: A NOTE FOR YOUR NERVOUS SYSTEM

This workbook is not medical advice. It is mindset medicine.

The practices inside *Radical Resilience* are designed to support your emotional wellbeing through education, reflection, neuroscience, and somatic healing tools. They do not replace individualized therapy, medical diagnosis, or professional treatment. If you are experiencing a mental health crisis, please seek support from a licensed provider or trusted professional.

Because this workbook includes reflective, somatic, and identity-based exercises, you may notice emotions, memories, or sensations arise as you move through it. This is a normal part of nervous system healing. Go at your own pace. Pause often. Take breaks. Let your body lead the timing, not your expectations.

Every nervous system is different.
Every healing journey is personal.
Take what resonates. Leave what doesn't.
Adapt exercises as needed.

You are the expert on you.
You are supported enough to begin.

If you need a reset while doing the work....

As you move through these exercises, you may feel activated, overwhelmed or unsure where to go next. That's normal. Healing work isn't linear, and sometimes your nervous system needs a moment to recalibrate.

If you notice tension, emotion, or mental overload, pause and use one of the *Radical Resilience Audio Journey* tracks to reset.

Track 1: **The Radical Reset** - grounding
Track 2: **Recognize, The Truth Tap** - clarity
Track 3: **Surrender, The Exhale** - release
Track 4: **Rewire, Calm the Chaos** - integration
Track 5: **Manifest, Embodied Alignment** - empowerment
Bonus: **Rest & Receive** - deep nervous system calm

Take a breath, take your time, and come back when you feel ready.
Your body knows the pace.
Your healing gets to happen gently.

INTRODUCTION

Sister, you didn't land here by accident.

You've carried the weight of doing it all, holding it all, and being it all. Until your nervous system finally screamed, enough.

This workbook was created as your companion to the book, *Radical Resilience*. The book gives you the framework, the stories, and the science. This workbook is where you turn those insights into practice. Into lived, embodied change.

The practices in these pages follow the Mindset Medicine Method, the four phase process at the heart of *Radical Resilience*. You'll move through Recognize, the stage of deep awareness; Surrender, where you release control and old identities; Rewire, where you create new emotional and neural pathways through somatic practices; and Manifest, where you anchor your authentic self in everyday life. Each phase is designed to reconnect your mind, body, and energy system so that healing becomes more than an idea. It becomes embodied truth.

Think of this as your lighthouse journal. Not just another checklist, not another self-improvement project, but a space to shine a light on what's true, name the storms you're navigating, and practice standing steady in your own beam. Each exercise is designed to help you do four things:

- Shine the Light – Bring awareness to the patterns, rules, and roles that you've inherited.
- Notice the Storm Signals – Recognize the moments your body says "I'm not safe" even when you look calm on the outside.
- Follow the Beacons of Truth – Anchor into the science, soul, and somatics that remind you, healing is possible, and safety can be rewired.
- Step into the Light – Practice new choices, somatic resets, and rituals that align you with who you were always meant to be.

Along the way, you'll find Anchor In practices, short, embodied resets to regulate your nervous system. You'll also see Ritual Flames, small symbolic acts that turn everyday moments into ceremony, sealing the work you're doing here.

This workbook is not about getting it right or being perfect. It's about practicing presence. One page at a time. One breath at a time. One small beam of light at a time. By the end, you'll have a map of your own resilience. Not borrowed scripts, but a living record of your truth, your boundaries, your rituals, and your joy.

Take your time. Skip ahead if you need. Come back when life gets loud. Every time you open these pages, you are reminding your body, your mind, and your soul:

I am not broken. I am breaking free. I am not here to rescue everyone. I am here to shine.

Welcome home to your *Radical Resilience*.



Audio Support: Before you move into the workbook exercises, take a moment to listen to the [Introduction Track](#).

HOW TO USE THIS WORKBOOK

This isn't homework. It's healing work. Think of these pages as a conversation between you, your body, and your truth. There is no right pace. No grade. No way to 'fail'.

Here are a few ways to get the most from your Radical Resilience Companion Workbook:

Think of the book as the map, the workbook as the practice, and the audio journey as the soundtrack guiding your nervous system back to calm, clarity, and connection.

Follow the beam, not the clock. You don't have to move in order. If one exercise calls to you, start there. Trust your nervous system's guidance.

Use the structure. Each practice follows the lighthouse rhythm:



HOW TO USE THIS WORKBOOK

Go beyond the page. Some prompts ask you to move, breathe, or practice rituals. These are just as important as the writing. Healing happens when your body feels what your mind is learning.

Make it sacred. Light a candle, brew tea, play soft music. Let this time feel like ceremony, not another task on your to-do list.

Return often. These practices are designed to be repeated. Each time you revisit them, you'll notice something new, because you will be new.

Most importantly: be gentle. Some exercises may bring up emotion or memory. Pause if you need to. Breathe. Come back when you're ready. This workbook is not about pushing through. It's about building safety, one step at a time.

You don't need to rush. You just need to begin. And by opening these pages, you already have.



Audio Support: Before you move into the workbook exercises, you may want to listen to Track 1: **The Radical Reset** to ground your mind and body as you begin.



THE RADICAL RESILIENCE AUDIO JOURNEY

This book/workbook is most powerful when paired with the Radical Resilience Audio Journey, six guided tracks designed to help your body integrate what your mind is learning.

Use this audio journey any time you feel overwhelmed, activated, or unsure where to go next. You can listen before exercises, between sections, or as a daily reset. Let it support you in a way that feels most natural.

You will also see notes reminding you throughout the workbook inviting you to pause and use one of the tracks. These cues appear at moments where your nervous system may need grounding, clarity, release, or integration. You don't have to guess, simply follow the notes.

Each track is a somatic support tool to help you anchor truth, release pressure, and return to yourself. Your body will tell you what it needs, and the audio journey will meet you there.

THE TRACKS

Track 1: **Radical Reset**

A grounding practice to begin from calm, not chaos. Ideal for mornings or anytime you need to return to center.

Track 2: **Recognize, The Truth Tap**

A clarity practice to help you name what's real and release what's not yours.

Track 3: **Surrender, The Exhale**

A softening practice that loosens the white-knuckle grip of performance and control.

Track 4: **Rewire: Calm the Chaos**

A nervous system integration practice using bilateral rhythm and visualization.

Track 5: **Manifest: Embodied Alignment**

A future-self practice rooted in lighthouse energy and embodied confidence.

Bonus: **Rest & Receive**

An extended hypno-meditation experience for deep restoration.

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PART

The Performance Trap

Burnout doesn't just appear out of nowhere, it's the tax your body pays for years of over-functioning, over-proving, and over-carrying. The Performance Trap is subtle: you smile when you're breaking inside, you say "I'm fine" when you are not fine, you hustle because slowing down feels unsafe. This section is your flashlight into the dark corners of conditioning. You'll start spotting the patterns that keep you stuck, name the weight you're carrying, and finally remember: your nervous system is the compass, not the critic.

PATTERN MAPPING: THE ORIGINS OF APPROVAL



SHINE THE LIGHT

The rules you inherited, who you had to be to earn love, safety, and approval, are not facts. They're scripts written by someone else, often in childhood, when praise and criticism taught your body what it thought was required to belong. When you illuminate them, you start to see: *this isn't even my truth.*



STORM SIGNALS

Maybe you remember bringing home a test with an 88% or even a 98% and hearing '*almost perfect*'. Or maybe you only got real attention when you excelled at sports, or kept the peace, or '*looked*' the part. Or you learned to laugh off your feelings so no one thought that you were too much. Those small moments carried weight, and over time, you learned: *I'm safest when I perform.*



BEACONS OF TRUTH

Your brain records those moments like flashing lights in a storm. The amygdala tags experiences of approval or rejection with high emotional charge such as danger or safety. Over time, those patterns become automatic. But when you bring awareness to it, the prefrontal cortex lights up, like a lighthouse on a dark shore, giving you the power to choose a new path.



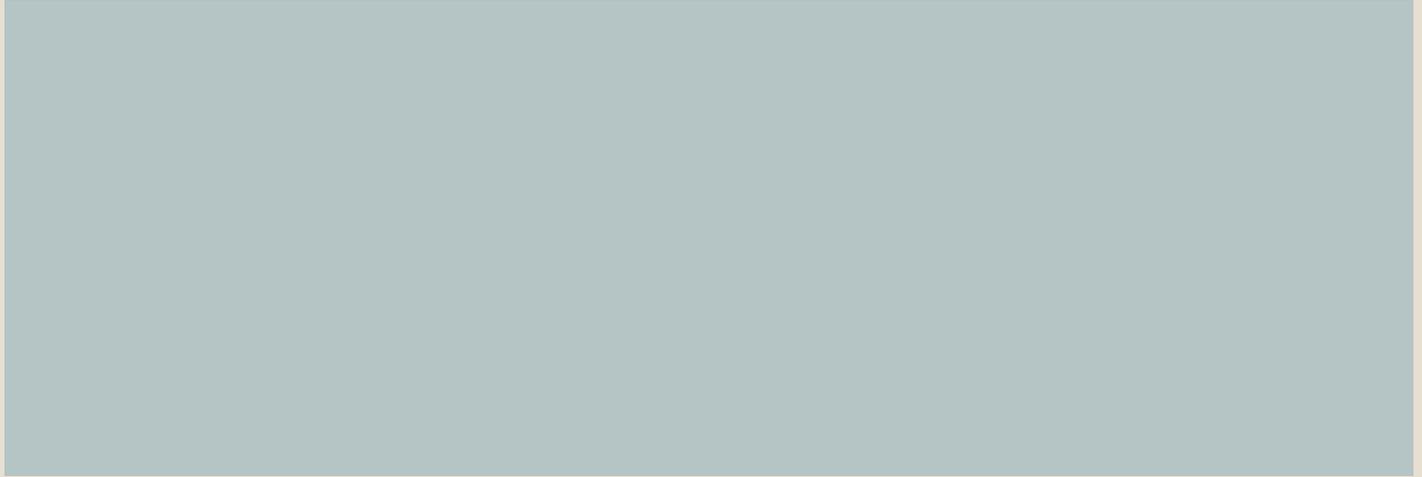
STEP INTO THE LIGHT

Trace your earliest memories of approval, fear, or rejection tied to accomplishment.

- Who praised you for achieving?
- Who criticized you for falling short?
- How did those experiences shape your definition of success?

PATTERN MAPPING: THE ORIGINS OF APPROVAL CONTINUED

REFLECTION:



Embodiment Tip: After reflecting, gently stretch your arms wide, breathe in, tell yourself: I release the need to prove.

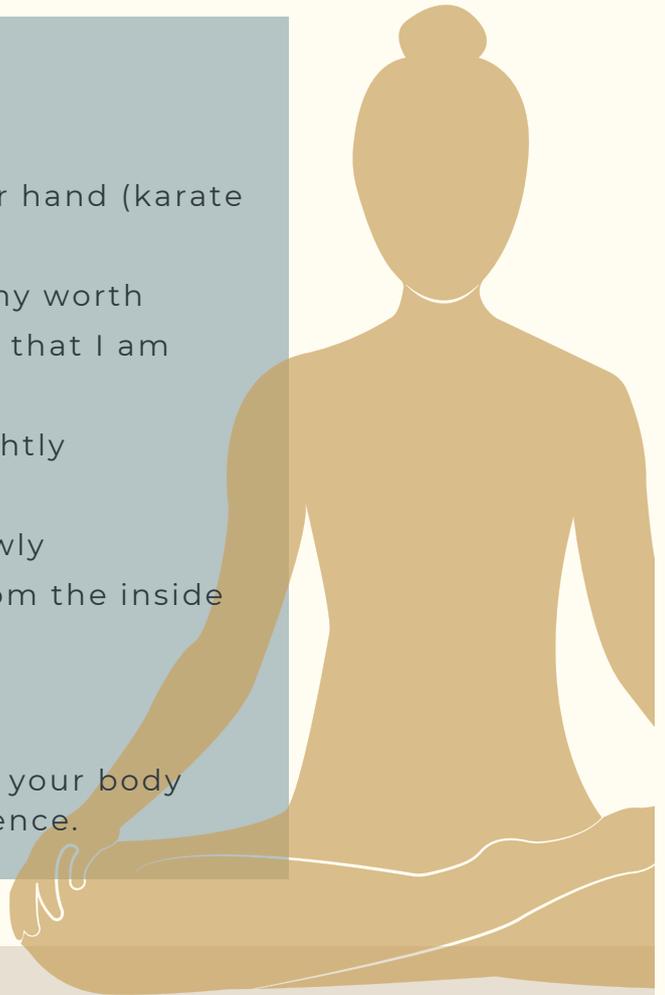


ANCHOR IN

Tapping for Safety:

- With 2 fingers, gently tap the side of your hand (karate chop point)
- Say out loud: Even though I was taught my worth depends on performance, I choose to see that I am safe now.
- Move to the top of your head, tapping lightly
- Repeat: My worth is not up for debate
- Tap along your collarbone, breathing slowly
- Feel the beam of safety steadying you from the inside out
- Repeat 2 more times

Pause. Take a few deep breaths. Notice how your body feels. Softer breath, less tension, more presence.



RITUAL FLAME

Light a candle before you write. When you're done, blow it out with the intention of closing this old chapter.



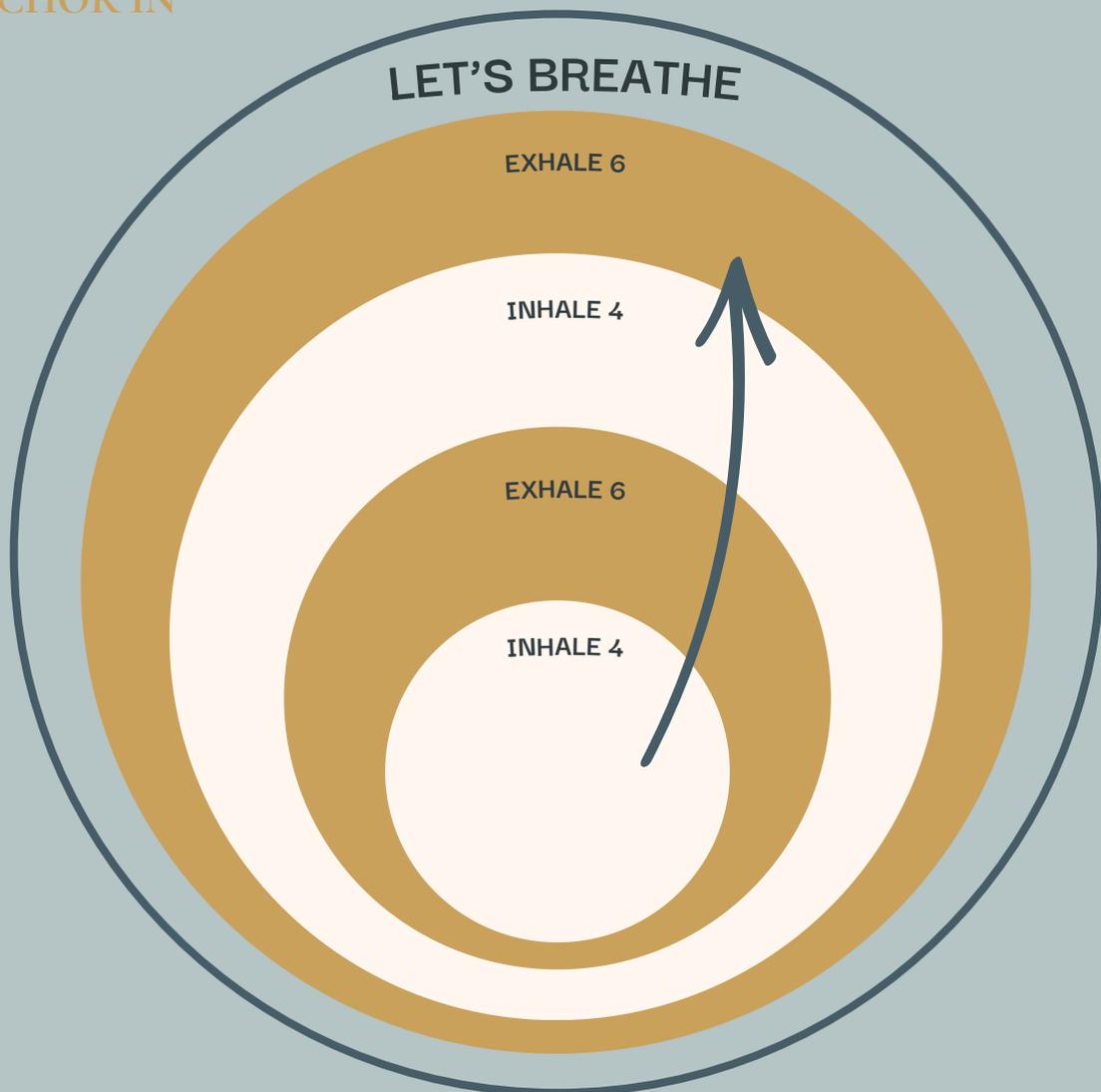
Audio Support: If emotion or old memories arise, pause and listen to Track 2: **Recognize, The Truth Tap** for clarity and grounding.

PERFORMANCE INVENTORY: PERFORMING VS EMBODYING CONTINUED

REFLECTION:



ANCHOR IN



Audio Support: Pair this breathwork with Track 1: **Radical Reset** for deeper grounding.

MENTAL TAB TRACKER: CLOSING THE OPEN LOOPS



SHINE THE LIGHT

An endless mental load keeps your body wired in survival mode. Writing it down helps your nervous system believe: *I don't have to hold it all in my head.*



STORM SIGNALS

That checklist that keeps running when you try to sleep: groceries, looming deadlines, upcoming bills, a text you forgot to send. The tabs never stop opening.



BEACONS OF TRUTH

Neuroscience calls this “externalizing memory”. Writing it down, reduces prefrontal cortex strain and lowers cortisol. It literally gives your brain permission to rest.



STEP INTO THE LIGHT

Write down everything that is currently on your mental plate, from errands to emotions. Which ones are essential? Which are inherited or unnecessary?



MENTAL TAB TRACKER: CLOSING THE OPEN LOOPS CONTINUED

REFLECTION:



ANCHOR IN

- Press your feet into the ground or floor. Imagine roots extending deep into the earth.
- Breathe deeply.
- Exhale: *I am rooted, not rushed.*

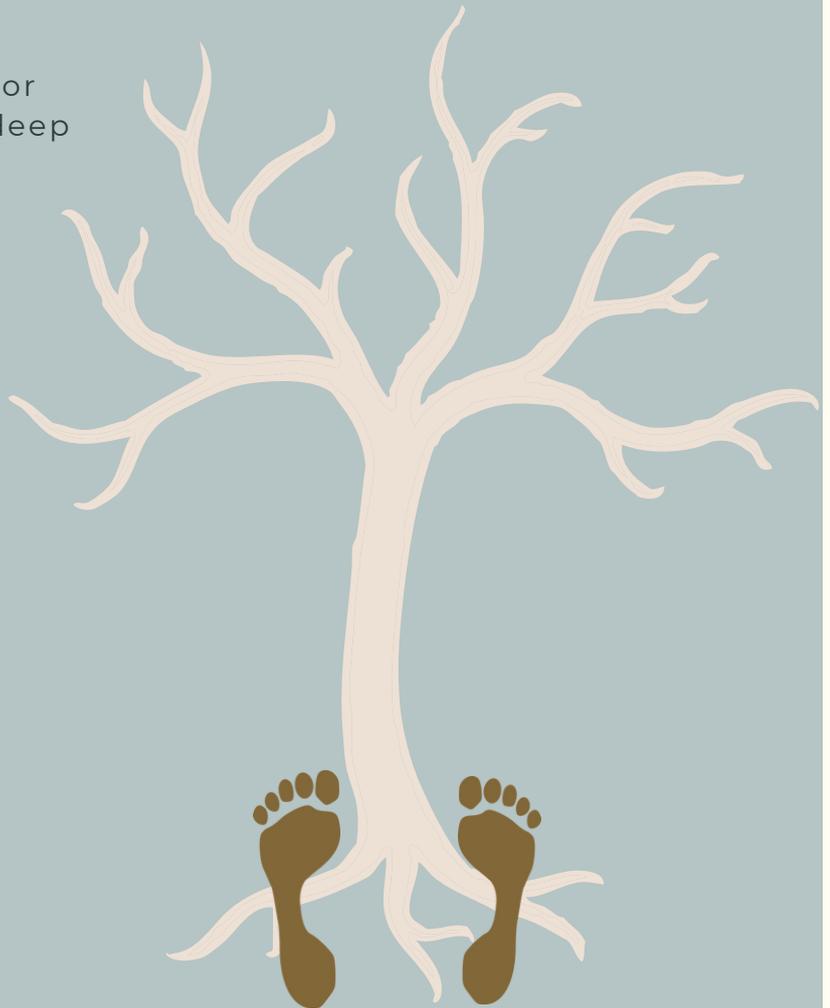


RITUAL FLAME

As you close each of the mental tabs and remove items from your list, take a breath, trace a small circle in the air with your finger, sealing your energy.



Audio Support: If you feel flooded or scattered, pause and use Track 4: **Rewire, Calm the Chaos** before sorting your tabs.



OVER/UNDER MAP: THE BALANCE BURDENS



SHINE THE LIGHT

Burnout often hides in imbalance. Where you carry too much, others carry too little. Seeing it on paper makes it undeniable.



STORM SIGNALS

You're the one who picks up the slack. At home, at work, everywhere. Others lean out, you lean in. Until you're depleted.



BEACONS OF TRUTH

Over-functioning keeps your system stuck in survival. Under-functioning in others keeps them from growing. Balance restores connection and resilience for everyone.



STEP INTO THE LIGHT

Where I'm Over-Functioning
(Carrying too much)

Where I'm Under-Functioning
(Others aren't carrying enough)



Notice the imbalance. Circle 1 area where you can begin a shift.

WORTH INVENTORY: MEASURING WHAT MATTERS CONTINUED



ANCHOR IN

- Place 1 hand on your heart, 1 on your belly.
- Feel the rise and fall as you breath.
- Remember: You belong to yourself.



RITUAL FLAME

In the reflection below journal 1 new measure of your worth. Something that you believe in and feels good. Seal it in by drawing a heart on the page.

REFLECTION:

A large rectangular area with a light beige background, containing ten horizontal white lines for writing reflections.



Audio Support:

If this brings up sadness or 'never enough' feelings, pause and listen to Track 2:

Recognize, The Truth Tap.

If you feel tenderness or grief arise, use Track 4: **Rewire, Calm the Chaos** to integrate the emotion.

The Mindset Medicine Method

PART



Healing isn't about fixing what's broken; it's about remembering what's true. The Mindset Medicine Method is your roadmap home. A four phase journey that helps your body, mind, and spirit move from survival to self-trust. Each phase works with your nervous system, rewiring old patters and anchoring new ways of being that feel safe, grounded, and free.

Take your time. You don't have to master any of it. You only have to move through it with awareness. Each step builds on the last, gently shifting you from performing to embodying, from reaction to regulation, from striving to shining.

Phase 1 - Recognize

This is where awareness begins. You start to see the patterns that have been running the show. Perfectionism, people-pleasing, control. You name the rules, roles, and reflexes that once kept you safe but now are keeping you small.

Phase 2 - Surrender

The is the unlearning. You release the white-knuckle grip on control, outcomes, and expectations. You stop fighting your feelings and start letting them move through you. Surrender is not weakness, it's trust in motion.

Phase 3 - Rewire

Here, you build new neural and emotional pathways. Through breathwork, movement, journaling, and self-compassion, you teach your body that calm is safe and joy is allowed. Rewiring happens through repetition, not perfection.

Phase 4 - Manifest

Now you live it. This phase isn't really about manifesting things from a hippy woo standpoint so much as it is about embodying your truth. You walk with boundaries, speak with clarity, lead with authenticity. You don't choose alignment, you become it.



Audio Support: You might want to soften into **Surrender** with Track 3 before moving into the first exercise.

IDENTITY MAPPING: SURVIVAL VS AUTHENTIC SELF



SHINE THE LIGHT

Most of us live from the version of ourselves trained to survive. The one who hustles, pleases, and hides. Mapping survival vs. authentic self is the first step in reclaiming who you really are.



STORM SIGNALS

You show up polished and capable, but inside you're exhausted. Or you shrink, saying yes when your whole body screams no. That's survival, not authenticity.



BEACONS OF TRUTH

Self-directed neuroplasticity research shows that intentional identity work lights up the prefrontal cortex, creating new neural pathways. Like a lighthouse beam, it cuts through the fear-driven patterns so you can navigate back to yourself.



STEP INTO THE LIGHT

Survival Self:

Describe the version of you that is shaped by fear, roles, or proving.

Authentic Self:

Describe the version of you that feels grounded, joyful, and true.

CONTROL AUDIT: LOOSENING THE WHITE KNUCKLE GRIP



SHINE THE LIGHT

Burnout thrives on control. We cling, grip, and micromanage. But control doesn't create safety. It creates exhaustion.



STORM SIGNALS

You plan everything down to the minute, yet still feel anxious. Or you can't relax unless every dish is done, every email answered.



BEACONS OF TRUTH

Chronic control activates the sympathetic nervous system. Fight or flight. Releasing control signals safety to the vagus nerve to downshift into balance. Like waves receding, your body softens when you let go.



STEP INTO THE LIGHT

List what you're gripping tightly in your life (relationships, outcomes, schedules). For each, ask: What would I gain, not lose, if I let go just a little?

GRIPPING

GAIN

MARTYR MAP: THE STRONG ONE TRAP



SHINE THE LIGHT

Chaos feels familiar if that's how you were raised. But urgency isn't identity. It's a habit that your nervous system can unlearn. It is also important to recognize the difference between important and urgent.



STORM SIGNALS

You feel restless unless you're busy. Sitting still feels unsafe. Quiet is uncomfortable. You crave motion even when you're exhausted.



BEACONS OF TRUTH

Trauma wires the brain's reward system for survival, not joy. Consistent stillness rewires the nervous system to believe calm is safe.



STEP INTO THE LIGHT

What are the roles, expectations, and beliefs that pressure you to be 'the strong one'. Cross out the ones you're ready to release.

PEACEKEEPER

FIXER

AVAILABLE

PLEASANT

PLEASER

OVERACHIEVER

GOOD

GUILTY

INADEQUATE

MARTYR

PROVIDER

HELPFUL

BUFFER

STABILIZER

PERFECT

RESPONSIBLE

NICE

COMPLIANT

CAPABLE

OBLIGATED

EMOTIONAL HIT TRACKER: BREAKING THE URGENCY HABIT



SHINE THE LIGHT

When your identity is “the strong one,” asking for help feels like failure. But strength without support is a fast track to collapse.



STORM SIGNALS

You’re the one everyone leans on. At work, at home, in friendships. But who carries you?



BEACONS OF TRUTH

Chronic over-functioning keeps cortisol levels high, and your nervous system dysregulated. True resilience requires reciprocity. Even lighthouses need caretakers.



STEP INTO THE LIGHT

This tracker helps you notice moments when your nervous system takes an emotional ‘hit’. These hits often come from overwhelm, conflict, or criticism.

	TRIGGER	HOW I FELT	RESPONSE
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

BOUNDARY REWRITE MAP: PROTECTING YOUR PEACE



SHINE THE LIGHT

Without boundaries, you leak energy everywhere. With boundaries, you conserve energy for what matters most.



STORM SIGNALS

You say yes automatically. You over-explain. You leave drained.



BEACONS OF TRUTH

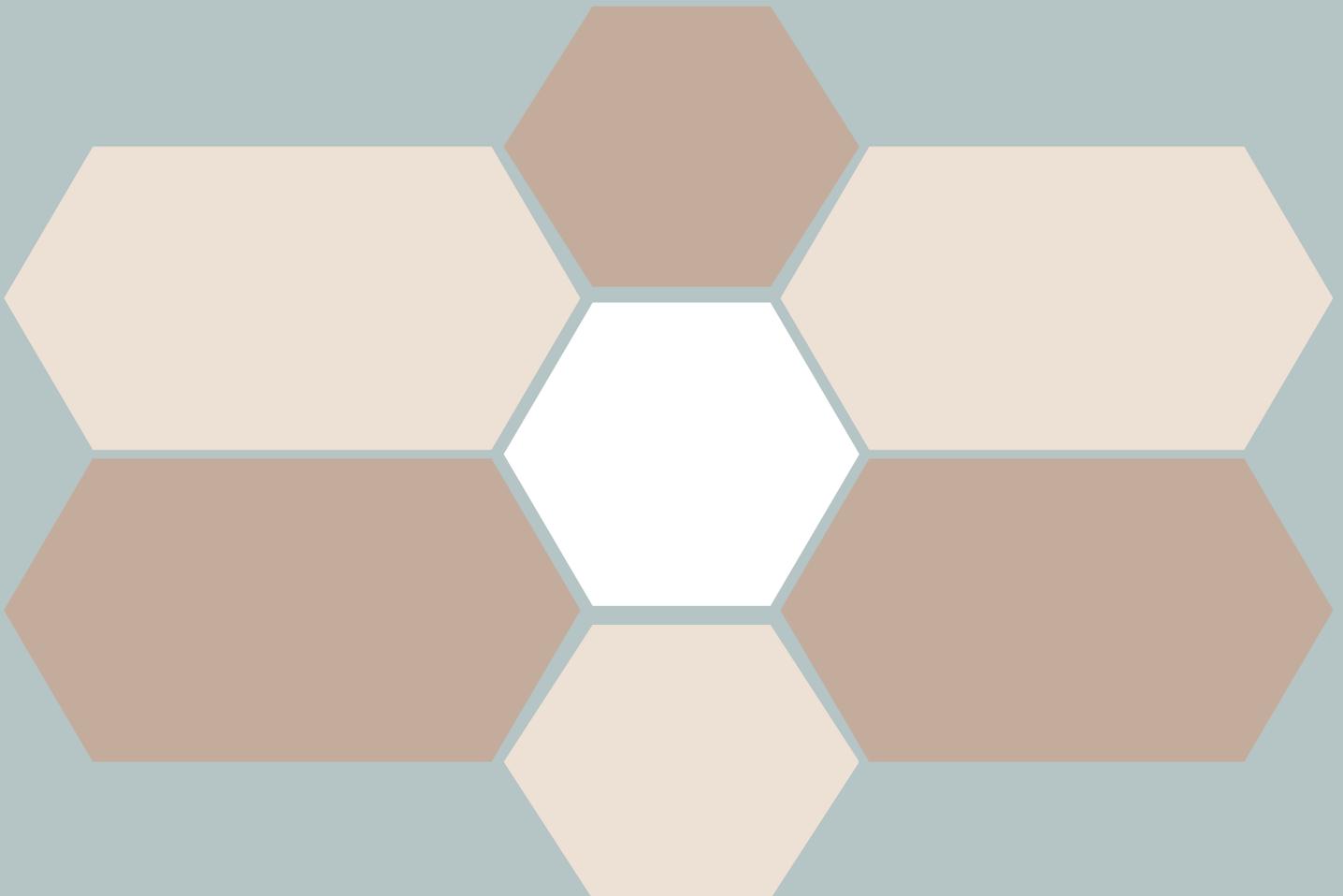
Boundaries send a signal through the ventral vagal system. They are not walls, they are light beams guiding what belongs in and what doesn't. It tells your body that you are safe. You are okay.



STEP INTO THE LIGHT

Pick one area of your life (work, home, relationships). Identify 3 old boundary patterns such as over-giving, avoiding conflict, automatic yes's.

Write a new script for each.



JOY INVENTORY: EXPANDING YOUR CAPACITY



SHINE THE LIGHT

Joy is not indulgence. It's medicine. But when your nervous system is wired for survival, joy can feel suspicious.



STORM SIGNALS

You laugh, then immediately worry the other shoe will drop. Or joy feels foreign, even unsafe.



BEACONS OF TRUTH

Consistent safe experiences of joy rebuild the dopamine system. The more you let yourself feel it, the safer it becomes. Joy is not frivolous, it is your compass home.



STEP INTO THE LIGHT

Track 5 moments in the past week where you felt even a flicker of joy. Note:
·What allowed it? ·How did your body feel?

Living The Medicine

The goal isn't to 'heal and be done'. The goal is to live in a way that honors your nervous system every single day. Living the Medicine means weaving resilience into your rituals, your boundaries, and your leadership. It's how you become the lighthouse: steady, radiant, and clear. Not just for others, but for yourself. In this section, you'll design practices that hold you through season, storms, and stillness, so peace becomes your baseline, not your afterthought.

PART

3

RITUAL INVENTORY: CHOOSING WHAT NOURISHES



SHINE THE LIGHT

Rituals are the scaffolding that hold your new story in place. Without them, the old patterns sneak back in.



STORM SIGNALS

Maybe you've started new morning routines only to abandon them when life got busy. Or maybe you keep practices because they look right, not because they feel nourishing.



BEACONS OF TRUTH

Rituals shift your brain from high beta (stress) into alpha/theta (calm, presence, creativity). Like lighthouses flashing at regular intervals, rituals offer rhythm and consistency, keeping you oriented no matter how rough the sea gets. Joy is not frivolous, it is your compass home.



STEP INTO THE LIGHT

List your current rituals such as morning routines, movement, prayer, coffee, scrolling, etc.

Circle the ones that nourish you.

Cross out the ones that drain you.

List 3 new rituals you'd like to begin.

PEACE PLAN: YOUR PRESCRIPTION FOR CALM



SHINE THE LIGHT

Without intention, stress creeps back in. A peace plan helps you regulate daily, weekly, seasonally, nervous system first.



STORM SIGNALS

You wait until you're burnt out to rest. You forget joy until you're desperate for it. You tell yourself. "I'll calm down later", but later never comes.



BEACONS OF TRUTH

Consistent micro-resets regulate cortisol, expand vagal tone, and build capacity for joy. This isn't indulgence, it's biology.



STEP INTO THE LIGHT

Design your personal 'prescription for peace.

Daily: What regulates me? Breathwork, journaling, meditation?

Weekly: What grounds me? Therapy, movement, nature?

Seasonal: What resets me? Ritual, rest, celebration?



SEASONAL RITUAL TOOLKIT

RITUAL TOOLKIT: ALIGNING WITH NATURE



SHINE THE LIGHT

Burnout thrives in linear living. Resilience thrives in cycles. When you align your nervous system with nature's rhythms, you restore balance.



Audio Support: If you'd like support while exploring seasonal practices, use Track 1: **Radical Reset**.

HOW TO USE THESE TOOLS

Think of essential oils, herbs, colors, and crystals as companions, not requirements. They're simple, sensory ways to anchor your body and mind in rhythm with the season. Essential oils can be diffused, placed on pulse points, or added to baths for grounding or energy shifts. Herbs can be brewed as tea, burned as smoke, or kept in small bowls on your altar. Colors can shape the space around you through candles, clothing, or décor as subtle reminders of your intention. Crystals can be carried in your pocket or purse, placed near your bed or on your desk, or held during breathwork and meditation. None of these tools are about perfectionism or 'doing it right'. They're about creating rituals that feel personal, grounding, and alive. They are practices that help your nervous system remember the wisdom of cycles.

AUTUMN: LET GO

Autumn invites us to release what no longer serves. Old roles, heavy energy, and clutter in any form. Just as the trees shed their leaves, we're reminded that letting go makes space for renewal.

Essential Oils: Clove, Patchouli

Herbs: Sage, Rosemary

Colors: Burnt orange, deep red

Crystals: Smokey Quartz, Obsidian

RITUAL TOOLKIT: ALIGNING WITH NATURE

WINTER: REST & REFLECT

Winter whispers, slow down. It's the season of hibernation, reflection, and deep yin energy. This is your permission slip to rest without guilt, to journal, to dream, and most especially, to restore.

Essential Oils: Frankincense, Myrrh

Herbs: Chamomile, Lavender

Colors: Deep blue, silver

Crystals: Amethyst, Moonstone

SPRING: REBIRTH & REIMAGINE

Spring is a season of emergence. The earth blooms again and so can you. This is a time to plant new intentions, experiment with fresh practices, and allow your authentic self to come alive.

Essential Oils: Jasmine, Lemon

Herbs: Mint, Basil

Colors: Green, pastel pink

Crystals: Rose Quartz, Aventurine

SUMMER: RADIANCE & RECEIVE

Summer is a celebration of vitality and joy. It asks you to shine without apology, to play, to move, to receive pleasure and connection with open arms. It's the season of visibility and expansion.

Essential Oils: Orange, Ylang Ylang

Herbs: Calendula, Sunflower

Colors: Gold, turquoise

Crystals: Citrine, Carnelian

LIGHTHOUSE VISUALIZATION

Your healing doesn't stop here. It radiates. You become a steady light, guiding others by embodying your truth.

Close your eyes. Imagine yourself as a lighthouse: strong, steady, radiating light.

Repeat:

- I am not here to rescue everyone. I am here to shine.
- My boundaries protect my energy and guide my light.
- My presence is medicine, for me and the collective.

Take one intentional step forward. Open your arms wide.
Boldy claim: I embody the light I was meant to be.



Audio Support: To seal this visualization, choose Track 5: **Manifest, Embodied Alignment** or Bonus: **Rest & Receive** for deep restoration.

CHALLENGE

A 30 Day Challenge for Calm, Clarity, and Consistency

Healing happens in small, steady choices. This challenge is designed to help you build a daily rhythm that supports your nervous system without overwhelming your life. For the next 30 days choose 3 simple actions each day: ground yourself with the Radical Reset Track, do a check in with the workbook, and take care of your body and mind in one small way. Let these micro-moments build your resilience from the inside out.

	<u>Radical Reset</u>	<u>Workbook Check-In</u>	<u>Self-Care</u>
Day 1 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 2 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 3 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 4 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 5 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 6 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 7 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 8 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 9 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 10 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Day 18 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 19 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 20 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 21 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 22 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Day 24 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 25 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 26 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 27 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 28 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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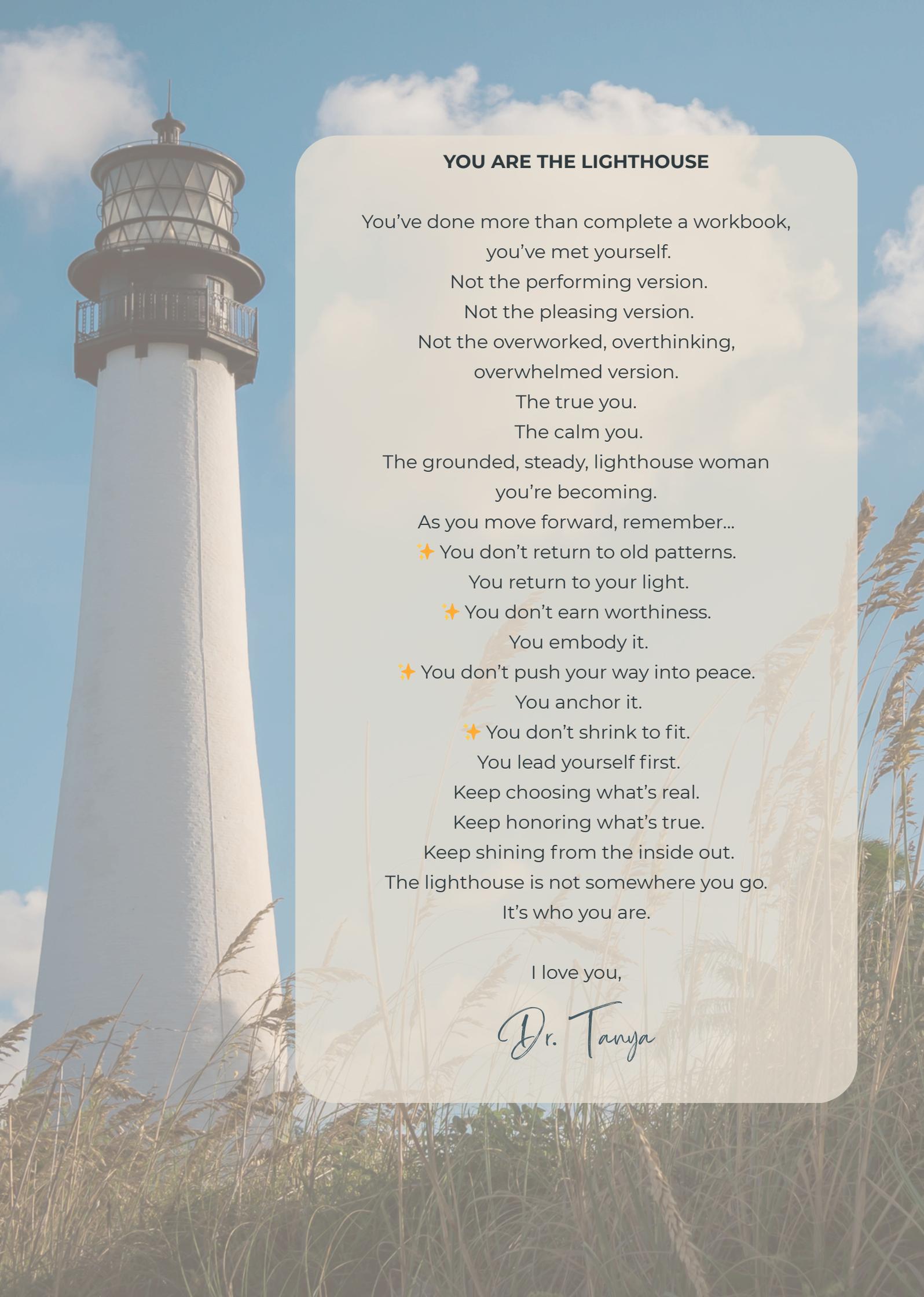
SELF-CARE IDEAS

- ✦ Breathe: Try taking three slow breaths (4-4-6)
- ✦ Step outside and feel sunlight or fresh air
- ✦ Say “no” to something small
- ✦ Drop one “mental tab”
- ✦ Do one minute of shoulder/neck release
- ✦ Drink a full glass of water
- ✦ Name one thing you’re grateful for
- ✦ Practice the “Drop the Rope” exercise
- ✦ Put your hand on your heart and say, “I’m here.”
- ✦ Do a 30-second body scan
- ✦ Listen to your favorite calming or uplifting song
- ✦ Ask yourself, “Is this mine to carry?”
- ✦ Stretch your spine for 10 seconds
- ✦ Do something pleasurable for 2 minutes
- ✦ Sit in stillness before reacting
- ✦ Light a candle or create a micro-ritual
- ✦ Take one aligned action toward your future self
- ✦ Delete or clear one thing on your phone
- ✦ Let yourself rest for 5 minutes without guilt
- ✦ Celebrate one small win
- ✦ Step away from someone else’s urgency
- ✦ Journal one sentence
- ✦ Put your shoulders down + unclench your jaw
- ✦ Repeat an affirmation:
 example: I begin from calm, not chaos.
- ✦ Feel your feet on the ground
- ✦ Text someone who makes you feel supported
- ✦ Release one “should”
- ✦ Choose one thing to not do today

You’ll Start Noticing:

- less urgency
- more clarity
- calmer mornings
- regulated evenings
- fewer emotional spirals
- a deeper sense of self-connection
- and a growing trust in your inner lighthouse

That’s Radical Resilience in action.



YOU ARE THE LIGHTHOUSE

You've done more than complete a workbook,
you've met yourself.

Not the performing version.

Not the pleasing version.

Not the overworked, overthinking,
overwhelmed version.

The true you.

The calm you.

The grounded, steady, lighthouse woman
you're becoming.

As you move forward, remember...

✨ You don't return to old patterns.

You return to your light.

✨ You don't earn worthiness.

You embody it.

✨ You don't push your way into peace.

You anchor it.

✨ You don't shrink to fit.

You lead yourself first.

Keep choosing what's real.

Keep honoring what's true.

Keep shining from the inside out.

The lighthouse is not somewhere you go.

It's who you are.

I love you,

Dr. Tanya