

Childhood Trauma.

Some Rise.  
Some Fall.

How to be one of  
the lucky ones that  
get back up.

Deborah Brown-  
Volkman

# Inner Harmony + Outer Growth

Overcoming Childhood Trauma

## Checklist

- Gain awareness + understanding
- Adopt a change mindset
- Start your healing journey
- Chose a goal
- Work on your goal
- Reach your goal
- Chose another goal
- Build confidence + resistance
- Don't give up
- Keep moving forward

