



# CHAPTER ONE



**Becoming who you're meant  
to be**





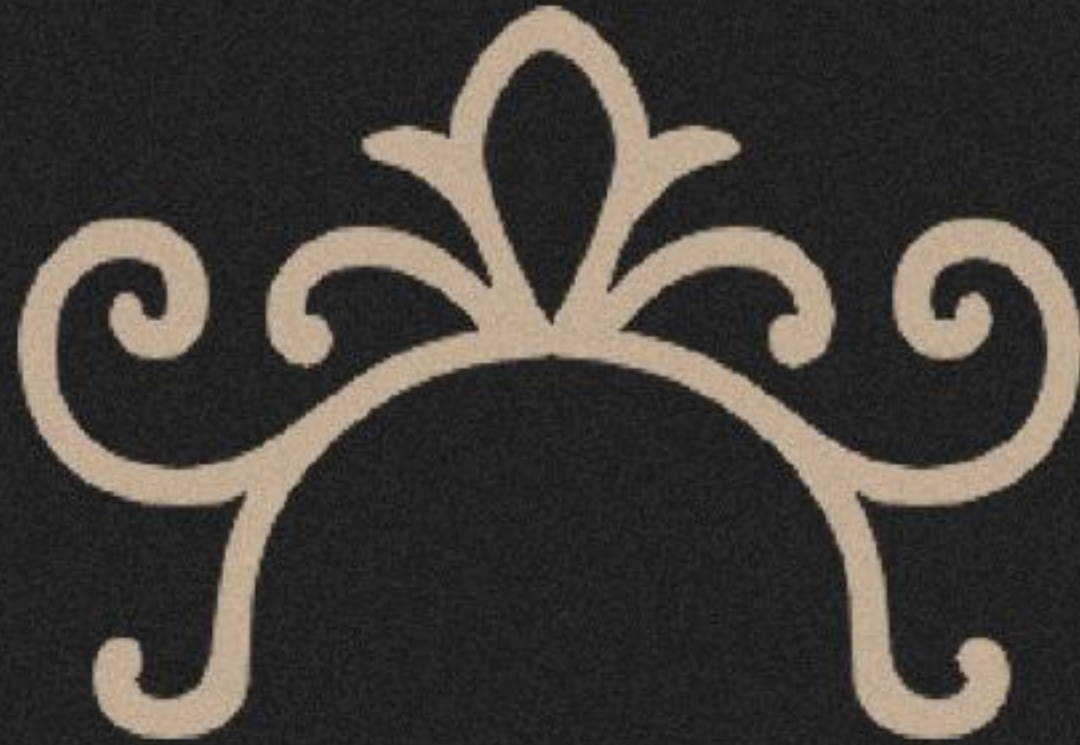
# Chapter Summary

In this chapter, Brianna Wiest explores the journey of transformation and personal realization. She emphasizes the importance of acknowledging the past while moving forward, accepting oneself, and letting go of unrealistic expectations. The author highlights that healing is a process that begins with embracing our true selves, rather than striving for a perfect version. Additionally, she discusses the significance of understanding emotional trauma and its impact on our lives, advocating for the necessity of addressing these feelings to reclaim our strength and authenticity. Ultimately, the chapter encourages readers to confront their discomfort and embrace their individuality as a path to self-mastery.





# Embracing Your Infinite Potential



Transformation begins when we allow ourselves to explore the infinite potential within. This journey demands that we step into who we truly are and create the life we desire, anchoring ourselves in the present moment.



# The Illusion of Moving On

Moving forward doesn't mean forgetting our past. Often, unresolved experiences linger in our thoughts and emotions, reminding us that true healing requires acknowledgment of our inner struggles.



# Validating Your Emotions

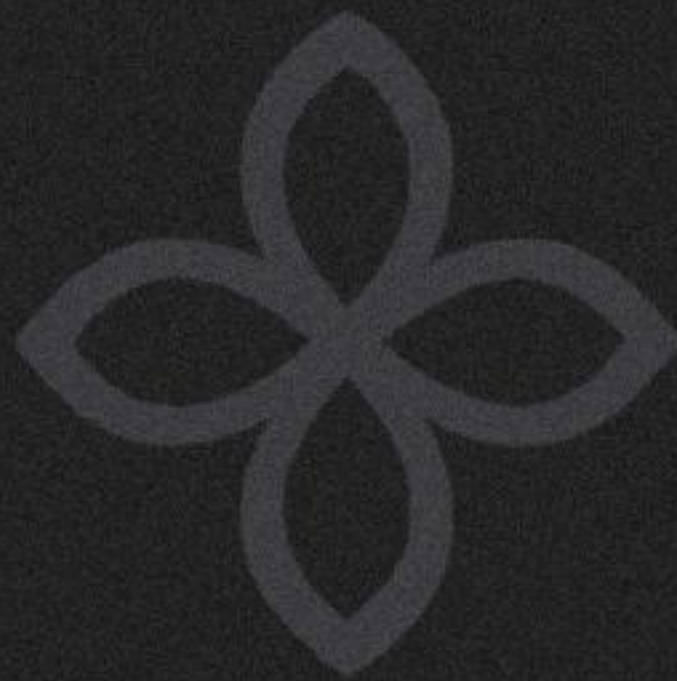


Feeling pain is not a sign of weakness but a reflection of your resilience. Accepting these emotions allows us to honor our healing journey and recognize that it's okay to grieve.



# Letting Go of Unrealistic Expectations

Reaching for perfection places unnecessary pressure on ourselves. True change occurs when we embrace who we are in every moment, setting the stage for authentic growth.





# Confronting Discomfort

Discomfort is often a signal that something needs our attention. By sitting with these feelings, we create space for healing and transformation, allowing ourselves to better understand our pain.



# Understanding the Nature of Trauma



Trauma affects not just the mind but the body. Recognizing how it changes our neurological state is crucial in acknowledging our experiences and initiating healing.



# Creating Safety in Healing

To recover from trauma, we must re-establish a sense of safety in the parts of our lives that have been affected. Addressing these areas head-on ensures true healing and reclamation of personal power.

"Restoring the feeling of safety allows you to return to normal life."



# The Importance of Emotional Release

Emotional backlogs can hinder our progress. Just as we process our emails, we must engage with our emotions to understand and release them, enabling our growth.

"Your emotional backlog is like your email inbox; it needs to be cleared."



# Engaging with Your Feelings



True emotional health is not the absence of discomfort but the ability to feel a range of emotions. It's about interacting with all our feelings and allowing them space to exist.



# The Journey Ahead



Healing is ongoing and non-linear, a continuous exploration of self and growth. Embrace each step as an opportunity to learn, evolve, and ultimately become who you're meant to be.





# Recap

- "The time is now, and the place is here."
- "You can leave a situation, but you can't leave yourself."
- "We must listen to what's wrong, feel it, and allow it to be."
- "Your trauma is not 'in your head'; it is literally a changed state in your brain."
- "Restoring the feeling of safety allows you to return to normal life."





# **Thank You**

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