

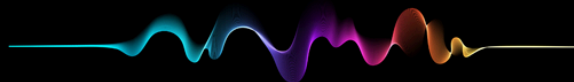
TRANSFORMING TRAUMA INTO TRIUMPH

A 30-Day Journey of
Growth & Healing

CRAFTED BY DEANA | THE RAW RELEASE PODCAST



THE RAW RELEASE
PODCAST



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IMPORTANT NOTICE:

I am not a licensed therapist, psychologist, or healthcare provider. The content in this workbook represents my personal views, experiences, and research. This material is intended for self-development purposes only and should not be considered as professional medical, mental health, or psychological advice, diagnosis, or treatment.

The information provided in this workbook is for general informational and educational purposes only. It is not intended to replace professional medical or mental health treatment. If you are experiencing mental health challenges, trauma, or any medical conditions, please seek appropriate professional help from licensed healthcare providers, mental health professionals, or emergency services.

By using this workbook, you acknowledge that:

- This is not a substitute for professional medical or mental health treatment
- The author is not providing therapy, counseling, or medical advice
- Any decisions you make based on this information are solely your responsibility
- Results may vary, and no specific outcomes are guaranteed

If you are in crisis or experiencing thoughts of self-harm, please contact your local emergency services immediately or call: 911

National Crisis Hotline: 1-800-273-8255

For professional mental health support, please consult:

- Licensed therapists
- Qualified mental health professionals
- Your healthcare provider

Your well-being matters. Make informed decisions about your health and seek appropriate professional care when needed.

This journal serves as your companion through the 30-day journey I invite you to be a part of, helping you process, plan, and progress toward your goals while maintaining accountability and tracking your growth.

Remember: Your healing journey is unique. You took a big step in sharing your past traumas so they no longer have control over you. I want to make sure I provide the tools for success to continue on in your journey. Use this journal in ways that serve you best, adapting the format to your needs while staying true to the core principles of growth and transformation.

Welcome to Your Journey of Transformation

This journal serves as your sacred sanctuary for healing, blossoming, and metamorphosis. In harmony with your daily emails, this workbook will guide you to:

- Reflect on past experiences
- Cultivate new empowering beliefs
- Craft the future of your dreams
- Monitor your progress
- Revel in your growth

How to Embrace This Journal:

1. Dedicate 15-30 minutes each day
2. Engage with the exercises alongside your daily emails
3. Approach yourself with honesty and kindness
4. Date each entry with intention
5. Review your progress weekly
6. Celebrate every triumph, big and small

Most importantly, give yourself grace. If you miss a day, keep trudging on- DO NOT GIVE UP. Start where you left off. Success is not about never failing, but about getting back up every time you do fail.

Initial Reflection

Date: _____

Where I am now:

- My current challenges:

- My biggest dreams:

- What I want to release:

- What I want to create:

My Commitment to Myself:

I, _____, commit to showing up for myself during this 30-day journey. I deserve this investment in my growth and healing.

Signature: _____ Date: _____

Day 1: Beginning Your Journey

Date: _____

Morning Practice:

- Take 3 deep breaths
- Today's Affirmations: "I am worthy of peace, joy, healing and success."
 - "Every part of my journey is valuable, I honor my strengths and ability to thrive."
 - "I am open to new beginnings, free of the weight of my past."
 - "My past has no control over me now."
 - _____
 - _____

Self Care:

Today I commit to taking 10 minutes doing _____ for myself.

Evening Reflection:

- Today's wins:

- Challenges faced:

- How I showed up for myself:

- Tomorrow's intention:

Day 2: Steps Towards Success

Date: _____

Morning Practice:

Take 3 deep breaths

Today's Affirmations: "I am worthy of peace, joy, healing and success."

- "Every part of my journey is valuable, I honor my strengths and ability to thrive."

- "I am open to new beginnings, free of the weight of my past."

- "My past has no control over me now."

- _____

- _____

Self Care:

Today I commit to taking 10 minutes doing _____ for myself.

Today's Focus Exercise:

1. What one thing would you like to improve or change?

2. Why does this change matter to you?

3. Small step I can take today:

Evening Reflection:

- Today's wins: _____

- Challenges faced: _____

- How I showed up for myself: _____

- Tomorrow's intention: _____

Day 4: Belief Transformation

Date: _____

Morning Practice:

Current limiting belief:

Cross it out firmly!

New empowering belief:

Today's Work:

Write your new belief 3 times:

1. _____

2. _____

3. _____

Current limiting belief:

Cross it out firmly!

New empowering belief:

Today's Work:

Write your new belief 3 times:

1. _____

2. _____

3. _____

Key Belief Statement Work(if this applies):

• From testing results: _____

• How this feels in my body: _____

Day 5: Future Vision Creation

Date: _____

Five-Year Vision Exercise:

Where I live:

Who I'm with:

How I feel:

What I'm doing:

Five specific details about this vision:

1. _____

2. _____

3. _____

4. _____

5. _____



Day 6: Action Planning

Date: _____

Core Goal Breakdown:

My chosen core goal:

Mini-Steps This Month:

1. Step:

Timeline:

Resources needed:

2. Step:

Timeline:

Resources needed:

3. Step:

Timeline:

Resources needed:

Progress Tracker:

- Step 1 initiated
- Step 2 initiated
- Step 3 initiated

Day 7: Community Building

Date: _____

Support Network Mapping:

Three Positive Influences:

1. Name:

How they uplift me:

Connection plan:

2. Name:

How they uplift me:

Connection plan:

3. Name:

How they uplift me:

Connection plan:

Community Engagement:

Joined Raw Release Group

Shared a milestone

Connected with others

Connected with Deana on Instagram @nontoxdetoxheal

Day 8: Cultivating Gratitude & Opening to Receive

Date: _____

Morning Practice

Prayer or Meditation of Gratitude

1. Something in nature: _____

2. Something about my body: _____

3. Something about my life: _____

Abundance Recognition

What unexpected gifts came my way today?

Breakthrough Moments

What insights or growth am I grateful for?

Evening Reflection

Today's Three Gratitude's

1. Small blessing: _____

2. Person or relationship: _____

3. Personal achievement: _____

Choose one gratitude and expand on why it matters:

Before Sleep Prayer/Meditation

Express thanks for:

- Today's lessons: _____

- Growth opportunities: _____

- Support received: _____

Remember: A grateful heart is a magnet for miracles. Let your appreciation for what is create space for what could be.

Day 9: Self-Care Foundation

Date: _____

Self-Care Assessment:

Current self-care practices:

Areas needing more attention:

My Personal Self-Care Menu:

Physical:

- _____
- _____
- _____

Mental:

- _____
- _____
- _____

Emotional:

- _____
- _____
- _____

Spiritual:

- _____
- _____
- _____

Weekly Commitment:

My dedicated self-care day: _____

Activities planned: _____

Day 10: Resilience Building

Date: _____

Stop, Reflect, and Adjust Practice:

Morning Challenge Assessment:

Current challenge:

STOP:

- Completed 3-5 deep breaths
- Present moment awareness check

REFLECT:

What can I learn from this?

ADJUST:

My action step toward solution:

Evening Review:

How I used resilience today:

What worked well:

Tomorrow's preparation:

Day 11: Progress Review

Date: _____

Changes I've Noticed:

1.

2.

3.

Vision Check-in:

Original vision still resonates? Yes No

Adjustments needed:

New Short-Term Goals:

1.

First step:

2.

First step:

I am proud of you and you should be proud of yourself! Every step, no matter how big or small, is one step closer to opening the doors to the future that you deserve. This will all become second nature with time and consistency so keep pushing forward.

Day 12: Vision Refinement

Date: _____

Most Exciting Aspect of My Vision:

Vision Updates:

Adding:

Refining:

Removing:

Alignment Check:

How does this vision feel in my body?

What emotions come up?

Next inspired action:

Day 13: Relationship Qualities

Date: _____

Ideal Relationship Qualities:

1. Quality:

How I can embody this:

2. Quality:

How I can embody this:

3. Quality:

How I can embody this:

Self-Assessment:

Where I'm strong:

Where I can grow:

2 Week Reflection- Keeping you accountable to your future.

Date: _____

Where I am now:

- My current challenges:

- My biggest dreams:

- What I want to release:

- What I want to create:

My Commitment to Myself:

I, _____, commit to showing up for myself during the remaining 30 day journey. I deserve this investment in my growth and healing.

Signature: _____ Date: _____

Day 14: Pattern Recognition

Date: _____

This is your outline. On the next page you can delve deep.

Inner Reflection Exercise: Write down your desired relationship qualities, then explore each.

Here is an example:

Trust

Trigger Question: "When did I first learn not to trust?"

Pattern Recognition: "Do I withhold trust as self-protection?"

Healing Prompt: "How can I trust myself first?"

Emotional Intimacy

Trigger Question: "When was I hurt for being vulnerable?"

Pattern Recognition: "Do I keep people at arm's length?"

Healing Prompt: "How can I create emotional safety for myself?"

Pattern Release Work For each quality that triggers you

Acknowledge the protective purpose it served

Thank the pattern for keeping you safe

Choose a new empowering belief

Example: Old Pattern: "People always leave"

New Belief: "I attract stable, committed relationships"

Daily Embodiment Practice Choose one quality to embody

To attract respect: Set and honor your boundaries

To attract openness: Share authentically with safe people

To attract stability: Be consistent in your own actions

Day 14: Pattern Recognition

Date: _____

_____ (quality) Exploration:

First _____ (quality) wound: _____

Current protection pattern:

New trust building practice:

_____ (quality) Exploration:

Second _____ (quality) wound: _____

Current protection pattern:

New trust building practice:

Pattern Release Work:

Old Pattern:

Protective purpose served:

Gratitude for protection:

New chosen belief:

Pattern Release Work:

Old Pattern:

Protective purpose served:

Gratitude for protection:

New chosen belief:

You are half way through this journey! Way to go! Don't give up, keep pushing through for your future.

Day 15: Inner Critic Transformation

Date: _____

Negative Self-Talk Tracker:

When it happens:

What triggers it:

Replacement affirmation:

Daily Positivity Practice:

Morning affirmation:

Midday check-in:

Evening reinforcement:

Transformation Tracking:

Old thought:

New thought:

How this shift feels:

Day 17: Progress Check-in

Date: _____

17-Day Milestone Review:

Initial goal:

Progress made:

Unexpected wins:

Action Planning:

This week's focus:

Next step:

Support needed:

Podcast Integration:

Key takeaway:

How I'll apply this:

Day 18: Visualization Practice

Date: _____

Morning Power Practice:

Time: _____ Location: _____

Your Goal As If You've Already Achieved It:

5 Senses Visualization:

See:

Hear:

Feel:

Smell:

Taste:

Physical Sensations:

In my body:

Emotions present:

Vision Keyword:

Phone reminder set every 3 hours with Keyword reminder

Day 19: Self Discipline Exercise

Date: _____

Morning Success Habits:

- 5-minute meditation
- 1 page of journaling
- 10 minutes of movement
- Reading 3 pages of personal development

Career Growth Habits:

- Learn one new skill for 15 minutes
- Send two networking messages
- Update your progress tracker
- Practice public speaking for 5 minutes

Health-Focused Habits:

- Drink water before coffee
- Prep tomorrow's healthy snacks
- Take a 10-minute walk
- Practice mindful eating at one meal

Implementation Strategy:

1. Choose ONE habit from any category

2. Tack it daily (research shows this increases success by 80%)

3. Celebrate small wins (Ex. completing 7 days straight of your goal) Treat yourself to:

4. Build for 21 days before adding another

Progress Tracker

Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

Day 8 Day 9 Day 10 Day 11 Day 12 Day 13 Day 14

Day 15 Day 16 Day 17 Day 18 Day 9 Day 20 Day 21

Day 20: Self-Compassion Practice

Date: _____

Today's self-critical thoughts:

Compassionate reframe:

"I am learning and doing my best because..."

Visible reminder placement:

Location 1: _____

Location 2: _____

Self-care action taken:

Today's self-critical thoughts:

Compassionate reframe:

"I am learning and doing my best because..."

Visible reminder placement:

Location 1: _____

Location 2: _____

Self-care action taken:

Day 21: Growth Recognition

Date: _____

You are kicking butt! You have grown new neuronal synapsis aka retrained your brain and grown new brain cells!! Sounds crazy right? 3 weeks of consistency- keep on trudging along, remember progress is better than perfection.

Three Ways I've Grown:

1. Area:

Evidence:

How this feels:

2. Area:

Evidence:

How this feels:

3. Area:

Evidence:

How this feels:

Celebration plan:

Day 22: Strength Discovery

Date: _____

Core Strengths Identification:

Character Strengths (circle yours):

- Resilience
- Empathy
- Creative problem-solving
- Emotional intelligence
- Natural leadership
- Other:

Skill-Based Strengths:

Communication style:

Technical abilities:

Organization methods:

Other:

Hidden Strengths:

What others say about me:

When I lose track of time:

Natural abilities I take for granted:

Day 23: Support System

Date: _____

Asking for Help Assessment:Current challenge:

Potential helper:

Specific request:

Support Network Update:Strong connections:

Needs strengthening:

New connections to make:

Gratitude Expression:Who I'll thank today:

How I'll show appreciation:

Asking for Help Assessment:Current challenge:

Potential helper:

Specific request:

Support Network Update:Strong connections:

Needs strengthening:

New connections to make:

Gratitude Expression:Who I'll thank today:

How I'll show appreciation:

Day 24: Vision Alignment

Date: _____

Five-Year Vision Review:

Original vision still resonates? Yes No

Adjustments needed:

Career:

Relationships:

Personal Growth:

Lifestyle:

Monthly Action Step:

Specific goal:

This month's focus:

Weekly breakdown:

Week 1:

Week 2:

Week 3:

Week 4:

Day 25: The Art of Patient Progress

Date: _____

These are all different techniques you can use. Use what resonates for you as you continue beyond the 30 day challenge. Photo Copy

Deep Breathing Check-ins

Morning:

Midday:

Evening:

Progress Tracking

Recent Small Wins

1.

2.

3.

Lessons Learned This Week

1.

2.

3.

Mindful Response Practice

Present Moment Awareness

What I'm working on right now:

How I feel about it:

Goal Timeline Assessment

Major Goal:

Broken Down into Milestones:

1.

Timeline: _____

2.

Timeline: _____

3.

Timeline: _____

Buffer Time Allocation:

Unexpected challenges I might face:

1.

2.

3.

3.

Growth Documentation

Today's Incremental Improvements:

1.

2.

3.

Remember: True success is built one patient step at a time. Your dedication today creates your reality tomorrow. 🌱

Day 26: Positive Reinforcement

Date: _____

List three accomplishments from the past month and treat yourself to something you enjoy as a reward.

Accomplishment:

1.

2.

3.

BI am proud of myself because these 3 accomplishments are moving me closer to these goals:

Celebrating by:

Day 27: Values Alignment & Authentic Living

Date: _____

My Top 3 Core Values:

1. Value:

Why this matters:

Daily practice:

2. Value:

Why this matters:

Daily practice:

3. Value:

Why this matters:

Daily practice:

Values in Action

Today's Alignment Practice:

Integrity moment:

Compassionate action:

Growth step taken:

Values Check-In

Morning Intention:

Today I will embody my values by:

Evening Reflection:

How I lived my values today:

Magnetic Attraction

Values-Aligned Connections:

New connections:

Opportunities noticed:

Next steps:

Day 28: Support System & Boundaries

Date: _____

Support Circle Evaluation

People Who Uplift Me:

1. Name:

How they support me:

Action to strengthen bond:

2. Name:

How they support me:

Action to strengthen bond:

3. Name:

How they support me:

Action to strengthen bond:

Energy Assessment

Relationships Needing Boundaries:

1. Situation:

Boundary needed:

Kind approach:

2. Situation:

Boundary needed:

Kind approach:

Growth Support Check

My Current Needs:

Emotional support:

Practical support:

Growth support:

Action Steps

This Week I Will:

Reach out to:

Set boundary with:

Express gratitude to:

Day 29: Cultivating Abundance Mindset

Date: _____

Abundance Vision

Area 1: Relationships

Current situation:

Desired outcome:

Daily affirmation:

How this will feel:

Area 2: Career/Purpose

Current situation:

Desired outcome:

Daily affirmation:

How this will feel:

Area 3: Personal Joy

Current situation:

Desired outcome:

Daily affirmation:

How this will feel:

Mindset Shift

Old limiting belief:

New abundant belief:

Today I am open to receiving:

1.

2.

3.

Remember: Abundance flows where attention goes. Stay open to receiving all the good you deserve. ✨

Day 30: Vision Board/Binder Preparation

Date: _____

Choose Your Format:

- Vision Board
- Vision Binder
- Both

Materials Needed:

- Images/magazines
 - Quotes
 - Words
 - Supplies:
-
-

Life Areas to Include:

- Relationships
 - Career
 - Health
 - Lifestyle
 - Spirituality
 - Personal Growth
 - Financial
 - Other:
-
-

Collection Space:

Images that speak to me:

Powerful words/phrases:

Quotes that inspire:

You have done 30 days of work to rebuild your future!! Letting go of past traumas has opened up a world of possibilities for you. This is just the beginning. Continue building your future. The community is here for you. Keep using this resource to reflect on your growth.

BONUS: Vision Creation

Date: _____

Vision Board/Binder Assembly:

Section 1: Personal Growth

Images chosen:

Words added:

Why this matters:

Section 2: Relationships

Images chosen:

Words added:

Why this matters:

Section 3: Career/Finance

Images chosen:

Words added:

Why this matters:

Section 4: Health/Wellness

Images chosen:

Words added:

Why this matters:

Section 5: Lifestyle/Dreams

Images chosen:

Words added:

Why this matters:

Display Location:

Daily viewing time:

BONUS: Five-Year Plan Integration

Date: _____

Vision Strengthening:

New details added: _____

Clarity gained: _____

Excitement level (1-10): _____

Monthly Milestones:

Month 1-3: _____

Month 4-6: _____

Month 7-9: _____

Month 10-12: _____

Year 2 Focus: _____

Year 3 Focus: _____

Year 4 Focus: _____

Year 5 Focus: _____

Daily Alignment Practice:

Morning question: "Today I will move toward my vision by..."

Evening reflection: "Today I made progress by..."

Brainstorm:

BONUS: Future Self Connection

Date: _____

Letter from Future Self:

Dear Present Me,

What I'm most proud of achieving:

How I got here:

Advice for today:

With love,

BONUS: Legacy Building

Date: _____

Impact Vision:

How I want to be remembered:

Value I want to share:

Difference I want to make:

Action Steps:

Daily practice:

Weekly commitment:

Monthly goal:

Legacy Project:

Project idea:

First step:

Support needed:

BONUS: Final Integration & Celebration

Date: _____

Journey Review:

Greatest Transformations:

1. _____
2. _____
3. _____

Key Learnings:

About myself:

About my capabilities:

About my future:

Celebration Plan:

How I'll celebrate:

Who I'll share with:

What I'm most proud of:

Moving Forward:

Daily practices I'll keep:

Weekly check-ins:

Monthly reviews:

Support System:

Facebook group participation plan:

Accountability partner:

Professional support needed:

Final Reflection:

Letter to Self:

Dear Future Me,

TROUBLESHOOTING GUIDE

Common Challenges:

- Energy blocks
- Pattern rebounds
- Belief resistance

Solutions:

ONGOING SUPPORT CHECKLIST

Regular Check-ins:

- Bioresonance testing updates using custom frequency based tinctures(if you are a client of www.beyondbalanced.com or www.rootcauseclinic.co
- Retraining the limbic system through essential oil practices
- Belief statement refinement

Community Support:

- Raw Release Group participation
- Healing circles in your community
- Success celebrations

Professional Support:

- Practitioner consultations
- EFT Tapping
- Meridian Tracing
- Testing updates
- Protocol adjustments

Reach out to hello@rawrelease.com

Monthly Check-In Template

Instructions for Use- Duplicate this template for each month in your workbook.

- Fill out the check-in at the end of each month to reflect and plan. Use the insights gained to guide your actions and decisions in the following month. By consistently using these monthly check-in pages, you'll be able to track your progress, stay aligned with your goals, and make necessary adjustments to continue your growth journey.

Month: _____

Reflection on the Past Month

1. Achievements:

- What were my biggest accomplishments this month?

2. Challenges:

- What obstacles did I face, and how did I overcome them?

3. Lessons Learned:

- What did I learn about myself and my journey?

Goal Setting for the Next Month

1. Primary Goal:

- What is my main focus for the upcoming month?

2. Supporting Goals:

- List two or three additional goals to support your primary focus.

3. Action Steps:

- What specific actions will I take to achieve these goals?

Self-Care and Well-Being

1. Self-Care Practices:

- What self-care activities will I prioritize this month?

2. Support System:

- Who can I reach out to for support and accountability?

Vision and Alignment

1. Vision Check:

- How does my current path align with my long-term vision?

2. Adjustments Needed:

- What changes or adjustments do I need to make?

Gratitude and Positivity

1. Gratitude List:

- What am I grateful for this month?

2. Positive Affirmations:

- What affirmations will I focus on this month?

Resources & References:

Facebook Group: [Raw Release Group](#)

Podcast: www.rawrelease.com

Additional Support: www.beyondbalanced.com

my.doterra.com/rootcauseclinic

Suggested Reading List

1. How to Do the Work by Dr. Nicole LePera
 - A guide to recognizing and healing from past traumas and creating a more fulfilling life.
2. The Emotion Code by Dr. Bradley Nelson
 - Explores how trapped emotions can affect your health and how to release them.
3. Feelings Buried Alive Never Die by Karol K. Truman
 - Discusses the impact of suppressed emotions on physical and mental health and offers tools for emotional release.
4. The Body Keeps the Score by Dr. Bessel van der Kolk
 - Examines how trauma affects the body and mind, and offers insights into healing.
5. The Power of Now" by Eckhart Tolle
 - Focuses on the importance of living in the present moment for spiritual enlightenment and personal growth.
6. Breaking the Habit of Being Yourself by Dr. Joe Dispenza
 - Combines science and spirituality to help you break free from old habits and create a new reality.
7. You Can Heal Your Life by Louise Hay
 - Explores the connection between thoughts and physical health, offering affirmations and exercises for healing.
8. Mind Over Medicine" by Dr. Lissa Rankin
 - Investigates the power of the mind in healing the body and offers practical advice for harnessing this power.
9. The Gifts of Imperfection" by Brené Brown
 - Encourages embracing imperfections and living authentically to cultivate a wholehearted life.
10. Waking the Tiger: Healing Trauma" by Peter A. Levine
 - Offers insights into the nature of trauma and provides a new approach to healing.
11. Atomic Habits" by James Clear
 - Provides strategies for building good habits and breaking bad ones to achieve personal and professional goals.

These books offer a range of perspectives and tools for personal development, emotional healing, and creating a more fulfilling life. They can be valuable resources as you continue your journey of growth and transformation.

Daily Transformation Tracker (COPY THIS PAGE TO REUSE)

Date: _____

Morning Alignment (5-10 minutes)

Time: _____ Location: _____

Check-In (1-10):

Physical Energy: _____

Emotional State: _____

Mental Clarity: _____

Morning Gratitude

1. _____

2. _____

3. _____

Today's Affirmation: _____

Essential Oil Support

Morning blend used: _____

Intention set: _____

Application method: _____

Daily Values & Goals

Top 3 Priorities Today:

1. _____

2. _____

3. _____

Value-Aligned Actions

Today I will embody my values by: _____

Mindset & Emotional Work

Current Limiting Belief to Release: _____

New Empowering Belief: _____

Self-Care Actions

- Movement/Exercise
- Meditation/Quiet time
- Boundary setting
- Other: _____

Evening Integration

Today's Wins:

1. _____

2. _____

3. _____

Lessons Learned: _____

Evidence of Growth: _____

Tomorrow's Preparation:

1. _____

2. _____

3. _____

Frequency & Abundance Check

Evening Energy (1-10): ____

Today I Attracted: _____

I'm Grateful For: _____

Notes & Insights

Remember: Every day is an opportunity for growth and transformation. Stay consistent with your practices, celebrate your progress, and trust the journey. ✨

- Essential oils used
- Affirmations practiced
- Boundaries maintained
- Self-care completed
- Gratitude expressed
- Values honored

Congratulations on completing your 30-day transformation journey! Remember, this is just the beginning. Keep this workbook as a reference and continue to build upon the foundation you've created.

With love,
Deana

