



Transforming yourself after trauma is all about choices and actions. It's not just about **reducing and eliminating symptoms** but also creating a self and a life that make you feel happy and excited to be alive.

Whether your trauma started at birth or happened later in life, before you can implement choices and actions that lead you **out of the darkness and back into the light** you have to connect with the part of you that *already knows how to do that*. This is exactly what *The Identity Roadmap* program teaches you to do.

The Identity Roadmap program is designed to gently (and at a pace that feels comfortable) lead you through a process that allows you to **reach beyond your reactive survivor self** and tap into a part of you that is larger, stronger, more knowledgeable and incredibly able to help you navigate both recovery and how you transform your life afterward.

Survival mode is meant to help you survive a mortal threat; it's not meant to be how you live. If you keep approaching recovery and life through your survivor persona you'll **keep feeling more miserable**.

In order to achieve your healing vision and SUSTAIN it you're going to need to step into The Real You. For that, you'll need a whole new approach.

Here's What You'll Learn In *The Identity Roadmap Program*



Learning how to **develop your focus, resolve obstacles and access your innate skills** immediately packs power in your post-trauma identity construction process. Plus, you'll learn how to use your imagination, interact with your desires and assess your belief system.



Clarity is the #1 element in achieving any plan to **transform yourself after trauma**; focus is element #2. Learning how to relax into a habit for both will **speed up your process** exponentially. You'll refine what you want, why you want it and how you're going to get it.



Knowing what to do, when, how and in what way to steadily interact with elements of your identity develops your ability to **create the results you seek**. It's not enough to want to change, you have to be willing to step into the process and your new self with **consistent energy, vitality and purpose**.



Uncovering your hidden motivations, desires and dreams is a large part of **moving you out of the past and into a present identity that feels good**. These things are the currency for becoming **resilient**; living and breathing them will **take your process to a whole new level**.



Being in survival mode for so long means you are stuck in default mode – you react to threats rather than create desired experiences. Now, you are about to **free yourself** by becoming the lead engineer in **building the self and life you desire**.



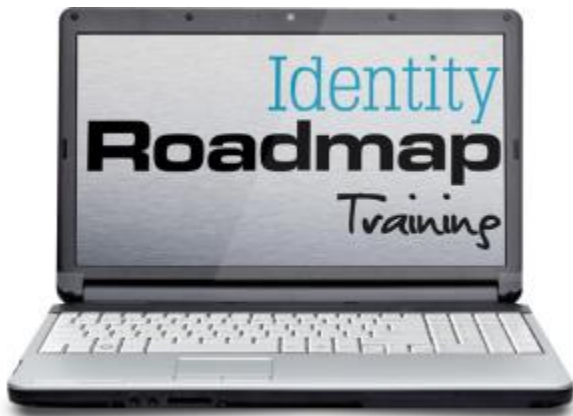
It's all about the long-term: You'll learn solid tools and best practices to help **you maintain an active program** of constructing your post-trauma identity **for the rest of your life**. When you're struggling with depression, insomnia, grief, fear and pain it can be very challenging to keep yourself in motion and **on the path to feeling better**. With these tactics you'll find it sooooo much easier!

More than anything, here's the thing to remember: With a well-planned approach to transforming who you are natural outcomes of feeling better will include **reduced depression, anxiety, grief, mood swings and emotional fatigue**.

That's what's so special about this program: When you work it consistently you will begin to see, hear and feel alterations in how you interpret yourself, others and the world which will translate into experiencing **increased sensations of hope, safety and control**.

I know you've got an on-going life and also that some days are easier than others. That's why *The Identity Roadmap* program is designed for you to use completely at your own pace and in your own style.

Here's What Comes With *The Identity Roadmap* Program



Audio Training

Go in-depth with this exploration of **24 strategies designed to help you transform** your identity.

This 60+-minute training introduces concepts that **expand your ability to engage** with and **resolve the conflicts** between who you are and who you so deeply want to be.



Hands-On Eworkbook

With post-trauma symptoms your mind can be a little scattered and a lot of chaotic. That's why this eworkbook is divided into a **simple chapter-by-chapter structure designed to remove the guesswork** from reconstructing your identity. With both training and exercises woven together throughout almost 100 pages you'll gently move from getting started all the way to **living the changes indefinitely**.

The Healing Rampage Laser-Focus Cheat Sheet



Download your **easy-to-implement 3-step process** for moving forward every day with the Healing Rampage Laser-Focus Cheat Sheet. This Fast-Action Results BONUS is designed to help you maximize your success as you implement *The Identity Roadmap* program methods.

Using the cheat sheet will help you to **step into The New You on a daily basis** as it guides you through a process that allows you to **feel more grounded, focused and in alignment** with who you truly are and want to be.

I want you to be super successful in recreating yourself as a person who can handle challenges, release yourself from the past and shift from powerless to powerful. **You've lost enough time.** You've waited longer than you've had to. I know *The Identity Roadmap* program will infuse your mind and body with processes and procedures for reclaiming your right to live the life you were meant to be living.

Stop restricting your activities to control symptoms. That's not really healing anyway, and it certainly isn't living. That's coping and struggling and continuing to miss out on life because you don't feel fit to live it.

The Identity Roadmap program is designed to help you **shift from powerless to powerful** and step into The Real You: a person who lives from an "I can handle it!" perspective, makes choices and takes actions and knows how to **engage in the present moment without thinking about the past.** You've lived a disconnected, overwhelmed, "I don't deserve it", anxiety and symptom-driven life longer than anyone should have to. From this day forward **it's your turn** to choose who you are and create the life you want to live. Join me and let's walk the path together!

You have enormous healing potential; the goal is learning to access it. Dig deep. With this program you can do this. I believe in you!



Joyfully,

Michele