

New Reality	Utilize "The List" template to design your new reality for YOU				
The 6 A's	Acknowledgement	Allowing	Absorption	Acceptance	Adjustment Adapting
Choose Your Path	Intention In Your Time	Release	Karma	Crusader Warrior Surviving Warrior	Thriving Warrior
Guiding Principals	Raison d'être Staying Present	Feel the Pain Lean Into What You Love	You Still Have To Matter	Be Vulnerable Listen To Your Gut	Detachment Share To Heal
Core Values	Compassion	Patience	Love	Honesty	Forgiveness
Basic Fundamentals	Love Raison d'être	Voice of an Angel Staying Present	Slow Down & Listen Someone You Trust	Overall Wellbeing Be Honest With Yourself	No Regrets
Grief Wheel	Shock, Anguish, Denial Numb	Pain, Guilt, Anger & Regret Overwhelmed, Sadness, Disbelief	Service & Hope	Define New Reality Commemorative Tribute	

Process Overview