

# FROM TRAUMA TO JOY'S 4 GOALS & 10 COMMANDMENTS

**Commandment #1:** We don't "get over" the things that traumatize us... ever.

**Commandment #2:** Trauma is a normal part of life & affects all of us at some point.

**Commandment #3:** Trauma is Trauma is Trauma.

**Commandment #4:** Feeling "damaged" by trauma is normal.

**GOAL #1:** *Learn to Coexist with Trauma*

**Commandment #5:** Quit drinking and/or using drugs if you struggle with trauma.

**Commandment #6:** Learn to handle money well.

**Commandment #7:** Stop faking your Mental Fitness.

**Commandment #8:** We gotta talk about our traumatic experiences and stay connected to our Tribe.

**Commandment #9:** Physical Fitness is essential to long-term Mental Fitness.

**Commandment #10:** Develop wellness practices to positively channel post-traumatic reactions.

**GOAL #2:** *Build Your Own Mental Fitness Infrastructure in order to develop daily routines that support your Mental Fitness*

**GOAL #3:** *Embrace Self-Discipline in your life and see "Self-Discipline" as an act of "Self-Love"*

**GOAL #4:** *Give... help others. As often as you can, GIVE this wisdom to people who are struggling... stick your hand into their darkness... help them. As you transform their lives, you transform your own life*