INHERITED TRAUMA INVENTORY

ANCESTOR:	MAIN PATTERN:
INTENTION:	
What trials and traumas are held in my DNA?	What fears or behaviors am I still carrying?
What fears and survival skills did my ancestors carry (due to those trials)?	
What beliefs and worldviews did my ancestors' carry (due to those trials)?	What beliefs and limits am I still carrying regarding my life? success? Finances? Health? Relationships? Career? Happiness?
What emotional baselines became normal for my ancestors?	What habits or behaviors recreate this emotional " comfort zone" in my own life?

Notice any themes? Put a star by any patterns that feel especially charged or personal.

List I daily habit you can practice to begin to release the unwanted inherited pattern(s).



HEALING COMMITMENT

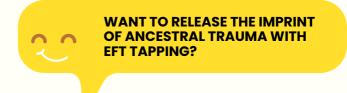


MAKE A COMMITMENT TO EXPLORE 1 INHERITED PATTERN
THROUGH THIS ENTIRE WORKSHOP. THEN REVISIT WITH OTHER PATTERNS.

COMMITMENT
I(full name) ,
commit to exploring(inherited pattern) which was passed down through my family line.
I commit to spending minutes/hours this week exploring this theme .
I commit to spending minutes per day noticing positive shifts in the direction of healing.
Write one action step you can do <u>today</u> to begin the journey:



DEEP DIVE WORKSHOP



Inherited Trauma + **Shadow** Healing LIVE ZOOM WORKSHOP + SELF STUDY

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