

# **SURVIVOR'S TOOLBOX: 8 Ways to Be Your Own Rescue**

- 1. Open mindedness (Surrendering to the process of Growth)**
- 2. self-inventory (Choosing life or death)**
- 3. Forgiveness (Self & others)**
- 4. Escaping victim mentality mindset (What's Your Story? Turn your mess into your message)**
- 5. Self-care as a regular practice (Sharpen your rituals)**
- 6. Daily Check up from the neck up**
- 7. Reconciliation**
- 8. Attitude of Gratitude**

***Blessings on your continued journey!***

**Queen Viv**

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