The Rising Strong Process

The goal of the process is to rise from our falls, overcome our mistakes, and face hurt in a way that brings more wisdom and wholeheartedness into our lives.

THE RECKONING: WALKING INTO OUR STORY

Recognize emotion, and get curious about our feelings and how they connect with the way we think and behave.

THE RUMBLE: OWNING OUR STORY

Get honest about the stories we're making up about our struggle, then challenge these confabulations and assumptions to determine what's truth, what's self-protection, and what needs to change if we want to lead more wholehearted lives.

THE REVOLUTION

Write a new ending to our story based on the key learnings from our rumble and use this new, braver story to change how we engage with the world and to ultimately transform the way we live, love, parent, and lead.

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