

# THE 4 GOALS & 10 COMMANDMENTS OF POST-TRAUMATIC WINNING

## COMMANDMENT #1

We don't "get over" the things that traumatize us... ever.

## COMMANDMENT #2

Trauma is a normal part of life and 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

*Develop Daily Wellness Practices that support your Mental Fitness*

## GOAL #3

### EMBRACE SELF-DISCIPLINE IN YOUR LIFE

## GOAL #4

### GIVE... HELP OTHERS

*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*