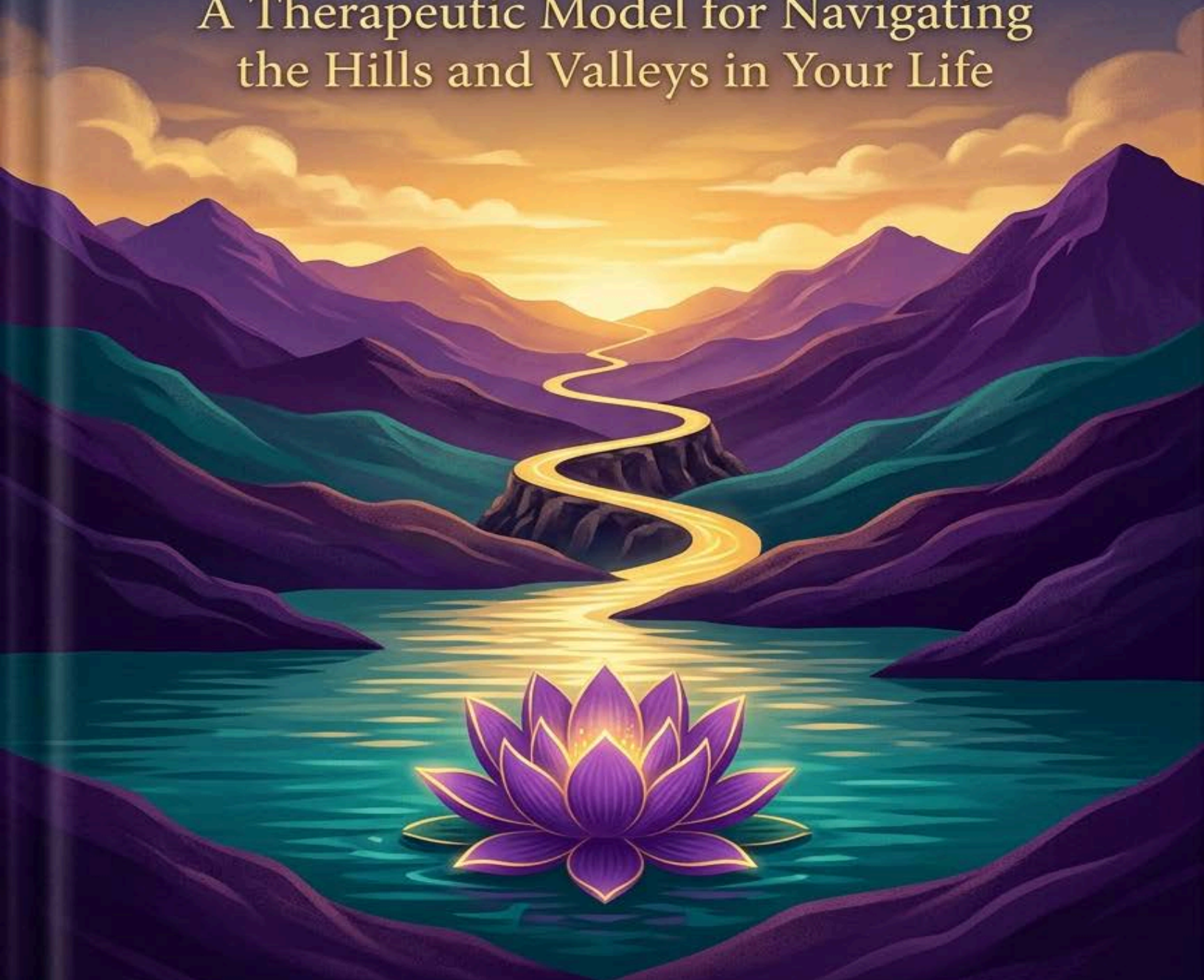


# EMBRACE YOUR JOURNEY

A Therapeutic Model for Navigating  
the Hills and Valleys in Your Life



JAN DAVIDSON



# The EMBRACE Model

*Support for the Journey*

---

*"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty."*

*— Maya Angelou*

## Copyright & Legal Information

Copyright © 2025 Jan Davidson

All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the author, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

For permission requests, write to the author at:

[Publisher/Contact Information]

---

ISBN: 97982340900584

First Edition, 2025

Printed in the United States of America

---

## Clinical Disclaimer

This workbook is intended for personal growth and educational purposes only. It is not a substitute for professional mental health treatment, therapy, or medical advice. If you are experiencing a mental health crisis, please contact a licensed mental health professional or call 988 (Suicide & Crisis Lifeline) immediately.

The case studies in this workbook are composite fictional characters created for illustrative purposes. Any resemblance to real persons is coincidental.

---

## A Note on Evidence-Based Frameworks

The EMBRACE Model and the 6 P's processing method draw from established psychological frameworks including Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), mindfulness-based interventions, motivational interviewing, and positive psychology. These frameworks are cited throughout the workbook where applicable.

---

Cover design and interior layout: TAYLORS Designs

Edited by: Jan Davidson

For bulk orders, coaching programs, or speaking inquiries:

Website: [www.embraceyourjourney.net](http://www.embraceyourjourney.net)

Email: [jan@embraceyourjourney.net](mailto:jan@embraceyourjourney.net)

---

*To everyone who has ever  
felt too broken to begin —  
you were never broken. You  
were becoming.*

# Table of Contents

The EMBRACE Model · Support for the Journey

---

<b>E - Evaluate</b>	p. 17
Identify Your Dominating Issue	p. 1
Life Balance Wheel	p. 28
Four Lenses Self-Evaluation	p. 26
<b>M - Maintain</b>	p. 38
Foundation Inventory	p. 40
Habit Audit & Maintenance Plan	p. 46
Weekly Rhythm Tracker	p. 48
<b>B - Balance</b>	p. 54
Emotional Landscape & Regulation Plan	p. 61
5-4-3-2-1 Grounding Technique	p. 57
Daily Emotional Check-In Practice	p. 65
<b>R - Reach-Out / Release</b>	p. 74
Reach-Out Plan & Release Letter	p. 82
Release Inventory	p. 79
Barriers Inventory	p. 84
<b>A - Action</b>	p. 90
Mini-Milestones Worksheet	p. 96
Fear vs. Readiness Inventory	p. 97
Action That Fits Your Real Life	p. 95
<b>C - Connect / Commit</b>	p. 103
Circle Map & Commitment Plan	p. 110
Connection That Feels Safe and Real	p. 108
Commitment That Lasts Beyond Motivation	p. 109
<b>E - Empower</b>	p. 117
True Grit Evidence & Story Rewrite	p. 123
True Grit Reframe Prompts	p. 122
My Empowerment Summary	p. 127
<hr/>	
<b>Front Matter</b>	
What People Are Saying	p. iii
A Heartfelt Welcome	p. iv
How to Use This Workbook	p. vi
Pre-Assessment	p. ix
<hr/>	
<b>Back Matter</b>	
Exercises & Practice Activities	p. 129
Real Stories of Hope	p. 133
Practical Tools	p. 135
About the Author	p. 144
My EMBRACE Pledge	p. 151
Post-Assessment	p. 152
Glossary	p. 154
References	p. 155

# What People Are Saying

## ☆ TESTIMONIALS

Real voices offer real perspective. These reflections represent lived experience, thoughtful engagement, and the meaningful ways the EMBRACE Model has supported growth, clarity, and confidence in everyday life.

**"You HAVE to go through this."**

This workbook changed the way I see myself. I came in skeptical and left with tools I actually use every single day. Jan's voice feels like a trusted friend who tells you the truth with love.

— *Community Group Participant*

**"I finally stopped feeling like I was failing."**

The EMBRACE Model gave me a framework that made sense of my chaos. I didn't need to be fixed—I needed to be understood. This workbook did that.

— *Coaching Client*

**"I've done a lot of personal development. This is different."**

Most workbooks feel like homework. This one feels like a conversation. I've returned to it three times and found something new each time.

— *Recovery Program Graduate*

That kind of response is what happens when practical guidance meets compassionate understanding. The next voices reflect how EMBRACE continues to resonate across families, partnerships, and personal healing journeys.

"I shared this with my whole family. We all needed it."

— *Parent & Workshop Attendee*

"Practical, warm, and deeply human. Exactly what can be used to help support and guide YOURSELF or others through lifes obstacles."

— *A Friend and Therapist using EMBRACE with clients*

"I've been in therapy for years. This workbook did in six weeks what I couldn't articulate in six months of sessions. It doesn't replace therapy — it deepens it. I finally have language for what I've been feeling."

— *Mental Health Advocate & EMBRACE Participant*

"I picked this up during the hardest season of my life. I wasn't looking for answers — I was just looking for somewhere safe to land. I found it here. Jan writes like she's been in the room with you. Because somehow, she has."

— *Single Mother, Community Workshop Graduate*

May these words reassure you that you are not alone—and invite you to begin your own EMBRACE journey with hope, trust, and a sense of possibility.

# A Heartfelt Welcome

## INTRODUCTION

### Welcome, Friend.

If you're holding this workbook, it means some part of you is ready for something gentler, clearer, and more supportive than “just push through.” The EMBRACE Model is a relaxed, practical path for navigating real life—your beautiful hills and your hard valleys—with Progress, Not Perfection.

For me, that path began in the midst of a season I will never forget.

To understand why, I need to take you back to October 2018, when my mother died after living with dementia. Even with my years of clinical experience—especially in grief—I found myself in a place where moving forward felt unclear, and even healthy processing felt out of reach.

As a counselor/coach, I had spent years walking alongside others through pain, loss, and healing. I had training, perspective, and a deep respect for the growth process. But when grief became this personal, I encountered something far more intimate and disorienting.

I've always believed in growth. It's why my practice is called Growing Through My Journey. But in that season, I wasn't struggling with whether I would grow—I was struggling with how.

That tension between what I knew professionally and what I was living personally became impossible to ignore. I could recognize the language of healing, but I still needed a way to take the next faithful step for myself.

None of my training, knowledge, or tools were giving me the small, steady step I needed to move through my own grief — and grief is my specialty.

So I kept searching for something simpler, steadier, and more human—something that could meet me in the quiet places where answers were not yet clear.





# A Heartfelt Welcome (continued)

## INTRODUCTION

Then, in the quiet of the night—when everything slows down and distractions fall away—I had a moment of clarity. A simple but powerful truth settled in:

*I am on this journey, whether I choose it or not. But how I walk through it... that is mine to shape.*

My pain didn't have to be something I avoided—it could become something I embraced. That realization was both humbling and freeing.

Now, let's be clear—we didn't have to be best friends. I didn't have to like it. But I also knew this grief wasn't going anywhere. So I made a decision: if you're not leaving, then I'll hold your hand—but you're not leading me.

I would acknowledge it, sit with it, even walk through it... but I wasn't giving it control. So I grabbed my grief, embraced it, and began choosing my steps—one at a time.

*And that's where this model began. Not in a classroom. Not in theory. But in real life, in real pain, with real questions.*

That honest starting point shaped everything that followed. I used it with myself first—gently, imperfectly, one step at a time. And I began to notice something shift. I was moving, even if slowly. I was processing, even if not perfectly. I was growing through my journey.

Over time, I began to use pieces of this approach with clients—in individual sessions and in groups. And I saw the same thing happening: movement, clarity, and meaningful progress.

In December 2024, I introduced the EMBRACE Model to a broader audience through an accredited Grief Life Coach Certification course on Transformation Academy's Platform. The response was immediate and deeply meaningful.

You may have tried to work through certain areas of your life before and didn't get the results you were hoping for. That doesn't mean you failed. Even when the outcome wasn't what I expected, I learned to slow down and receive the moment as information rather than judgment.

In the middle of what once felt like a complete failure, I remember telling myself, *'I didn't fail—I'm getting feedback.'* Feedback I can carry with me. Feedback that helps me make a different—and hopefully better—choice moving forward.

That shift changed my view of how I processed not meeting my expectations. And it's one of the reasons I'm so passionate about making this model more accessible.

**This workbook is that invitation.**

---

# How to Use This Workbook

This workbook is not a self-help book you read and set aside. It is a living document — a personal record of your growth, your honesty, and your courage. The pages ahead are designed to be written in, returned to, and carried with you. The more you bring to it, the more it gives back.

You'll come across "processing pit-stops" and reflection moments throughout. Think of these as invitations—not interruptions. When something in you says, "*I should come back to this,*" consider staying with it instead. Even a few honest minutes can move you forward. This is how progress is built—one small, intentional step at a time. **You're not just doing exercises, worksheets and activities — it's an investment in your growth.**

## How to Use This Workbook

### Solo Use

**Read a few pages at a time.** A steady rhythm of 20–30 minutes, 2–3 times per week, is often enough to create meaningful movement without overwhelming your system.

- Do one exercise at a time — don't rush.
- You do not need the perfect mood. Bring your willingness.
- Growth sticks when your body feels safe enough to absorb it.

*Pause for a moment.* Bring your willingness, an open heart, and a mind ready to learn... then **know, go, grow, and glow.**

### With a Coach, Therapist, or Group

**This workbook becomes a shared language.** One module per week often works well, especially when you want time to reflect, practice, and return with insight.

- Bring your honest answers — not your polished ones.
- In a group, you never have to share what you are not ready to share.
- Participation can look like listening, writing privately, or saying, "I'm still figuring that out."

**Invitation:** If you want structure, choose a meeting cadence now — weekly, biweekly, or monthly — and commit to one small practice between sessions.

## How This Workbook Is Structured

With that rhythm in mind, the workbook moves into a clear, repeatable structure designed to help you read, reflect, and apply what you learn with confidence.

01

### Module Content

Each module opens with a teaching section grounded in evidence-based psychology. Read it slowly. Underline what resonates.

03

### Module Summary

At the close of each module, a *My [Module] Summary* page invites you to consolidate what you discovered, what you learned about yourself, and your single most important insight.

02

### Reflection Exercises

Every module includes guided worksheets and prompts. These are not optional extras — they are the work. Writing activates processing in ways reading alone cannot.

04

### My 6 P's Worksheet

Each module ends with a structured application of the 6 P's — Pause · Pinpoint · Process · Plan · Practice · Progress — to the specific theme of that module.

# How to Use This Workbook (continued)

## Understanding the Worksheet System

Together, these elements create a supportive rhythm that helps each lesson move from reflection into real-world application.

### Reflection Worksheets

These appear throughout each module and invite honest, in-the-moment responses. They help you slow down, see clearly, and notice what is underneath. There are no right answers — only honest ones.

### Module Summary Pages

Found at the end of each module, these pages gather what you discovered in one place. Think of them as your personal debrief — a chance to name your key insight, recognize your growth, and choose one word that captures the module.

### My 6 P's Worksheets

Each module closes with a 6 P's worksheet tailored to its theme. The 6 P's — Pause, Pinpoint, Process, Plan, Practice, Progress — are a repeatable sequence you can apply to any challenge.

### Case Studies

Each module includes a real-life composite case study showing how someone applied the EMBRACE Model. They are mirrors, not prescriptions — read them and ask: "Where do I see myself here?"

## A Word About Evidence-Based Practice

This workbook is grounded in validated psychological frameworks — not trends, not opinions, not quick fixes. The EMBRACE Model and the 6 P's are built on:

- Mindfulness and parasympathetic regulation research (Pause)
- Cognitive specificity techniques from CBT (Pinpoint)
- Emotional processing theory (Process)
- Solution-focused and motivational interviewing frameworks (Plan)
- Behavioral activation and habit neuroscience (Practice)
- Positive reinforcement and self-efficacy theory (Progress)

That foundation is what gives the workbook both its structure and its credibility — a thoughtful blend of clinical insight, practical application, and lived relevance.

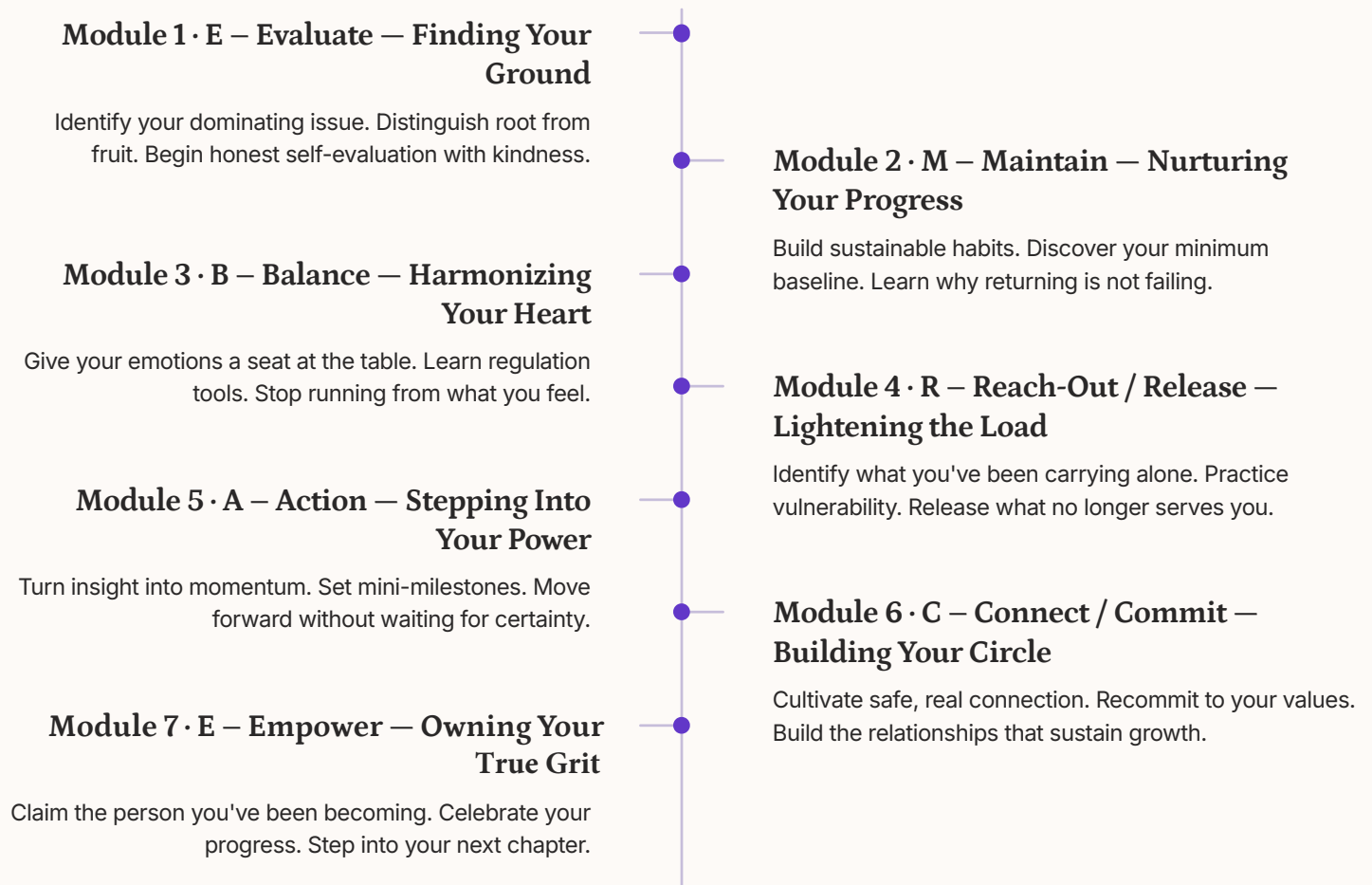
- ☐ This workbook applies to ANY life challenge — anger, grief, fear, self-doubt, overthinking, anxiety, depression, procrastination, and more. Whatever your dominating issue is, EMBRACE the journey.

# How to Use This Workbook (continued)

## Your Module-by-Module Roadmap

*Each module builds on the last — but you can also enter wherever you are.*

This roadmap gives you a clear view of the journey ahead, helping you understand how each module connects and why the sequence matters.



## Pacing Recommendations

### Intensive (4–6 Weeks)

One module every 4–5 days. Best for those in active coaching or therapy, or those who feel a strong readiness to move.

### Standard (7–10 Weeks)

One module per week. The most common and recommended pace. Gives you time to live with each concept before moving on.

### Gentle (3–6 Months)

One module every 2–3 weeks. Best for those navigating significant life stress, grief, or trauma. There is no rush.

You don't have to be ready. You just have to be willing. Readiness is built one honest page at a time.

# My EMBRACE Pre-Assessment

*This pre-assessment serves as an important clinical baseline: it strengthens self-awareness, helps clarify where you are beginning, and creates a meaningful point of comparison for your post-assessment after Module 7.*

*Rate yourself honestly — not where you want to be, but where you are right now. There are no wrong answers.*

- Using a scale of 1–10 (1 = not at all, 10 = completely), rate each statement below. Circle or write your number. You will complete this same assessment again at the end of the workbook to see how far you've come.

*As you move through each item, I invite you to approach the process with honesty rather than aspiration. The goal is not to perform growth, but to observe your current experience with clarity and care.*

Statement	My Score (1–10)	Notes
<b>Self-Awareness &amp; Evaluation</b>		
1. I can clearly identify what is weighing on me most right now.		
2. I understand the difference between my surface feelings and their root causes.		
3. I can look at my life honestly without harsh self-judgment.		
4. I know what is working well in my life right now.		
<b>Emotional Balance &amp; Regulation</b>		
5. I allow myself to feel difficult emotions without suppressing or avoiding them.		
6. I have tools I can use when I feel emotionally overwhelmed.		
7. I treat myself with the same compassion I would offer a close friend.		

# My EMBRACE Pre-Assessment (continued)

*keep going, you're doing great.*

My overall sense of where I am right now (in your own words): \_

---



---

The one thing I most hope this workbook helps me with:

---



---

Statement	My Score (1-10)	Notes
<b>Habits &amp; Maintenance</b>		
8. I have consistent habits that support my wellbeing.		
9. When I fall off track, I return to my routines without excessive self-criticism.		
<b>Connection &amp; Support</b>		
10. I reach out for support when I need it.		
11. I have at least one person I trust with my honest feelings.		
12. I am able to release things that no longer serve me.		
<b>Action &amp; Empowerment</b>		
13. I take meaningful steps toward my goals, even when I don't feel ready.		
14. I believe I am capable of real, lasting change.		

*Record your responses as a snapshot of this moment in time; the value of this assessment will become even more apparent as you revisit it at the end of the workbook and reflect on what has shifted.*

Date completed: \_\_\_\_\_

*Keep this page. You will return to it. — The EMBRACE Model · Pre-Assessment*

*With your baseline now established, Module 1 will begin the process of turning insight into practice.*



# Identify Your Dominating Issue

As you advance through the EMBRACE journey, the first invitation is to slow down and listen closely to what is most active in your inner world. Before you try to organize, solve, or minimize anything, this page helps you create a clear and compassionate starting point.

## EXERCISE

Take a moment to honestly acknowledge what is most present for you right now. Resist the urge to move past this section—what you uncover here will become the foundation for your journey through the EMBRACE model.

- Your dominating issue is the pattern, feeling, or challenge that keeps showing up — the one that makes life feel heavier than it needs to be. It might be one clear thing, or it might feel like a cluster of emotions all tangled together.

## What's Underneath?

Sometimes what we see first isn't the whole story. For example, anger might feel like the main issue — but often, anger is carrying something underneath it: unmet expectations, disappointment, frustration, or hurt.

When you begin to address the primary issue — the one driving it all — those secondary feelings often begin to soften, shift, or even fall away.

This process allows you to identify and focus on the "root of your issue(s) NOT the "fruit of your issues".

***You don't have to chase every emotion — just gently uncover what's driving them.***

In other words, this is not about labeling yourself or reducing your experience to a single explanation. It is about learning to identify the central thread so you can respond with greater clarity, intention, and self-awareness.



### Name It

This is what keeps showing up for me.



### See It

Look without judgment or spin.



### Start There

Naming it is your first act of courage.

Each of these steps supports a more grounded and honest beginning, helping you move from vague discomfort into meaningful insight. From here, you will be ready to name the issue more specifically on the next page: *What's Your Dominating Issue?*

# What's Your Dominating Issue?

Before you begin the worksheet, take a moment to slow down and orient yourself with honesty and care. This page is designed to help you identify the primary challenge that is most active in your life right now so you can engage the EMBRACE process with greater clarity and intention.

🔍 MODULE 1 · WORKSHEET 1

Use the categories below as a thoughtful starting point to help you name what feels most present. As you read, circle or underline anything that resonates with your current experience, knowing that this is meant to guide reflection rather than provide an exhaustive diagnosis.

## Emotional

- Anxiety or fear
- Depression or grief
- Anger or resentment
- Shame or guilt

## Behavioral

- Procrastination
- People-pleasing
- Avoidance
- Overcommitting

## Cognitive

- Overthinking
- Self-doubt
- Perfectionism
- Negative self-talk

## Section 1 — Name It

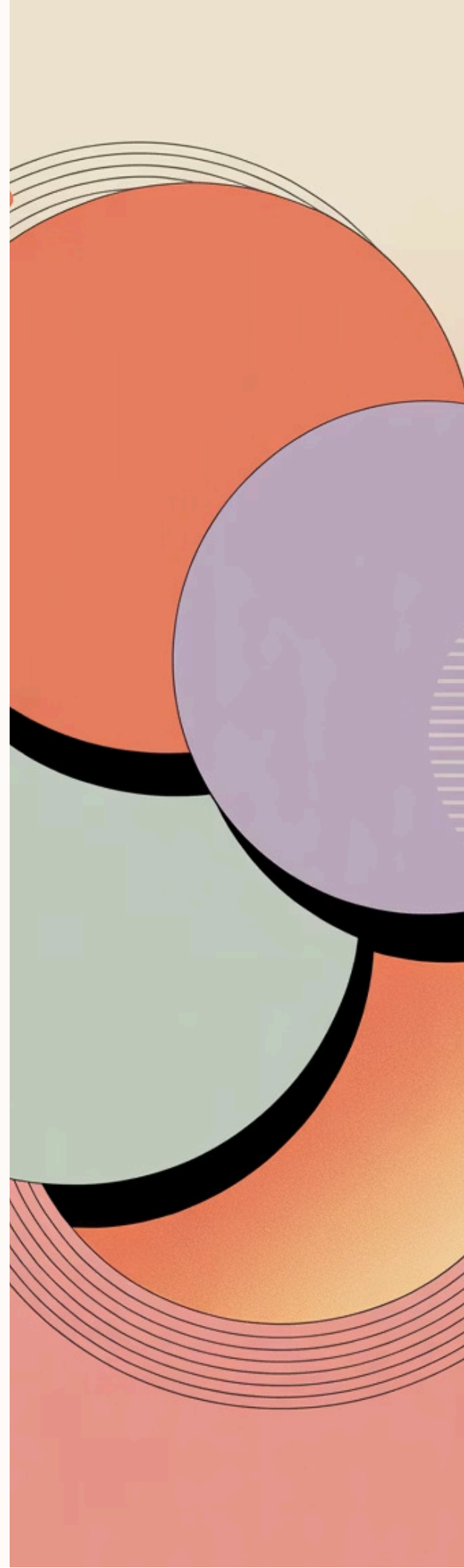
With that broader context in mind, begin by naming your dominating issue as specifically as you can: \_\_\_\_\_

Take a moment to consider how long this pattern has been present in your life: \_\_\_\_\_

Then, to better understand its current impact, rate how much it is affecting your daily life on a scale of 1-10 (circle one): 1 2 3 4 5 6 7 8 9 10

***This process allows you to identify and focus on the root of your issue(s) — not the fruit of your issue(s).***

As you continue, remember that clarity begins with honest observation, not perfection. The more accurately you can name what is happening, the more effectively you can move toward understanding, healing, and meaningful next steps.



# Worksheet: Evaluating My Dominating Issue (continued)

MODULE 1 · WORKSHEET 1 (CONT.)

*Continued from the previous page — keep going, you're doing great.*

Now that you have begun to name your dominating issue, the next step is to notice how it lives in your inner world. Identifying the issue is important, but understanding how it feels is what begins to reveal its deeper emotional impact and pattern of influence.

## Section 2 — Feel It (Emotional Lens)

This section invites you to move beyond description and into awareness, because meaningful change begins when an issue is experienced with clarity, not only observed from a distance.

When I think about this issue, I feel: \_\_\_\_\_

The emotion that shows up most often is: \_\_\_\_\_

What I usually do when that emotion arises: \_\_\_\_\_

As you reflect, consider not only the emotion itself, but also how it shapes your response, your energy, and your sense of direction in the moment.

## Section 3 — See It (Patterns & Triggers)

Once you have identified the emotional layer, you can begin to notice the conditions that intensify or soften the experience. This makes the pattern easier to recognize with objectivity and care.

This issue tends to get worse when: \_\_\_\_\_

It tends to get better when: \_\_\_\_\_

A pattern I've noticed: \_\_\_\_\_

## Section 4 — Own It (Honest Reflection)

With the pattern in view, the next step is to reflect honestly and responsibly on what may be reinforcing it, while staying grounded in self-compassion rather than self-criticism.

One way I may be contributing to this issue (without blame): \_\_\_\_\_

One thing outside my control that is also contributing: \_\_\_\_\_

What I've already tried: \_\_\_\_\_

**Gentle Reminder:** Naming your issue is not the same as being defined by it. You are bigger than any one challenge.

As you continue, trust that each honest reflection creates more clarity, and that clarity will support the next stage of growth with greater intention and confidence.

---

# Worksheet: Interrogating My Dominating Issue

MODULE 1 · WORKSHEET 1 (CONT.)

*Keep digging — the deeper you look, the clearer your path becomes.*

As you evaluate your dominating issue, it's important to interrogate it well. This means looking beyond your own inner experience and examining how the issue is showing up in the world around you — through the eyes of others, through your changed behaviors, and through the relationships and spaces that matter most to you.

## Section 5 — Hear It (Outside Perspectives)

Sometimes the people around us notice changes before we do. They may not name your issue directly, but their observations — about your mood, your energy, your behavior — can offer valuable insight.

What are others telling you about your issue? (They may not give it an actual name — they may comment on changed behaviors, attitudes, or patterns they've noticed in you.)

What others have said or reflected back to me: \_\_\_\_\_

How I feel about what they've shared: \_\_\_\_\_

## Section 6 — Track It (Behavioral Changes)

Our issues often reveal themselves through what we stop doing and what we start doing. These behavioral shifts are important data — they show how the issue is quietly reshaping your daily life.

What have you stopped doing because of this issue? (e.g., hobbies, social activities, self-care routines, goals you've set aside)

Things I have stopped doing: \_\_\_\_\_

What have you started doing because of this issue? (e.g., coping habits — helpful or unhelpful — new patterns, avoidance strategies)

Things I have started doing: \_\_\_\_\_

## Section 7 — Trace It (Relational & Life Impact)

Issues rarely stay contained to one area of life. They ripple outward — into our closest relationships, our friendships, and our work. Tracing that impact honestly helps you understand the full scope of what you're working with.

How has this issue affected your relationships or communication with your family? \_\_\_\_\_  
\_\_\_\_\_

How has this issue affected your relationships or communication with your friends? \_\_\_\_\_  
\_\_\_\_\_

How has this issue affected you in the workplace? (Consider: focus, performance, relationships with colleagues, motivation, or attendance) \_\_\_\_\_

- Gentle Reminder:** You are not being asked to assign blame — to yourself or anyone else. This is an honest inventory, held with compassion. Every answer you write here is a step toward clarity, and clarity is the beginning of change.

# Setting Our Intentions

## Your Gentle Goals, Your Way

Let's start with a soft breath.

Now ask yourself: *What would "rediscovering me" actually look like in my everyday life?* Not a total overhaul—just small, meaningful shifts you can feel. Maybe it's steadier mornings, fewer emotional blow-ups, clearer boundaries, more self-trust, a little more confidence, a little less anxiety... More of the grounded, steady version of you that's been in there all along. This is where intention begins: with a clear, compassionate picture of the direction you want to move in.

The point here isn't to create pressure. It's to create direction. When life gets loud, a clear intention is like a handrail. It gives you something to come back to—especially on the days you feel foggy or tender. That's also why it helps to pause and name what matters in a way that feels both personal and grounded.

### **Why Intentions Matter Clinically:**

Research in motivational psychology consistently shows that people who articulate specific, personally meaningful goals are significantly more likely to follow through on behavior change. This isn't about pressure — it's about giving your brain a direction to move toward. Vague intentions produce vague results. Gentle, honest intentions produce real ones.

With that in mind, let's turn those intentions into something you can return to and build on with care.

### **Invitation:** Write 1–3 gentle goals you'd feel proud to move toward this season that are tied to your dominating issue:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

As you take in this next visual, notice how each step reflects a steady progression—small enough to be manageable, clear enough to be meaningful.

# The 6 P's of Personal Growth

*A framework for how real change actually happens — not in theory, but in the middle of your life.*

As you take in the shape of this framework, notice how each step supports the next with intention and care.

- ☐ *These steps aren't always linear. Sometimes you Process as you Pinpoint — the understanding arrives in the same moment as the awareness. Trust the order that feels true for you.*

<b>Pause</b> Slow down. Become aware.	<b>Pinpoint</b> Identify the issue clearly.
<b>Process</b> Understand it. Feel it.	<b>Plan</b> Choose your next honest step.
<b>Practice</b> Apply it in real life.	<b>Progress</b> Notice how far you've come.

- ☐ **A Note on the 6 P's as an Evidence-Informed Processing Method:** The 6 P's — Pause, Pinpoint, Process, Plan, Practice, Progress — are not arbitrary steps. Each P corresponds to a validated psychological mechanism: Pause activates the parasympathetic nervous system (mindfulness research). Pinpoint mirrors CBT cognitive specificity techniques. Process aligns with emotional processing theory. Plan draws from solution-focused and motivational interviewing frameworks. Practice reflects behavioral activation and habit neuroscience. Progress leverages positive reinforcement and self-efficacy theory.

# The 6 P's of Personal Growth (continued)

## How the 6 P's Power Every Module in EMBRACE

From here, the framework moves from overview to application, showing how the same six steps live inside every part of EMBRACE.

### **E – Evaluate**

The 6 P's begin here. You Pause to stop running, Pinpoint what's weighing on you, and Process what you find — before you ever make a Plan.

### **M – Maintain**

Maintenance is Practice made consistent. The 6 P's help you Pause when you fall off, Pinpoint what disrupted your rhythm, and Progress by returning — not restarting.

### **B – Balance**

Balance is emotional. The 6 P's help you Process feelings without being ruled by them, then Plan small regulation strategies that actually fit your life.

### **R – Reach-Out / Release**

Reaching out requires you to Pinpoint what you're carrying alone. Releasing requires you to Process the weight of it — before you can Plan how to set it down.

### **A – Action**

Action without the 6 P's is just busyness. The framework ensures your steps are grounded in awareness, not reaction — Practice that comes from truth, not pressure.

### **C – Connect / Commit**

Connection starts with Pausing long enough to notice what kind of support you actually need. Commitment is Progress made visible — returning to your values again and again.

### **E – Empower**

Empowerment is the 6 P's completing their cycle. You've Paused, Pinpointed, Processed, Planned, Practiced — and now you Progress into the person you've been becoming all along.

Seen this way, the sequence becomes even more meaningful: understanding must have room to settle before action can truly hold.

# The 6 P's of Personal Growth (continued)

## ❏ Why This Order Matters Clinically

Most people want to jump straight from Pinpoint to Plan — skipping Process entirely. But feeling before fixing is not optional. It's the mechanism. When we bypass emotional processing and rush to solutions, we build plans on unsteady ground. The insight doesn't stick. The behavior doesn't last. Process sitting before Plan is the most important sequence in this entire framework — it's what separates sustainable change from another failed attempt.

## What Each P Looks Like in Real Life

*Here's what each step looks like when life is actually happening — not in a workbook, but on any day of the week.*

Let's bring the tone down gently and see how this framework feels when applied to real life. The 6 P's are not a rigid checklist — they are a living rhythm. You may move through all six in a single journaling session, or you may spend a whole week in just one. Both are right. The goal is not speed — it's honesty.

### → **Pause**

You notice you've been snapping at people you love. Instead of pushing through, you stop. You breathe. You give yourself permission to not know yet.

### → **Pinpoint**

You sit with it and realize: it's not anger. It's exhaustion. And underneath the exhaustion — it's grief you haven't named.

### → **Process**

You let yourself feel it. You write about it. You don't rush to fix it. You just let it be real for a moment.

### → **Plan**

You decide on one small thing: you'll tell one person what's been heavy. Not everything — just one true thing.

### → **Practice**

You do it. Imperfectly. Maybe your voice shakes. But you do it.

### → **Progress**

A week later, you notice you haven't snapped as much. Something shifted. That's the 6 P's working.

# What Each P Looks Like In Real Life

*Here's what each step looks and feels like when life is actually happening — not in a workbook, but on a day of the week.*

Before we move into the steps themselves, it helps to pause for a moment and see this framework as a lived rhythm rather than a checklist.

## Pause

Something feels off — a tightness in your chest, a short fuse, a pattern you keep bumping into. Before anything else, you stop. Not to fix it. Just to notice it's there. This is where everything begins.

## Pinpoint

You get specific. Not 'I'm a mess' — but 'I've been snapping at people I love, and I think it's because I haven't had a moment to myself in two weeks.' Naming it clearly is half the work.

## Process

You sit with what you found. You journal, talk it out, cry in the car, or just let it settle on a walk. This is where meaning gets made. Sometimes this happens right alongside Pinpointing — the insight and the feeling arrive together. That's okay. That's human.



# What Each P Looks Like In Real Life (continued)

## **The Critical Pause Between Process and Plan**

Notice that Process comes before Plan — not after. This is intentional and clinically grounded. Jumping to planning before you've felt and understood what's happening is one of the most common reasons change doesn't stick. Give yourself permission to sit in Process a little longer than feels comfortable. That discomfort is the work.

Once that deeper attention has done its work, you can move forward with more clarity, steadiness, and trust in the next step.

### **Plan**

Not a 10-point strategy. Just one honest answer to: 'What's one thing I can do differently?' Maybe it's a boundary. Maybe it's asking for help. Maybe it's going to bed earlier. Small and real beats big and theoretical every time.

### **Practice**

You try the thing. Imperfectly. Repeatedly. You don't wait until you feel ready — you practice your way into readiness. Each attempt teaches you something the planning couldn't.

### **Progress**

You look back — not to grade yourself, but to see how far you've come. Progress isn't always dramatic. Sometimes it's just: 'I handled that differently than I would have six months ago.' That counts. That's everything.

And from there, the framework shifts from understanding into embodiment — where the real-life example on the next card begins to make it visible.



# The 6 P's in Action: Jessica's Sunday

## REAL-LIFE EXAMPLE

*Every Sunday evening, Jessica felt a wave of dread wash over her. She'd get irritable, withdraw from her family, and lie awake replaying the week ahead. Old pattern: push through, snap, feel guilty, repeat.*

What changed wasn't a dramatic breakthrough — it was a grounded, step-by-step shift that began with honest awareness and unfolded with intention.

### She Paused

"This happens every Sunday. Something about this is bigger than just being tired."

### She Processed

She journaled: 'I've been running on empty for months. I keep saying yes to things I don't have space for. I'm exhausted — and I haven't admitted that to anyone, including myself.'

### She Practiced

The first few Sundays were awkward. She kept reaching for her phone. But she stayed with it.

1

2

3

4

5

6

### She Pinpointed

"I'm dreading Monday because I never feel prepared. I'm always behind before the week even starts."

### She Planned

One small shift: Sunday evenings would become a 20-minute reset. No screens. Just a cup of tea and a look at the week ahead.

### She Progressed

Six weeks later, the dread was quieter. Not gone — but manageable. She started calling it her 'Sunday soft landing.' Her kids started joining her.

And over time, those small, repeated choices began to add up in ways that were visible, felt, and lasting.

*That's the model. Six steps. One Sunday. One woman who stopped white-knuckling her weeks.*

# The 6 P's in Action: Jessica's Sunday (continued)

## A Note on Jessica's Journey

Notice that Jessica didn't skip Process. She didn't journal once and immediately create a plan. She sat with the truth — 'I'm exhausted and I haven't admitted that to anyone' — and let it land. That moment of honest reckoning is what made her plan real, and her practice sustainable. Without it, she would have set another alarm and ignored it by week two.

Jessica's story is the lived example; the invitation now is for you to see how the same rhythm can support your own growth.

As you work through EMBRACE, you'll practice skills that build on each other. You'll learn how to take inventory without spiraling, maintain progress without burnout, and create balance that actually fits your life — not someone else's.

Most importantly, you'll practice self-respect in motion. Not 'I'll love myself when...' but 'I can treat myself with care right now.' That's where change becomes sustainable.

Those habits rest on four pillars you'll strengthen along the way:



**Clarity** — See your patterns without judgment so your next steps are grounded in truth.



**Consistency** — Build small, reliable rhythms that carry you through even the hardest weeks.



**Compassion** — Treat yourself with the same care you'd offer a dear friend in struggle.



**Courage** — Take doable steps that build self-trust, even when fear is present.

As these four qualities begin to work together, the model becomes less of an idea and more of a way of being.

Try This: Circle what you most want more of right now: clarity, consistency, calm, courage, connection, confidence, compassion.

# How the 6 P's Guide Your Evaluation

## CONNECTING THE FRAMEWORK · MODULE 1

Let me make a pit-stop and connect the dots. The 6 P's aren't just a general framework — they're the engine running underneath every module in this workbook. And nowhere is that more true than right here, at the beginning, when you're being asked to look honestly at your life. *That kind of look can feel tender, even intimidating — which is why the way you begin matters so much.*

- ❏ Evaluation without a framework can feel like standing in a dark room, reaching for a light switch you can't find. The 6 P's give you the switch.

*And once that first light comes on, the next step is to understand why the process matters so deeply.*

### ❏ **The Sequence That Changes Everything**

In clinical practice, the most transformative — and most skipped — step is Process. We are a culture of fixers. We want to name the problem and immediately solve it. But the 6 P's ask something harder: feel it before you fix it. Understand it before you act on it. This is not weakness or wallowing — it is the neurological and emotional groundwork that makes every step after it actually work. When you honor Process, your Plan becomes personal. Your Practice becomes possible. Your Progress becomes real.

*With that foundation in place, here's how each P shows up when you begin to evaluate:*



## How the 6 P's Guide Your Evaluation (continued)



**Pause — Before You Judge, Just Stop** — Evaluation starts with stillness. Before you label yourself, criticize your choices, or spiral into 'I should have known better' — you pause. You create just enough space to look without attacking. This is the foundation of kind evaluation.



**Pinpoint — Name What You're Actually Evaluating** — It's easy to evaluate everything at once and feel overwhelmed. The 6 P's ask you to get specific: What area of your life feels most out of alignment right now? Your relationships? Your energy? Your sense of purpose? Pinpointing one thing makes evaluation doable — not daunting.



**Process — Let the Truth Land Gently** — When you evaluate honestly, feelings will come up. That's not a problem — that's the point. Processing means you don't rush past what surfaces. You let the insight settle. You feel the weight of what you've been carrying, and you give it a name without shame.



**Plan — Turn Awareness Into Direction** — Evaluation without a next step is just rumination. Once you've seen clearly, the 6 P's move you toward one honest question: 'What's one thing I want to do differently?' Not a complete overhaul. Just a direction. A small, real next step.



**Practice — Evaluation Is a Skill, Not a One-Time Event** — You'll return to evaluation again and again throughout this workbook — and throughout your life. Each time you do, you get a little better at seeing yourself clearly. That's not weakness. That's the practice of self-awareness becoming second nature.



**Progress — Notice What's Already Shifted** — Even the act of picking up this workbook is progress. Evaluation helps you see not just what needs to change, but how far you've already come. Progress isn't only forward movement — sometimes it's finally being willing to look.

*When you move through all six, evaluation stops being an exercise in self-critique and becomes an act of clarity, care, and direction.*

*You're not evaluating yourself to find fault. You're evaluating yourself to find freedom.*

*That freedom is what gives the next line its meaning.*

*The 6 P's are your compass. Evaluation is your first true north.*



SIGN BEFORE YOU BEGIN

*A promise you make to yourself — the most important promise you'll ever keep.*

Before words are written on the page, something deeper is already happening: you are choosing to meet yourself with intention, honesty, and care.

Research consistently shows that people who make a written commitment to a goal are significantly more likely to follow through. This isn't a contract with anyone else. It's a promise to the person who matters most — you.

With that in mind, take your time as you move into the contract below. Let it be simple, sincere, and fully your own.

I, \_\_\_\_\_, commit to showing up for myself through this workbook.

I commit to honesty over perfection. I commit to progress over performance. I commit to returning, even when I step away. I commit to treating myself with the same kindness I would offer someone I love.

I understand that growth is not linear — and I give myself full permission to be exactly where I am, while moving toward where I want to be.

I begin this journey on: \_\_\_\_\_ (date)

My signature: \_\_\_\_\_

One word that describes why I'm doing this: \_\_\_\_\_

Signing this page is more than a formality — it's an act of courage, clarity, and self-trust.

- You just did something brave. You made a promise to yourself. Come back to this page whenever you need a reminder of why you started.

Hold onto that promise as you begin Module 1, where commitment becomes practice and intention begins to take shape.

# Before You Begin

Before you turn to Module 1, I invite you to pause and settle into this moment. In a workbook designed for honest reflection and meaningful change, how you arrive matters. Take a breath, place your hand on your chest if that feels right, and notice the simple truth that you are here — and that you chose this path intentionally. That choice is significant.

- This workbook will ask things of you. It will ask you to look honestly, feel fully, and move forward even when it's uncomfortable. It will not ask you to be perfect. It will not ask you to have it all figured out. It will only ever ask you to be willing.

## A Few Gentle Agreements

It may be helpful to name a few intentions that can guide your experience through the pages ahead. These agreements are not rules; they are anchors — steady reminders of the kind of presence that supports real growth.

I will be honest with myself on these pages, even when it's hard.

I will move at my own pace — not the pace I think I should be at.

I will treat myself with the same kindness I would offer a good friend.

I will return to...



# Module 1: E – Evaluate

## Finding Your Ground

*The first letter of EMBRACE — and the foundation everything else is built on.*

You came to this module carrying something. That something — your dominating issue — is exactly what we're going to begin looking at together, with honesty and care.

In the EMBRACE framework, **Evaluate** is where we begin by telling the truth about where we are. Before we can move forward with clarity, I want us to pause long enough to notice what is already present — our patterns, our strengths, our tenderness, and the places where we may have been carrying more than we realized.

This step matters because nothing meaningful can be built on an unexamined foundation. When we rush past self-awareness, we risk creating change based on assumptions rather than insight—or on someone else's perception instead of our own careful excavation of truth. Evaluation gives us something steadier than guesswork: a grounded understanding of what is real, what is working, and what is asking for attention.

I invite you to enter this module with curiosity rather than judgment. You do not need to have all the answers yet — only the willingness to look honestly and gently. From here, we will begin to find our footing together. In the pages ahead, we'll begin that process together — one honest, compassionate step at a time.





# The 6 P's at the Start of Evaluate

## MODULE 1 · E – EVALUATE · CASE STUDY

Before Marcus could change anything, he had to be willing to look. Here's how the 6 P's guided him into Module 1.

This is where the work begins: not with certainty, but with a clear and compassionate willingness to notice what is true.

Marcus, 44, came to this workbook saying: 'I don't even know what's wrong — I just know something is.' He hadn't felt like himself in over a year. He was functioning — work, family, routines — but something underneath had gone quiet.

From there, the 6 P's became the path he could actually follow — a steady sequence for moving from vague unease into grounded self-understanding.

### Pause

Slow down. Become aware.

*'I've been moving so fast I haven't stopped to ask myself how I actually am. Not the polished answer I give people. The real one.'*

### Process

Understand and feel it.

*'It's not a dramatic loss. It's more like... erosion. Like something I used to care about just slowly stopped mattering, and I didn't notice until it was gone. That actually made me sad.'*

### Practice

Apply it in real life.

*'I started naming what I was feeling out loud — just to myself at first. In the car. It felt strange. Then it felt like breathing.'*

### Pinpoint

Identify the issue.

*'When I did the Life Balance Wheel, I stared at the Purpose segment for a long time. I scored it a 2. I think that's been the quiet ache I've been carrying.'*

### Plan

Choose your next honest step.

*'I'm going to have one honest conversation with my wife. Not about fixing anything. Just about what I've been missing. I've been managing her feelings about my feelings for too long.'*

### Progress

Notice how far you've come.

*'Three weeks in, I said something I haven't said in years: I finally know what I'm working on. That felt like solid ground.'*

# Two Steps, One Foundation

Evaluate unfolds in two distinct but deeply connected steps: first, you identify the issue at its root; then, you pinpoint how that issue specifically shows up in your life. Together, these steps move you from broad awareness to focused understanding, creating the clarity needed for meaningful change.

## Identifying Your Dominating Issue

**Focus:** Root cause

**Question:** What's really driving this?

**Purpose:** Awareness & honesty

**Nature:** Broad, deep, courageous

**Key idea:**

- You're looking beneath the surface — past the fruit to find the root.
- What keeps showing up?
- What's underneath the anger, the stress, the overwhelm?

## Pinpointing

**Focus:** Specific expression

**Question:** How does it show up for me?

**Purpose:** Clarity & direction

**Nature:** Focused, practical, actionable

**Key idea:**

- Once you've looked honestly, you name it precisely — is it emotional, behavioral, or cognitive?
- When does it appear?
- What do you want instead?

In practice, these two steps work in sequence: identification brings the truth into view, and pinpointing translates that truth into language you can work with. A clear root issue without specificity can remain abstract; specificity without root awareness can remain superficial. Together, they create the kind of grounded insight that supports real movement forward.

**You can't pinpoint what you haven't honestly identified — and identifying without pinpointing leaves you with insight but no map forward. One opens the door. The other helps you walk through it.**

With that foundation in place, the next step is to explore what it truly means to Evaluate — with clarity, care, and intention.

# What It Means to Evaluate, Kindly

## MODULE 1 · E – EVALUATE

Let's start with the truth: you can't change what you won't look at. But you also don't have to look at your life like a critic. In this module, evaluating means taking inventory with compassion—like a good friend who wants to understand what's going on, not blame you for it.

From that place of compassion, we can begin to name what actually deserves our attention. We're mapping your current landscape: stressors, supports, patterns, triggers, and needs. This isn't about digging for what's "wrong." It's about getting grounded so your next steps are real and doable.

That kind of grounded awareness naturally leads to something deeper. Evaluation is the act of honest witnessing. It's the difference between "I'm a mess" and "I'm carrying a lot right now, and here's what that looks like." One shuts you down. The other opens a door. We're going through the door.

Once we cross that threshold, patterns begin to come into focus. When you evaluate with kindness, you begin to see patterns instead of character flaws. You notice that your anxiety spikes on Sunday nights—not because you're broken, but because Monday feels heavy. You notice that you snap at the people you love most—not because you're mean, but because you're depleted. Patterns are information. Information is power.

And just as importantly, this information is never only about struggle—it's about development. The caterpillar transforms into the butterfly while in the cocoon (technically called a chrysalis, but I grew up calling it a cocoon). As it begins to emerge, anticipating what's next, it's met with resistance. It struggles to break free.

What it doesn't realize in those moments is that the struggle itself is part of the process—its wings are forming, strengthening, and preparing it to fly. In those final moments before its rebirth, the butterfly gains something essential: the capacity it needs for what's ahead. And if it didn't have it before, it now carries a kind of confidence for future struggles it hasn't even encountered yet.

The same is true for you and me.

This module also invites you to look at your strengths. What's working? What have you survived? What do you do well, even on hard days? Evaluation isn't just a damage report—it's a full inventory, and that includes the good stuff too!

When you hold both the hard parts and the helping parts in view, you can give yourself a more accurate and humane picture. Finally, evaluating kindly means giving yourself permission to be a work in progress. You don't have to have it all figured out. You just have to be willing to look—honestly, gently, and with the understanding that what you find is not a verdict. It's a starting point.

That shift from personal reflection to informed understanding is where the research becomes especially helpful.

# What It Means to Evaluate, Kindly (continued)

## The Research Behind Kind Evaluation



### Self-Monitoring Works

Research in CBT consistently shows that the simple act of honest self-observation — without judgment — reduces symptom severity and increases self-efficacy. You don't have to change anything yet. Seeing clearly is already therapeutic.



### Self-Compassion Is Not Weakness


Dr. Kristin Neff's research on self-compassion demonstrates that treating yourself with kindness during difficulty is associated with greater emotional strength, less anxiety, and more motivation — not less. Harsh self-evaluation is not more effective. It is less.



### Patterns Are Changeable

Neuroplasticity research confirms that the brain remains capable of forming new patterns throughout life. Identifying a pattern is not a life sentence — it is the first step in rewiring it. Evaluation is where that process begins.

And as you absorb that, remember: this work is not meant to make you harder on yourself. It is meant to make you more honest, more grounded, and more free.

 **Real Talk:** If you've been in survival mode, your "best" might look messy. Survival is still effort. Survival is still strength.

# When Evaluation Feels Scary

## MODULE 1 · E – EVALUATE

Here's something nobody tells you: the hardest part of evaluation isn't what you find. It's getting yourself to look in the first place. We avoid honest self-reflection for all kinds of reasons — and every single one of them makes sense. Maybe the last time you looked closely at your life, someone used what they saw against you. Maybe you've been told your feelings are too much, too dramatic, too sensitive. Maybe you've just been so busy surviving that slowing down to assess feels like a luxury you can't afford. I hear you. And I want you to know — this is a safe place to look.

That safety matters, because evaluation only becomes useful when it can happen without pressure or punishment. Evaluation in **EMBRACE** is not an interrogation. It's an invitation. There's no timer. No grade. No one standing over your shoulder waiting to catch you getting it wrong. It's just you, your honest heart, and a little bit of courage. And courage, by the way, doesn't mean you're not scared. It means you show up anyway — even when your hands are shaking and your inner critic is loud.

And once you show up that way, something powerful starts to happen: the fog begins to lift, and what once felt overwhelming can finally be seen with more clarity. One of the most powerful things I've witnessed in my work is the moment someone stops saying 'I don't know why I keep doing this' and starts saying 'Oh. I see the pattern now.' That shift — from confusion to clarity — is what evaluation makes possible. You're not broken. You've been operating from old information.

# When Evaluation Feels Scary (continued)

## MODULE 1 · E – EVALUATE

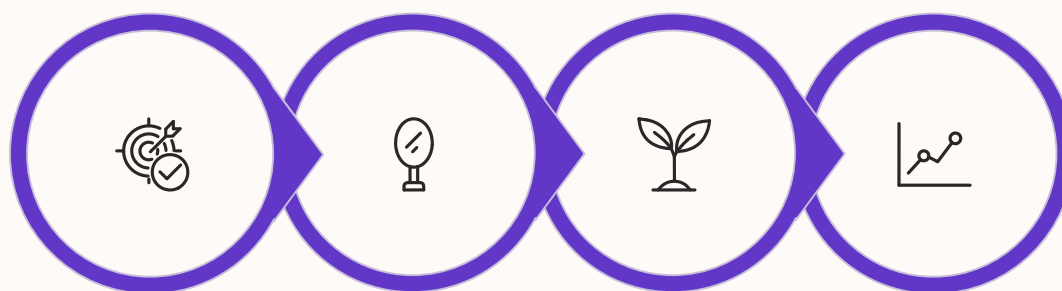
That perspective changes the goal from self-criticism to understanding, which is where the work becomes more effective and much kinder. Too often, we jump in and begin solving a problem before we have identified it clearly. Evaluation helps you update the file.

And once the file is updated, resistance may still show up — not as a stop sign, but as a signal that something meaningful is being touched. So if you feel resistance right now — good. That resistance is telling you something important is nearby. Don't run from it. Get curious about it. Ask it: What are you protecting me from? What are you afraid I'll find? And then, gently, go look anyway. Because what's on the other side of honest self-evaluation isn't shame. It's freedom.

*"In the middle of what once felt like a complete failure, I remember telling myself, 'I didn't fail — I'm getting feedback.'" — Jan Davidson*

*That reframe is available to you right now, in this moment of evaluation.*

- ☐ **Real Talk:** You don't have to evaluate everything at once. Pick one area of your life that feels heavy right now. Start there. One honest look is enough to begin.



Identify Area

Take Honest  
Look

Start Small  
Action

Track  
Progress



# Ready to Continue Your Journey?

This was just the beginning.

The full EMBRACE Your Journey Workbook has 170+ pages of guided growth, reflection exercises, real-life case studies, and the complete 7-module framework to help you navigate whatever life brings.

Each module includes teaching grounded in evidence-based psychology, guided reflection worksheets, the 6 P's application, and real-life composite case studies.

From Evaluate to Empower — the complete journey is waiting for you.

**Get the Full Workbook**

[embraceyourjourney.net/pages/buy.html](https://embraceyourjourney.net/pages/buy.html)

 Beside You On The Journey 

**Jan**