



# The Mindset of Healing

CHRISTIE  
Miller

## Permission Granted: The Mindset of Healing

Welcome to the "Permission Granted" journey—a space for you to reconnect, reflect, and reclaim the power within you.

In these pages, you'll find five core permissions designed to guide you along your healing journey. Each one invites you to embrace your worth, prioritize your well-being, and take charge of the choices that bring you closer to your authentic self.

Whether you're here to work through health conditions, emotional challenges, or simply find clarity in the everyday, this workbook is meant to meet you exactly where you are.

Each permission represents a step in letting go of what no longer serves you, while embracing what strengthens, soothes, and uplifts. Here's what you'll explore:



**Permission to Laugh:** Rediscover joy, lightness, and resilience through laughter—even when times are tough.



**Permission to Cry:** Honor your emotions, let them flow, and release what's bottled up inside.



**Permission to Spend:** Recognize the investments you're making in your healing journey, from your time and energy to the boundaries you set.



**Permission to Choose:** Embrace your power to decide what's best for you, knowing you're in control of your path.



**Permission to Ask:** Give yourself the freedom to seek support, guidance, and connection, knowing you don't have to do it all alone.

These permissions are yours to embrace and there's no right or wrong way to go through them.

Remember, growth is a journey, not a destination. Be gentle with yourself, celebrate every little victory, and know that this workbook is here for you as a guide and a gentle nudge to help you unlock the strength that's already within you.

So, take a deep breath, grab a pen, and let's dive in.

Here, you have **Permission Granted**.

♡ Christie

# PERMISSION TO LAUGH

Let's start by giving yourself a little permission to... laugh! 😊

Yup, you heard that right. We're talking about the healing power of laughter. Laughter is like a mini-vacation for our minds. It breaks through the tension, lightens the mood, and can even make those really tough times feel a bit more manageable.

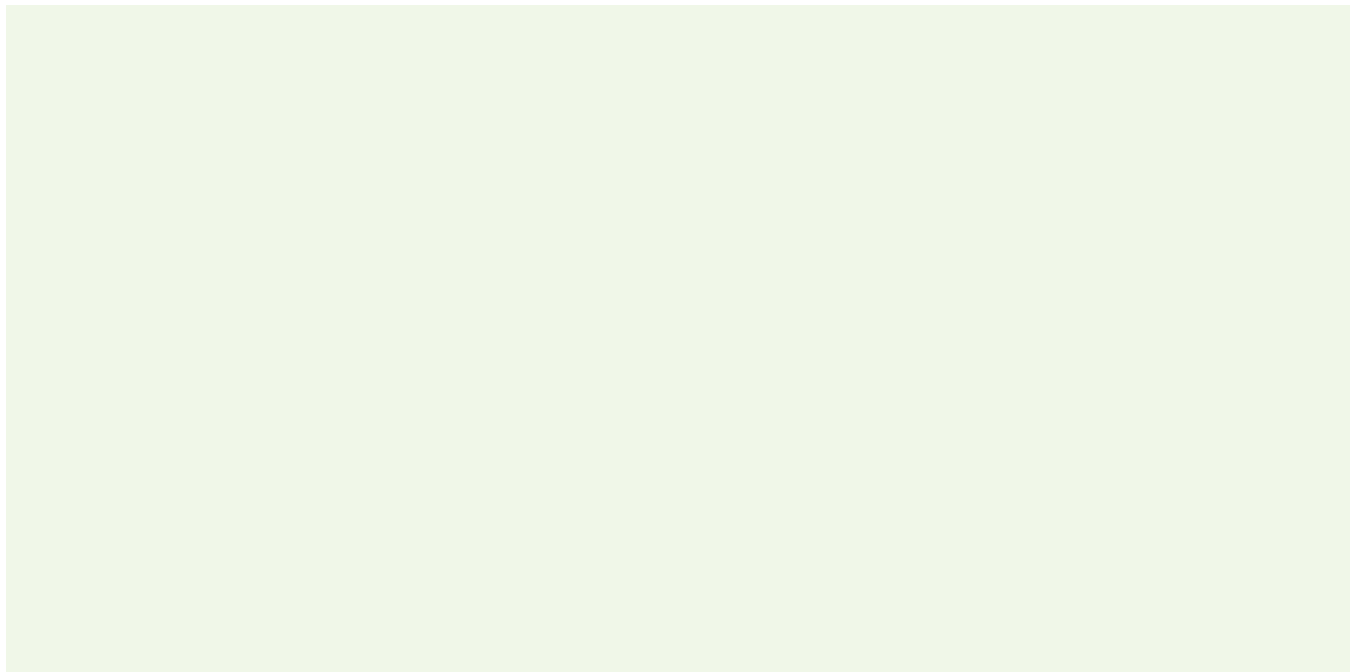
Think of it as a way to reset your stress response. When you laugh, your brain releases endorphins—natural mood lifters. It's okay to find moments of joy, even when life feels heavy. In fact, it's *essential*.

You don't have to feel guilty about laughing when things are rough. Sometimes, finding humor is the most rebellious form of self-care there is. So, give yourself permission to find light amidst the shadows.

This exercise is designed to help you bring a little humor into situations that might normally weigh you down. You don't need to ignore any negative feelings; instead, you'll be gently reframing the situation with a touch of humor. Here's how it works:

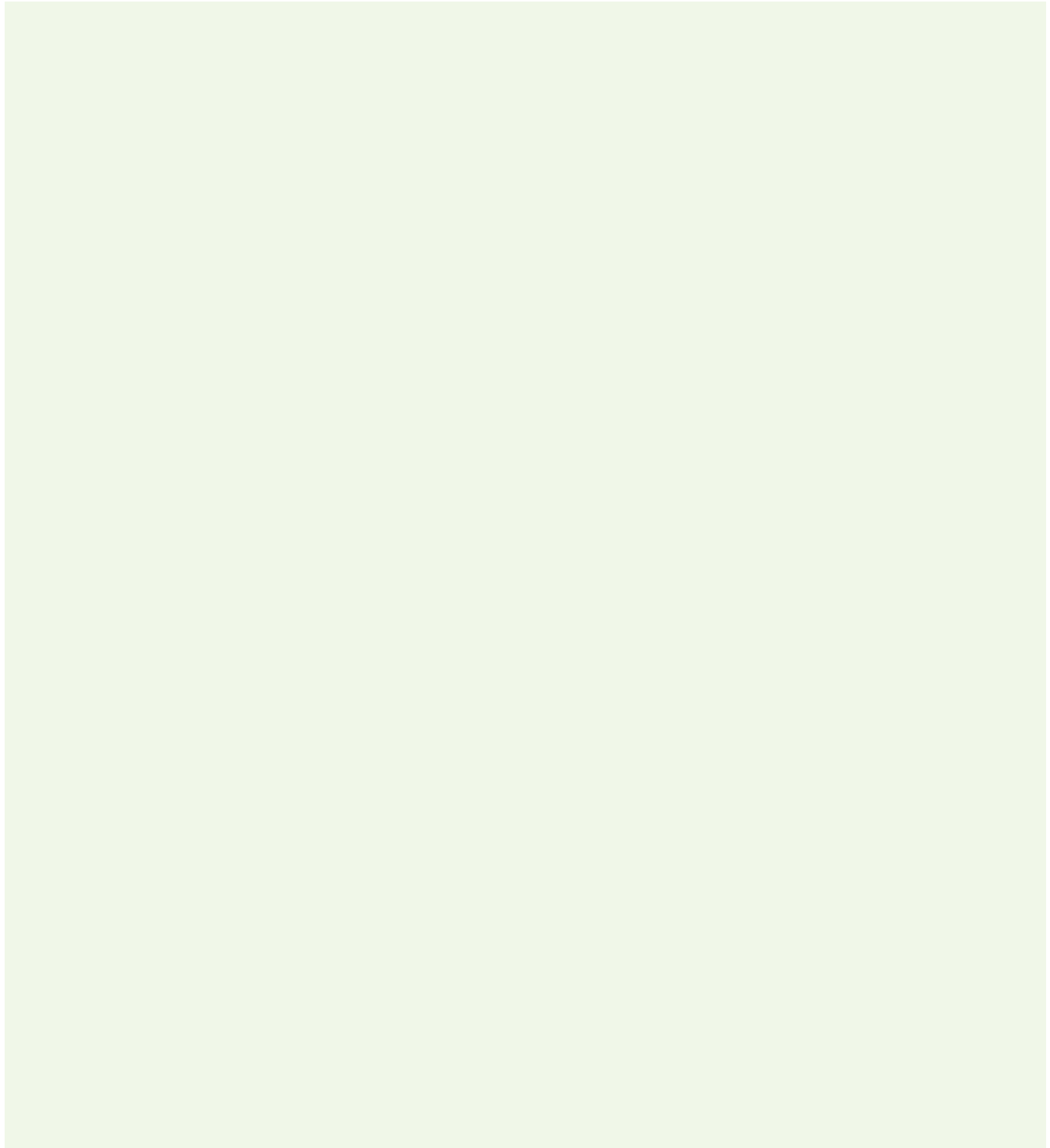
## STEP 1 - Recall a Mildly Stressful Situation

Write about a recent, minor situation that caused you frustration or stress (like spilling coffee, running late, or making an embarrassing mistake). Pick something light, not a deeply painful experience.



## STEP 2 - Imagine a Comedic Twist

Now, imagine this situation as if it were happening in a funny movie or sitcom. Visualize yourself as the main character and play up the humor—maybe exaggerate your reaction, imagine funny background music, or give your “character” a witty line. Picture yourself laughing at the situation as it unfolds.



### STEP 3 - Share Your "Comedy Scene"

Share this mini "comedy scene" or sharing it with a friend who can laugh with you. You might notice that by playfully reframing the experience, it starts to feel lighter, and laughter comes a little easier.

### STEP 4 - Reflect on the Power of Humor

Notice how humor changed the way you felt about the situation. How did reframing this situation help you feel a bit lighter or less serious about it?

**REMINDER:** Humor isn't about making light of every struggle; it's about allowing yourself to laugh at life's little mishaps. This exercise gives you permission to see the lighter side, even in those "Oh no!" moments.



## PERMISSION TO CRY

Now, let's talk about something we don't always give ourselves permission to do—cry. 😭

Crying is a natural, healthy release. It's like letting a pressure valve open. When we're struggling, whether it's with grief, stress, or anger, those emotions build up. Tears help us let that out in a way words sometimes can't.

Think of crying as your body's way of processing what your mind is going through. It's okay to feel overwhelmed. It's okay to not be okay. And it's absolutely okay to cry.

Embracing this means we're acknowledging our feelings rather than stuffing them down. So, let's stop judging ourselves for being human, and instead, let those tears be a step toward healing. When was the last time you let yourself cry without holding back?"

**When was the last time you let yourself cry without holding back?**

## How did it feel afterward?

If you haven't let yourself cry in a while, that's okay.

But consider giving yourself permission, just once, to let those tears flow if they need to. You might be surprised at how much lighter it can make you feel.

The exercise on the next page is designed to create a safe, supportive space for fully embracing and processing emotions.



## Short Cry Exercise: "Emotional Release"

Give yourself about 15-20 minutes in a private, comfortable space where you won't be interrupted.

1. **Set the Stage for Comfort and Safety:** Find a place where you can be alone and feel comfortable. Dim the lights if that feels calming, and bring a soft blanket or tissue if needed.
2. **Begin with Gentle Breathing:** Close your eyes and take a few slow, deep breaths. Place one hand on your heart and the other on your stomach. Feel the rise and fall of your breath, allowing yourself to ground into this moment. Repeat to yourself, "It's safe to feel."
3. **Identify and Acknowledge What You're Holding:** Gently reflect on any emotions or situations that have been weighing on you. Ask yourself, "What am I holding inside right now?" It might be sadness, stress, frustration, grief, or any mix of emotions. Let these emotions come to the surface without judgment, like a wave rising to the shore.
4. **Invite Tears to Flow:** If tears begin to come, allow them. Remind yourself that crying is a natural, healthy release and that you don't need to hold back. Let your breath deepen and soften as you feel the tears start to fall. If you're struggling to let go, imagine you're comforting a friend who feels this way and give yourself the same gentle permission you'd offer them.
5. **Express What You're Feeling:** As you cry, speak softly to yourself, acknowledging what you're feeling. Imagine that as you cry, each tear is a release of the weight you've been carrying. Visualize the heaviness melting away or dissolving with each tear, giving way to lightness and relief.
6. **Gentle Closure and Comfort:** As your tears start to subside, place both hands over your heart, and take a few deep breaths. Imagine yourself wrapping these emotions in compassion and holding space for them without needing to "fix" or suppress them. Whisper words of comfort to yourself, such as, "I'm here for you,"
7. **Reflect on the Release:** After the exercise, take a few moments to journal or reflect on what the experience brought up for you. Thank yourself for allowing this time.

**REMINDER:** This exercise is about permission to feel, not to push yourself beyond what feels safe. You can pause, take deep breaths, or even end the exercise whenever you need to. Trust that every tear is part of your journey toward healing.





## PERMISSION TO SPEND

Okay, now onto something a little different—Permission to Spend. And I don't just mean money. I'm talking about spending energy, time, and yes, sometimes cash, on what helps you heal. Whether it's investing in a good therapist, carving out time for yourself, or saying no to things that drain you, this is all about recognizing your value and prioritizing your well-being.

Spending on healing sometimes means investing in boundaries, which can feel costly. You may need to spend emotional energy and bravery to communicate those boundaries, and sometimes, this can lead to tension or even loss in certain relationships.

Choosing your well-being might mean losing connections with people who don't support your growth or who resist the boundaries you're setting. These choices aren't easy, but they are part of reclaiming your peace and honoring your journey.

### STEP 1 - Identify a Choice You're Struggling With

Maybe it's about deciding whether to spend money on a self-care activity, or whether to set a boundary with someone.



## PERMISSION TO CHOOSE

This one's a biggie—Permission to Choose. Life can throw us some tough situations, and it can feel like we're stuck, but the truth is, we always have a choice, even if it's just in how we respond. We're not powerless.

When we start to see every decision, including how we respond to events beyond our control, we reclaim our power. So, let's dig into what choice really looks like in action with this formula:

$$E + R = O$$

(Event + Response = Outcome)

Each situation we encounter gives us the power to respond in a way that shapes our experience, even when the event itself is out of our control. By reflecting on past choices, we can start to see how different responses might open up new possibilities. Use the exercise below to explore this concept in action.

### STEP 1 - Identify an Event (E)

Write about a situation that recently left you feeling stressed, upset, or emotionally drained.

## STEP 2 - Consider Your Response (R)

How did you react? What thoughts came up?

## STEP 3 - Evaluate the Outcome (O)

What was the result of your response?

## STEP 4 - Re-imagine the Response (R)

Now, imagine the outcome you would rather have. How could responding differently have shifted the outcome?

**REMINDER:** life isn't just about what happens to us—it's about how we choose to navigate it. Your healing plan, your mindset, your reactions—all of these are choices that only you can make. And the beautiful thing is, every day, you get a chance to choose again.



## PERMISSION TO ASK

Last but not least, Permission to Ask. Asking for help is not a sign of weakness; it's a sign of strength. It's brave to admit that you can't do everything alone. Whether you need emotional support, advice, or professional help, reaching out creates connections.

By asking, you're not just opening a door for yourself—you're giving others the opportunity to step up and show up. It's a reminder that none of us are in this alone. Think about this: What's one thing you need help with right now? Could you ask for it today?

This exercise will make asking for help a bit easier, so you feel prepared to reach out when you need to.

### STEP 1 - Identify a Need

Think about one thing you need help with—big or small.

### STEP 2 - Choose Your People

List at least five people you can ask for help or for a referral to somebody else who can for help.

### STEP 3 - Script Your Ask

Write out your request as if you're preparing a script. Start with a brief description of your situation to give context, then clearly state the specific support you need. Focus on being open and direct about what would make a difference for you. By writing it out, you'll clarify your thoughts and feel more prepared to ask for help.

### STEP 4 - Ask for Help

It might feel uncomfortable, but notice how it feels afterward. Chances are, you'll find relief and maybe even a deeper connection with the person you asked.

**REMINDER:** asking for help is about understanding that we all need each other, and there's no shame in that. So give yourself permission to ask!. You deserve to be supported, and there are people out there who want to be there for you.





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## YOUR NEXT STEP...

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I truly believe that each challenge we face holds within it an opportunity, a gift—even if it's hard to see at first.

During my **Stage 4 breast and brain cancer** healing journey, I experienced firsthand how mindset can transform even the toughest situations.

What could have been completely overwhelming instead became the best gift and greatest mentor I didn't know I needed—all thanks to the powerful mindset I've developed through decades of personal growth and resilience.

This Permission Granted workshop is just the beginning. I'm here to help you take this mindset work further—to shift your perspective, embrace possibility, and keep choosing growth, even when life is hard.

That's why I'm thrilled to invite you to join...



It's a community where growth is constant, and support is always within reach.

With live coaching, fresh monthly strategies, and a group of like-minded individuals by your side, you'll have everything you need to heal what's holding you back and step boldly into the future you truly desire.

LEARN MORE



You deserve The 180 Club — **Permission Granted!**

♡ Christie

