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## MODULE # 1 - 3 CHECKLISTS

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### Checklist - Module 1 Action Steps (Prep)

- Complete the Warrior Lead Character Strength Assessment
  - Complete the Brain Matters of the Heart Survey
  - Trauma Stress Screen
  - Complete the Post Traumatic Stress Index (optional)
  - Complete the Post Traumatic Cognition Inventory (optional)
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### Checklist - Module 2 Action Steps (Reset)

- Complete Day- 1 Your Freedom Challenge Journal Entry
  - Create a list of Trauma Triggers & associated emotional responses
  - Identify what stress-reduction strategies you will use (i.e. deep breathing, visualization, exercise etc.
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### Checklist - Module 3 Action Steps (Realign)

- Complete Day - 2 Your Freedom Challenge Journal Entry
  - Reflect on your beliefs about Safety, Trust, Esteem, Intimacy, and Control. Journal your thoughts.
  - Complete the Locus of Control quiz on drjvera.com
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### Checklist - Module 4 Action Steps (Reconcile)

- Complete Day 3 Your Freedom Challenge Journal Entry
- Identify & create a list of positive self-affirmations and post them in a visible location
- Create a prayer list that clearly outlines the mind, body, & soul work that needs grace