



Divination Life Coaching
— Balancing The Mind Body & Soul —

5 Step Guide To Healing

A STEP BY STEP WORKBOOK BY LAURETTA ITA

[Divinationlifecoaching.com](https://divinationlifecoaching.com)

Welcome In!

Dear Beautiful You!

Welcome to the beginning of your transformation. This 5-Step Guide to Healing isn't just another workbook—it's a sacred space created with intention, wisdom, and love to support you in reconnecting with your authenticity & to the highest version of self!

Whether you're here to process emotional wounds, rediscover your inner power, gain more self awareness, find clarity or heal generational traumas, you're exactly where you need to be. Each step in this course is designed to walk with you—gently but powerfully—through self-reflection, emotional release, and soulful realignment.

Inside this simple e-guide, you'll find guided exercises, journaling prompts, and practical mental tools to help you do "the work" with clarity and courage. You'll also discover a space for your thoughts, space to breathe, and space to grow.

Healing doesn't happen overnight, but with each intentional step, you'll feel your spirit soften, your mind clear, and your heart open. Your healing matters. And you don't have to do it alone.

Let's begin.

With Love and Balance

Lauretta Ita



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Set Your Goal!

1 What is your desired GOAL?

Your Answer:

2 On a scale from 1 to 10, where are you on your desired goal?

Your Answer:

3 On a scale from 1 to 10, where would you like to be? Why?

Your Answer:

4 What has kept you from achieving this goal in the past?

Your Answer:



STEP 1

AWARENESS

Finding Awareness

2 MAJOR WAYS TO GAIN AWARENESS...

◇ **SELF INTROSPECTION** – Observe emotional responses, observe belief systems, awareness around reoccurring patterns that keep you stuck, being aware of your persistent emotions such as fear or self-doubt. You can do this through meditating or journaling.

◇ **TRAUMA**- Awareness gained through violent or harsh conditions. Usually the most common way one gains awareness.

THE WORK

- 1. Reflect on the issue and all related events around the issue.**
- 2. Be conscious. Ask yourself "what thoughts or feelings come up when I think of the issue?- Journal the WHO, WHAT, WHERE WHY related to the issue.**
- 3. Notice if you have fears, doubts, or self-sabotaging behaviors in connection to the issue or in specific areas (e.g., relationships, career, health)**

Journaling

WHAT AWARENESS DO I NOW HAVE?

What new insights or awareness have you gained after step 1?

WHAT ACTION STEP(S) WILL I TAKE?

Write 🖋️ down 3 practical steps you will take toward gaining more awareness.

STEP 2

ACCEPTANCE

From Denial To Acceptance

- ◇ **Acknowledge the truth & facts about the situation. Healing begins when we stop fighting our story.**
- ◇ **Being in a state of denial keeps the block in place, while acceptance allows healing to begin.**
- ◇ **Recognize that being in denial might have been created to protect you at some point, so have some grace with self.**

THE WORK

- 1. Practice self-compassion and non-judgment. (Let go)**
- 2. This means removing the optical illusions you have about the situation. (Acknowledge how the illusions kept you safe but also be honest about how its negatively impacting your life and maybe your offspring)**
- 3. Meditate or sit in stillness to allow emotions associated with the situation to surface without reacting to them. (E.g., Sitting with the fact that you weren't nurtured the way you needed to be as a child. Journal your thoughts.)**

Journaling

WHAT IM I ACCEPTING

Create a new letter of agreement by declaring in a statement what you have now accepted & what you're letting go.

WHAT ACTION STEP(S) WILL I TAKE?

Write 🖋️ down 3 practical steps you will take to reinforce your acceptance.

STEP 3

DECIDE

Make A Decision

- ◇ **This is the crossroads! The middle ground! Will you or will you not?**
- ◇ **This phase is the most vital because without making a decision to let go of what you can't control, you are inadvertently choosing the same undesirable trajectory. When we don't take a stand on something, life will make the decision for us & we will call it fate.**

THE WORK

- 1. What are the benefits of letting go & choosing to heal? Draw out a "pros & cons" graph. (Reflect on your findings and take a decision)**
- 2. What's the hardest part about making that decision & why? (Journal)**
- 3. Who would you be if you decided to let go of the past hurts? Who will you be if you don't?**
- 4. Take a decision.**

Journaling

DECISION DECLARATION

Write a statement of agreement with yourself stating your decision.

WHAT ACTION STEP(S) WILL I TAKE?

Write 🖋️ down 3 practical steps you will take after deciding.

STEP 4

DO THE WORK

Doing The Work

- ◆ **Reconnect with your true self by doing the necessary shadow work needed for your growth journey.**
- ◆ **Innerchild Healing, Shadow Work & Forgiveness are key.**
- ◆ **Reframe Limiting Belief Systems & Reprogram Subconscious mind.**

THE WORK

1. Think of a mindset you have that doesn't seem to yield positive outcomes...Ask yourself, "Is this belief really true?" (INTROSPECT)

2. Identify Whats holding you back & what you need to get unstuck.

3. Address limiting belief systems, "right your wrongs" by practicing Forgiveness of self & others. Seek out self help tools/information to help reprogram outdated mindsets.

4. Find an ANCHOR: Invest in a guide to support your journey if needed. Eg- Therapist, Coach, Counsellor.

Journaling

FIND WHAT YOU NEED

What awareness have you gained about your beliefs or mindset? Do you feel you need support or you feel confident to journey alone?

WHAT ACTION STEP(S) WILL I TAKE?

Write 🖋️ down 3 practical steps you will take toward transformation.

STEP 5

IMPLEMENTATION

Integration: Implementing The New Version

- ◇ **Test out new behaviors & mindsets.**
- ◇ **The best way to know if transformation has occurred, is by living out the new version of yourself despite the fears. DO IT SCARED!**

THE WORK

1. Implement small, manageable actions that reflect your new belief system.

2. Celebrate your progress, no matter how small.

3. Act out the new version of yourself, to certify transformation has occurred. EG- SET BOUNDARIES, TAKE THAT CHANCE, TRUST YOUR INTUITIVE GUIDANCE.

Journaling

HOW WILL I KNOW THERE'S CHANGE?

Write out ways you can identify the new version of self.

WHAT DAILY STEPS WILL I TAKE?

Write 🖋️ down 3 things you will implement in 90days.

Whats holding you back?

Write out any blockages or struggles you are having with any step. Get support if needed.

Finding Awareness

Accepting

Deciding

Doing The Work

Implementing

Roadmap To Success

HERE IS A ROADMAP TO HELP YOU KEEP TRACK OF YOUR JOURNEY. FOLLOW INSTRUCTIONS BELOW...

- 1. Print out a copy of this roadmap.**
- 2. Mark or Shade in the step of the roadmap you're currently on.**
- 3. Pin this up on your wall for visibility.**
- 4. Work on that area till you feel you are ready for the next step.**

STEP 1: AWARENESS

STEP 2: ACCEPTANCE

STEP 3: DECIDE

STEP 4: DO THE WORK

STEP 5: IMPLEMENTATION

Tree of Success Workbook

Create your Wellness Goal!
Make Your Own!

CHALLENGES

ACCOMPLISHMENTS

90 DAY GOAL

ACTION STEPS

BOUNDARIES

A background image featuring a lit candle, a vase with dried grass, and a white ceramic object, overlaid with horizontal lines for writing.

A background image featuring a lit candle, a vase with dried grass, and a white ceramic object, overlaid with horizontal lines for writing.

A background image featuring a lit candle, a vase with dried grass, and a white ceramic object, overlaid with horizontal lines for writing.

CLIENT TESTIMONIALS...



"LAURETTA IS AN INCREDIBLE HEALER. SHE DEDICATED HOURS OF UNDIVIDED ATTENTION AND KINDNESS TO ME DURING OUR FIRST SESSION, DURING WHICH SHE LISTENED, ASKED GUIDING QUESTIONS, WENT THROUGH MEDITATION AND BREATHING EXERCISES, AND GUIDED ME ON MY EMOTIONAL JOURNEY. SHE HAS A BEAUTIFUL ENERGY AND A PERSONALLY DEVELOPED METHOD THAT WILL ALLOW YOU TO OPEN UP AND REFLECT IN ORDER TO MAKE TRUE PROGRESS IN WHATEVER YOU'RE DEALING WITH. SHE GENUINELY CARES AND THAT IS REFLECTED CLEARLY IN HER HEALING WORK."

☆ ROWAN



"I CANNOT EMPHASIZE ENOUGH HOW MY ENCOUNTER WITH MS. ITA HAS CHALLENGED AND EMPOWERED ME TO LOOK DEEPER INTO MY LIFE AND MAKE THE MUCH NEEDED CHANGES. THIS HAS BROUGHT ME TO A PEACEFUL UNDERSTANDING OF LIFE AND HOW TO FACE LIFE. HER INSIGHTFUL AND EMPATHIC APPROACH CAN ONLY BE ATTRIBUTED TO A GOD-GIVEN GIFT, BIRTHED THROUGH DISCIPLINE AND TOUGH WORK TO ENRICH OUR LIVES. THANK YOU SO MUCH FOR BEING A WILLING VESSEL."

☆ U.D.



"I EXPERIENCED AN INCREDIBLE SESSION OF HEALING AND CLARITY WITH @DIVINENATIONLIFECOACH. SHE ALLOWED ME THE TIME TO EXPRESS MYSELF FULLY AND OFFERED CONSCIENTIOUS FEEDBACK WITHOUT ARROGANCE. DEFINITELY LOOKING FORWARD TO MANY MORE OPPORTUNITIES OF CONNECTING MY ENERGY AND FOCUS, TO HER WISDOM AND GUIDANCE. GIVE THANKS."

☆ XENA

IMPORTANCE OF AN ANCHOR

In today's fast-paced and ever-changing world, many people find themselves disconnected—lost in the noise of daily life, burdened by past experiences, uncertain about their path, or overwhelmed by emotional, mental, or spiritual blocks. In these moments of misalignment, seeking clarity and realignment becomes not only necessary—it becomes sacred.

Whether it's a spiritual awakenig, a breakup, career change, or personal loss—transitions can be disorienting. My Spiritual & Life Coaching Program offers you a stable foundation during uncertain times, helping you find wisdom, healing, and direction within your experience. What a Coach as an Anchor Provides is a safe, sacred & non-judgmental space to be fully seen, heard, and supported.

When to seek an ANCHOR:

- 1. You're Seeking a Deeper Purpose**
- 2. You're Ready to Heal Emotional Wounds**
Unprocessed trauma, inner child wounds, shadow aspects, and generational patterns.
- 3. You Feel Stuck, Lost, or Unfulfilled.**
- 4. You Crave Accountability and Clarity.**
- 5. You Want to Live from Spirit, Not Survival.**
- 6. You're Going Through a Major life transition.**

As a Spiritual & Life Coach, my purpose is to serve as your anchor—a steady presence that holds space for your transformation. I guide you back to your truth by helping you integrate the wisdom of your soul, the intelligence of your mind, and the healing power of your body. Coaching isn't about giving you answers—it's about helping you rediscover that you already have them, buried beneath layers of fear, conditioning, and self-doubt.

When you choose coaching, you're not just investing in advice—you're investing in your liberation. You're saying yes to your healing, your expansion, your truth.

If you feel the pull in your heart, it's not by accident. You're being called inward—and I'm here to help you walk that path with courage, clarity, and soul.

NOW LET'S GET TO THE BEST VERSION OF YOU!

Conclusion and Next Steps...

Welcome to the beginning of your True Self,
YOU DID IT! I hope you received something
from this guided experience. Trust your
process and have GRACE with self as you
confidently walk into your greatest version!

Thank you!

**Join in on a Virtual Healing & Group
Coaching Workshop to anchor your
journey and address roadblocks. Visit
online to register!**

[LEARN MORE](#)

