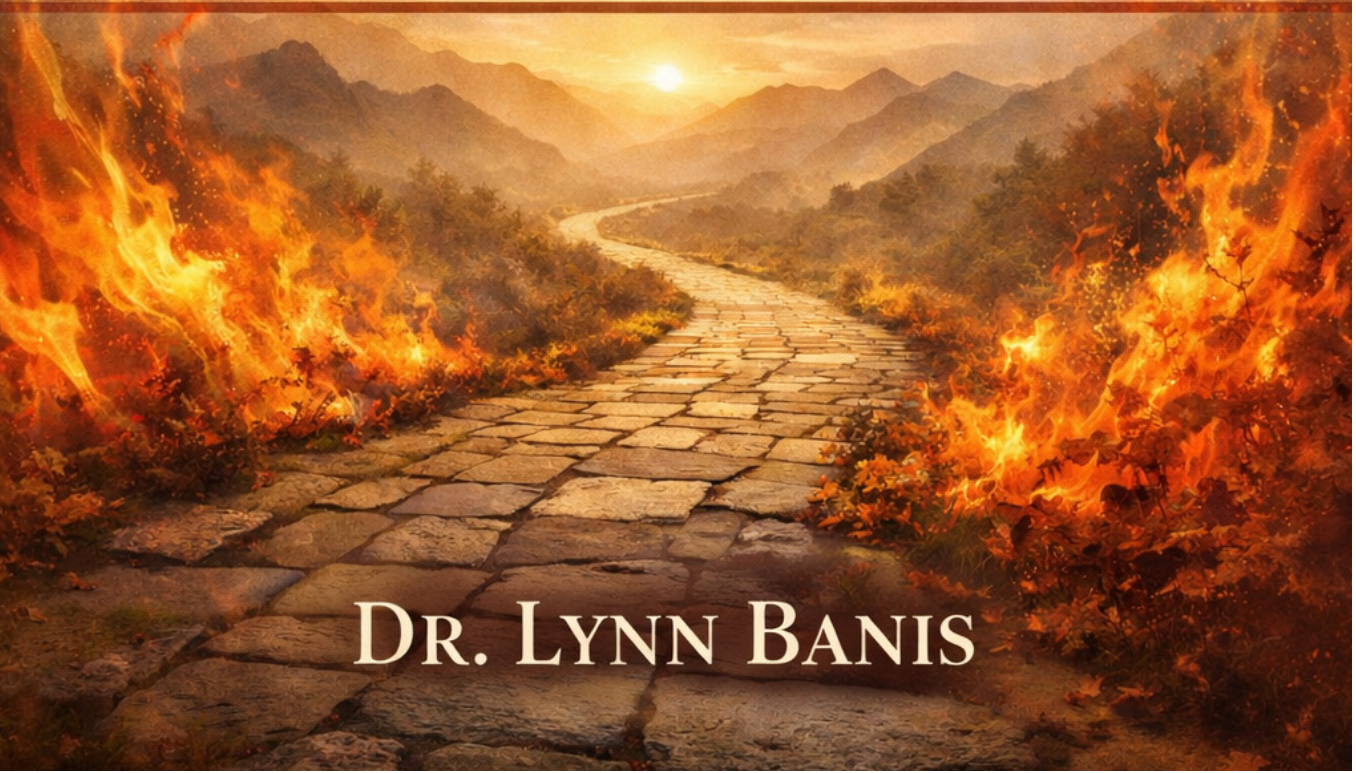


A majestic phoenix with golden-orange feathers is shown rising from a base of flames. Its wings are fully spread, and it is set against a dramatic sky with swirling clouds and a bright, glowing light source behind it.

The *Phoenix Rising* ROADMAP

*How to Begin Again When
the Old Life No Longer Fits*

A stone-paved path leads from the bottom center towards a distant horizon. The path is flanked on both sides by intense, bright orange and yellow flames that appear to be consuming the surrounding vegetation. In the background, a range of mountains is visible under a hazy sky with a low sun or moon creating a strong glow.

DR. LYNN BANIS

The Phoenix Rising Roadmap: 5 Milestones for Rebuilding Life After Loss

Welcome, Brave Soul.

If you've experienced a deep loss and find yourself wondering, "Who am I now?" or "What comes next?" - you are not alone.

Grief changes us. It slows time, blurs identity, and makes even simple decisions feel like mountains. But in the quiet beneath the heartbreak, a new life begins to whisper.

This guide offers five powerful milestones that many women encounter on their journey of healing and reinvention. It's not a checklist—it's a compassionate map that helps you recognize where you are and what's gently calling you forward.

Milestone 1: The Emotional Fog

"Why am I not feeling better yet?"

In the early stretch after loss, many women feel like they're moving through fog—exhausted, numb, easily overwhelmed. This isn't a failure. It's your nervous system protecting you. It takes immense energy to simply hold it together.



WOMEN RISING TOGETHER **TRANSFORMING LIVES**

Reflection Prompts:

- What emotion keeps showing up lately, and what might it be trying to tell me?
- Where do I feel the most drained in my day, and what would feel soothing?
- When was the last time I felt even a flicker of peace, and what helped create it?

Milestone 2: The Quiet Shift

"I'm tired of grieving, but I don't know what comes next."

At some point, something stirs. You start to want more than just survival. You might not know what the "more" looks like yet, but the ache to move forward begins. This is sacred. It means your inner voice is waking up again.



WOMEN RISING TOGETHER **TRANSFORMING LIVES**

Reflection Prompts:

- What part of me is ready to grow, even if I don't have a clear plan?
- What am I beginning to long for that I haven't shared with anyone yet?
- If I gave myself permission to want something, what would I say out loud?

Milestone 3: Reclaiming Identity

"I'm not the same... but I'm not sure who I am now."

Grief often strips away old roles and relationships. Who are you now, without the person or future you lost? This is the beginning of self-reclamation; a time to redefine your values, desires, and voice.



WOMEN RISING TOGETHER **TRANSFORMING LIVES**

Reflection Prompts:

- What part of me wants to be seen or heard again?
- What am I no longer willing to tolerate or carry?
- What qualities in myself do I want to honor or strengthen moving forward?

Milestone 4: Rebuilding with Intention

"What do I actually want for my life now?"

Here, clarity begins to return. You might feel ready to try something new, set boundaries, explore joy, or even dream again. You begin to realize: the life you're creating can be different—and better aligned with who you are becoming.



WOMEN RISING TOGETHER **TRANSFORMING LIVES**

Reflection Prompts:

- What do I want *more* of in this next chapter?
- What do I want *less* of?
- If I were designing a life that felt peaceful and meaningful, what would be included?

Milestone 5: Rising in Your Own Way

"I still have hard days, but I know I'm moving forward."

You may still miss what you lost. But you are also building something new. You begin to trust your choices, your strength, and your right to be happy again. You realize: healing didn't mean forgetting—it meant becoming.



WOMEN RISING TOGETHER TRANSFORMING LIVES

Reflection Prompts:

- What signs of progress or strength can I honor in myself today?
- What parts of my life feel more stable or meaningful than they did before?
- How can I celebrate how far I've come, even if I'm not "there" yet?

Your Journey Isn't Linear. But It Is Sacred.

Wherever you are on this roadmap, trust that it is valid. Grief is not something to "get over" — it's something to *move through* with support, self-kindness, and courage.

If this guide resonated with you, and you feel ready for a more guided path forward, I invite you to explore **Awakening the Way: The**



WOMEN RISING TOGETHER
TRANSFORMING LIVES

Phoenix Journey — a 12-week program designed to help women like you rebuild with intention, clarity, and confidence.

You don't have to do this alone.

With care,

Dr. Lynn Banis