



Strategy 5: Faith

The fifth strategy in the 5 Strategies to Reclaim Hope. For more about these strategies, find the Reclaim Hope book and workbook on our website at youniquefoundation.org/healing-resources.

Faith is the act of moving forward on your belief that wholeness and healing are possible, even if you may not see it yet.

- Thinking of an unsure future can lead to anxiety. With **Faith** you can plan a happy, healthy, healing future.
- Healing takes time. **Faith** reminds you that even if you're not seeing progress, it doesn't mean there's no growth occurring.
- **Faith** can also allow you to rely on a higher power, drawing strength from a source that is bigger than yourself. This can be religious or secular or a combination of the two.
- Your past does not have to define your future. You can make positive movements every day, utilize **Faith**, and build the future you want to have.

Faith is knowing that one of two things shall happen: either you will be given something solid to stand on, or you will be taught to fly.

—Edward Teller



SUGGESTED READING

Presence: Bringing Your Boldest Self to Your Biggest Challenges by Amy Cuddy

Mindset: The New Psychology of Success
by Carol S. Dweck



youniquefoundation.org
questions@youniquefoundation.org
801-341-2308

the
younique
FOUNDATION