

Welcome back, everyone. Today, we're diving into the second level of our **7 Levels of Personal Power** series: **Survivor Mode**. If you've ever felt like you're just treading water, barely keeping your head above the waves, this one's for you.

From a personal perspective, I know this level of "personal power" well. It's a bare-minimum type of way of living. Just getting by—joyless, perhaps anxiety-ridden, or even numb.

Let me paint a picture. Imagine waking up each day feeling like you're in a never-ending game of whack-a-mole. As soon as you handle one problem, another pops up. Bills, work deadlines, family obligations—it's relentless. You're not living; you're surviving.

Sound familiar?

Survivor Mode is that state where you're constantly reacting to life's challenges, feeling like you're stuck in a loop of stress and exhaustion. It's like being on a hamster wheel, running tirelessly but not actually getting anywhere.

When we're in this mode, our brains are on high alert, triggering the "fight or flight" response. This means a

surge of stress hormones like cortisol flood our system, preparing us to tackle immediate threats. While this response is vital in short bursts, staying in this heightened state can wreak havoc on our health—leading to anxiety, depression, and even physical ailments like heart disease.

Think of it like driving with a foggy windshield. In Survivor Mode, you're so focused on the immediate roadblocks that you can't see the broader journey ahead. Your vision is clouded, and all you can do is react to what's directly in front of you, missing out on opportunities and the bigger picture.

## **The Story of Edith Eger**

Consider the story of Edith Eger, a Holocaust survivor who endured unimaginable hardships. After her liberation, she moved to the U.S., earned a psychology degree, and dedicated her life to helping others heal from trauma. Edith emphasizes that while we can't change our past, we can choose how we live now. Her journey exemplifies the shift from merely surviving to truly thriving. If you're a part of our Recreate Your Life book club, we'll be reading Eger's book, *The Gift: 14 Lessons to Save Your Life*. It's an eye-opener and absolutely illustrates this decision to move out of survivor mode.

## There Is A Cost of Staying in Survivor Mode

Remaining in this state isn't just exhausting—it's **limiting**.

It narrows our focus only on immediate concerns, preventing us from setting and achieving long-term goals, the path to our dream lives. Relationships suffer, personal growth stalls, and life becomes ***a series of reactions rather than intentional actions***.

So, how do we break free?

1. **Awareness:** Recognize when you're in Survivor Mode. Naming it is the first step to changing it. And don't feel guilty about it, for heaven's sake. We've all been there, but getting out of it is a decision that only YOU can make.
2. **Mindfulness:** Engage in practices like meditation or deep breathing to center yourself and reduce stress. Use your journal to vent, recenter yourself, and create margin in your life for something other than putting out continual fires.
3. **Set Intentional Goals:** Shift from reacting to planning. Even small, achievable goals can reignite a sense of purpose. It's done daily, it's on your to-do list, it's not overwhelming this way, and it's DOABLE!
4. **Seek Support:** Connect with friends, family, or professionals who can offer guidance and perspective. I cannot emphasize how important it is to have a community that has your back!

Imagine yourself as a phoenix. In mythology, the phoenix is consumed by flames but rises anew from its ashes, stronger and more vibrant. Transitioning out of Survivor Mode is akin to this rebirth—shedding the old, reactive self and emerging with renewed purpose and vibrancy.

## **Looking Ahead...**

As we continue our journey through the 7 Levels of Personal Power, our next discussion will focus on **Willpower and Drive**. This is all about harnessing your inner strength to propel forward, transforming intention into action. Willpower may have always been a scary word for you, but I promise we're going to redefine it next week!

## **One Little Bit of Encouragement...**

Remember, acknowledging that you're in Survivor Mode isn't a setback—it's a setup for a comeback. You have the power to shift from merely surviving to truly thriving. Let's take this journey together, one step at a time.

Goals are TRULY the way out with survivor mode. Next Monday night, I'm doing a special goal class for those who own our latest, [Take Back Your Life Journal](#) because this particular journal is designed to support your goals and make them a part of your daily life and habits. You will NOT want to miss this class!