

The Be Solid Wholeness Journey Guidebook:

5 Keys To Transformation Into Your Best Self

By D Grant Smith

Heal, grow and thrive after the most difficult trials and heartbreaks in life.

Life is full of joy, happiness, and success. It also presents intense challenges, obstacles and difficulties. Sometimes the worst of these challenges is when you're faced with gut-wrenching heartbreak.

Which can lead you down a path that damages your sense of self. Making you question your inherent worth. Fostering fears, insecurities, shame and other mental health issues.

Often we experience these kinds of heartbreak when a relationship ends, particularly one that has lasted several years. Especially if it's the loss of a marriage, where an entire life spent cultivating a world with someone else is now lost.

Has that happened to you? It happened to me. After nearly a dozen years of being married to my best friend and having what I thought was a good relationship, she left out of nowhere. It sent me into a spiral of depression and insecurity I'd not known before.

This kind of heartbreak feels like death. Not the kind of death where you grieve someone passing on. The kind of death where the person you were connected to in commitment and love severs themselves away from you. Leaving your emotional and mental state wounded and you in a pain you can't describe.

Feels like hell breaking out inside of you. A hell you didn't ask for, and one that seems impossible to escape from.

No one is immune to the trials of life.

Mental health is more than a struggle with clinical problems. All of us deal with the ramifications of life's challenges. Here are some of the issues that can come with heartbreak:

- Depression,
- Anxiety,
- Negative self-image,
- Unhealthy coping mechanisms & addictions
- Feeling stuck
- Overwhelm
- Loneliness
- Relationship issues with friends, family and work
- Rage and anger issues
- Bitterness and resentment
- Self-doubt
- Insecurities and fears
- Shame

.....Sheesh! That's a lot of areas where heartbreak can create a personal hell for you to experience. These areas of mental health are concerns for anyone who has gone through heartbreaking experiences. How you deal with the challenges of heartbreak can determine your success or ongoing struggles in every area of your life.

This is the truth I discovered when I addressed the pain in my heart. I decided I didn't want to live in perpetual anguish. Because surely there was another way, right?

Here's the good news: **Heartbreak isn't the end of the story.**

Heartbreak is not the nail in the coffin to your life. It's the conclusion of a chapter. And if you allow yourself to go through the healing journey, you can come through the other side of this experience the best version of yourself.

That's been my story following the end of my marriage and my pursuit into a life of healing and wholeness. By choosing to take different actions to heal from hurt, I've transformed my life in every way and become a completely new person. Bold, confident, strong, and successful, both personally and professionally.

If I can do it, so can you.

In this *Be Solid Wholeness Journey Guidebook*, I'll show you how to hit the reset button on your life after you've experienced personal loss. What you'll find here is an introduction to the pieces and elements detailed in my book [Be Solid: How To Go Through Hell & Come Out Whole](#). More on the book and how you can use it to heal yourself later.

Some things end. It sucks and it's painful. Come with me in an exploration of a way to take the pain you're feeling and use it to transform into the best version of yourself.

Be Transformed From Personal Hell Into Wholeness

Pain sucks. It hurts. It's a pit of despair. And it can trap you into thinking that's the way it's always going to be. Creating more fear and anxiety.

Fear is a liar.

The truth is, you can overcome the pain of personal loss. If you want to overcome the pains and effects of heartbreak, join me in these 5 keys to completely reshape your life.

Key #1: Embrace The Process

Transformation is a process. Healing is a process. Growth is a process. Get used to process. Embrace it like a puppy. Celebrate it. It will serve as the vehicle for your healing, growth, change, and new life.

Becoming your best self is going through the individual stages of transformation, and repeating them as many times as they're presented to you. Life is like a video game in this way. After you conquer one issue, it's likely to come back in a different form. Because you will have leveled-up in your strength, maturity and self. The next iteration of it will be more challenging. But as you continue to level up and change, you become a better and better version of you each time.

This is the art of transformation. And the key to becoming the best version of you.

Key #2: Surround Yourself With Love And Light

The old adage that you're the median of the five people you spend the most time with is true. It's discussed in many business courses, books, and articles. But guess what? It's also true for your emotional, mental, and spiritual life. Not just in business and finances. It's also true in your inner peace and personal fulfillment.

An important step here, that's detailed in the full Be Solid book and the Mini-Training Course, is to evaluate who you spend the most time. Pay attention to your state of peace and emotional well-being with these people. Do you feel anxious, nervous, angry, or other negative emotions? If you are, this is an indication of a potential need to alter the time you spend with these relationships to put yourself in a better place of emotional well-being and peace.

Be mindful of the peace and wholeness of the people in your closest circles. Do your part to plant yourself in the soil of love, light, and peace with your relationships (a key principle taught in my Growth Farming For Success method).

This is especially true when dealing with heartbreak and loss, where building your Strong Circle comes into play. The Strong Circle is your support system in the healing, processing, and renewing journey into wholeness. The first key to your transformation into wholeness is about surrounding yourself with love and light. This support system is a giant conduit for that. Building your Strong Circle and understanding the types of people essential to having with you is detailed in the Be Solid book and training courses.

Key #3: Feel The Feels & Don't Run Away From Them

Your Strong Circle is essential to your transformation because they help you express, process, and deal with your feelings in a healthy way. They provide a safe place for you to let out the emotional wounds and baggage you're carrying and trying to process.

Often we suppress feelings that we don't like. We suppress what hurts us. We bottle up what we don't know what to do with. Suppressed feelings and emotions contribute to those deep insecurities and fears staying with you. It

prevents your heart from healing and your mind from having peace. This is especially true when dealing with a broken relationship or the end of one.

If you've experienced rejection, abandonment or betrayal and suppressed the pain of those experiences, the deep fear that it will happen again will resurface in your future relationships. Especially when you get to a place where you want to fully commit again. Let yourself feel the pain, hurt and anger from your heartbreak. Feel the sadness and loss. Get with good, loving and supportive people (your Strong Circle) to have a safe place to process it all and let it go.

Key #4: Hit Reset & Reshape Yourself

There are three components you can put into action today to start to see a shift in your life to create powerful changes in your healing journey. These components are everyday practices to experience full transformation in every area of your life. They are:

Awareness: Pay close attention to yourself, your thoughts, attitudes, and behaviors. Let your eyes be opened up to how you feel and respond in certain situations, with certain people, and in your everyday circumstances. Discover yourself in new ways. As you learn more about your patterns and behaviors, you become more aware of your triggers for both pain and peace.

Reflection: Look back at your past (both distant past and recent past) and note the lessons you're learning about what your awareness is showing you. Journaling and walking are great resources for this. The Be Solid Journal/Planner is a wonderful resource for you to record the discoveries you make about yourself and track your healing/growth process.

Affirmations: The trials, pain and heartbreak of your past directly impacts how you see yourself, what you focus your attention on, and what you believe about yourself. Lack of self-care, low confidence, and insecurities are fueled by these negative beliefs. Make self-love through daily affirmations a practice to heal your mindset, take on empowering beliefs, and reprogram yourself for wholeness. You can see examples of the affirmations I use daily in my Be Solid journey in the full book and mini-course.

Key #5: Allow Transformation To Happen Regularly

When we think transformation, we think end result. Butterfly from caterpillar and cocoon. But it's not that way at all. As you do the work to change your mindset, heal the brokenness, adopt new patterns and utilize the Be Solid method for wholeness, you'll experience transformational growth. This will happen regularly.

The kind of growth I'm talking about here happens when you work the full process (remember Key #1). Change, growth, and transformation isn't something you'll only experience at some distant point in the future. The Be Solid process creates transformation with each step you take. As you progress forward, you'll experience healing from old mentalities. You'll reprogram your mind from insecurities and fears into confidence and peace. You'll release the emotions you had suppressed that caused you anxiety and tension. You'll have stronger, healthier, and more vibrant relationships.

Best of all you'll feel great about yourself. And you'll be a living example of the power of personal transformation.

We've covered a lot here. These five keys are what the full Be Solid book and mini-course cover in detail including practical tools that show you:

- How to put these keys into practice
- How to build your Strong Circle for maximum support and restoration
- How to feel the feels in healthy ways to process your grief
- How to let go of the pain and foster forgiveness (especially after rejection, abandonment, and betrayal)
- The healing method of affirmations, mantras, journaling, reflection and awareness to cultivate peace and harmony in yourself, your relationships, and other areas of life.

Discover the inside track on the individual steps to take in your healing journey into wholeness.

All of that is available for you inside the full Be Solid book. Don't wait, take the next step in your healing journey now to live your best life and become the best version of yourself.

[Get the Be Solid Digital Ebook here](#)

[Get the Be Solid Paperback \(Autographed with personal note to you\)](#)

[Get The Be Solid Audiobook here](#)

Books are a great tool to help you in your healing journey. Yet, I've found nothing is as powerful as having someone literally in your corner to walk with you through the steps, answer questions as they come, and be a safe place to process through the pain. That's how private coaching with me can help you move forward into healing, health and wholeness in a fluid and powerful way.

See how working directly with me can make a difference in your life. [Set up a free 20 minute call with me here and we'll talk!](#)

Looking forward to talking with you soon!

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