

*discover the  
secret to thriving*

**STABLEMINDED  
GROWTH PATHWAY**

*stabilize to thrive*  
STABLEMINDED.US

# Stabilize to Thrive

ASSESS . HEAL . GROW

## Are you surviving or thriving?

How would you describe the state of your life today? Consider your relationships, work or school life, hobbies, and passion pursuits. Which feels more true: living in survival mode or finding delight in knowing you're living the life you're made for?

My guess is that you're more in the surviving camp. Maybe you are facing real struggles that overwhelm you. Maybe you are in a season of simply feeling stuck and unmotivated.

No matter where you find yourself today, it is possible to move forward into the life you long to live, one in which you are truly thriving. However, to get to that place you must first stabilize by recognizing the ingredients that shape your life so you can identify what changes need to be made.

In the same way that a great meal requires a balance of flavors, colors, and textures with precision in preparation, a stabilized life is cultivated through the balanced care of the brain, body, heart, and soul with the support of healthy relationships and motivation of meaningful responsibilities. Unfortunately, this balance does not come naturally. The tyranny of the urgent and pressures to provide for basic needs create a hustle-to-survive lifestyle.

**Emotional, relational, and physical challenges emerge when imbalance becomes the norm.**

Psychologist Abraham Maslow defined our basic needs in terms of motivations. He believed that

foundational needs must be met first to achieve the greater desires that tap into our motivations and bring about satisfaction to life. Essentially, without our basic needs being met in a predictable way, we can not even dream about experiencing a life of purpose that taps into our passions. This also has much to do with the way our brain and body respond to the threat of harm and past trauma, especially in present environments and relationships in which we feel unsafe!

## We need to stabilize to thrive!

Maslow's principles complement Stephen Porges's PolyVagal Theory and Robin Shapiro's EMDR processing model. For those who view life through a Biblically-informed lens, there are plenty of instances in the Scriptures where meeting physical needs of food, safety, and shelter are emphasized and enhanced by the call to nurture community connections.

**The Stableminded Growth Pathway provides a guide map for moving forward.**

A journey is always more exciting when you understand the destination, so picture yourself feeling at peace in the skin you're in. Healing wounds one by one. Breaking free from strongholds. Finding joy that is unquenchable. Hope that is hearty. Purpose that is lasting. Imagine stabilizing by gaining insight, skill, and resiliency to endure the challenges ahead and thrive in the life you were made to live

# Stableminded Pathway

## A GUIDE MAP FOR GROWTH

### Let's Start with Getting S.T.A.B.L.E.

Life is an unpredictable journey that will take us through the valleys to the mountaintops and everything in between.

### We can grow through what we go through.

The way to turn obstacles into opportunities is by identifying how we have gained strength, insight, and resiliency while also being willing to pause to tend to wounds in the pursuit of healing.

Stableminded Growth Pathway provides a guide map for both the counseling and coaching growth process.

Working together, we'll move through each of the areas of focus to help you find stability within your heart, mind, body, soul, and relationships. Yes, you'll stabilize to thrive in the life we were made to live!

**While you set the direction of your growth, you'll be guided through the S.T.A.B.L.E. focus areas to achieve lasting change!**

## *one* SECURITY

- establishing physical safety
- establishing emotional and relational safety
- defining and pursuing financial stability

## *two* TOUCHSTONES

- recognizing life-changing experiences
- understanding trauma and triggers
- clarifying future dreams and hopes

## *three* ATTUNEMENT

- understanding attachment style
- increasing emotional intelligence
- cultivating healthy connections

## *four* BALANCE

- redefining expectations of self and others
- embracing personal limits and boundaries
- practicing healthy life habits

## *five* LEARNING

- clarifying strengths and skills
- defining window of tolerance
- pursuing growth edges

## *six* EMBODIED

- fully grounded and aware in the present
- embracing personal values and priorities
- engaging in passion-driven purposes

# Growth Tools

## ASSESSMENTS & APPROACHES

### Grow Your Resiliency Tool Kit

Working together, we'll move through each of the areas of focus to help you find stability within your heart, mind, body, soul, and relationships. Yes, you'll stabilize to thrive in the life we were made to live!

Paired with the guide of the Stableminded Growth Pathway, utilizing these theories, techniques, and tools, you'll experience the counseling, coaching, and consulting process in a positive, forward-moving way!

## Theories, Techniques & Tools

- Trauma-Informed Therapy & Coaching
- EMDR Therapy and Intensives
- CBT (Talk Therapy)
- Equine-Assisted Services including Therapy, Coaching, & Learning
- Mindfulness & Somatic Approaches
- Biblically-Based Therapy, Coaching, & Retreats
- Highlands Ability Battery
- Personal Vision Course
- Skills Strengthening Assessments & Worksheets
- Leadership & Business Consulting

# Steps to Stabilize

## MAPPING OUT YOUR GROWTH JOURNEY

### It's time to grow through what you go through!

Using the Stablemind Growth Pathway as the guide, the next step towards stabilizing and thriving is evaluation. You first have to determine what is missing and not functioning well to gain clarity regarding your next growth step.

#### Step 1: Evaluation

To get started with the evaluation process, I have provided you with worksheets on the following pages that I've utilized for nearly two decades with my clients. They were inspired by my personal growth work, and I continue to return to these processes anytime I face an obstacle or life transition.

### Take the time to complete each of the worksheets on the following pages to discover where you can pursue growth and transformation.

Another significant step in the growth process is to get some outside eyes on what you discover and begin using more thorough tools to help with assessment.

#### Step 2: Book a Strategy Session

The next step is to book a Strategy Session to review your worksheets and identify pathways to growth. You can get started most easily by visiting [stableminded.us/booking-calendar/](https://stableminded.us/booking-calendar/)

*Let's Connect*

[CLICK HERE TO BOOK](https://stableminded.us/booking-calendar/)

#### Step 3: Customize Your Stableminded Growth Pathway

After your Strategy Session, you will receive a customized Stableminded Growth Pathway that identifies the possibilities for grow, suggesting tools and areas of focus to move at your pace and within your budget.



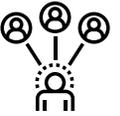
# Life Mapping

Take time to reflect upon the relationships, responsibilities, and activities that currently fill your life. and write down a word or phrase in each quadrant to reflect those commitments. Circle the ones that are meeting basic needs. Underline the ones that are life-giving. Draw a line through the ones that are life-draining.



EMOTIONAL &  
PHYSICAL HEALTH

FAMILY  
& FRIENDS



REST



SOUL-CARE



WORK &  
VOLUNTEER

HOME  
& CHORES



# Evaluating Time

Use this time mapping worksheet to record how you are actually spending your time. Duplicate this page to keep a record for one week so that you may get an accurate picture of your time.

Day \_\_\_\_\_

5:00 \_\_\_\_\_

6:00 \_\_\_\_\_

7:00 \_\_\_\_\_

8:00 \_\_\_\_\_

9:00 \_\_\_\_\_

10:00 \_\_\_\_\_

11:00 \_\_\_\_\_

12:00 \_\_\_\_\_

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Day \_\_\_\_\_

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10:00 \_\_\_\_\_

11:00 \_\_\_\_\_

# Planning an Ideal Day

As you reflect on Maslow's hierarchy of needs and the six essentials of a stabilized life, create an ideal plan for each day of the week or a general ideal plan for a weekend versus a weekday. Work you plan for 30-days, being willing to adjust as you recognize the difference between real and ideal.

Ideal Day #1 \_\_\_\_\_

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6:00 \_\_\_\_\_

7:00 \_\_\_\_\_

8:00 \_\_\_\_\_

9:00 \_\_\_\_\_

10:00 \_\_\_\_\_

11:00 \_\_\_\_\_

12:00 \_\_\_\_\_

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3:00 \_\_\_\_\_

4:00 \_\_\_\_\_

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6:00 \_\_\_\_\_

7:00 \_\_\_\_\_

8:00 \_\_\_\_\_

9:00 \_\_\_\_\_

10:00 \_\_\_\_\_

11:00 \_\_\_\_\_

Ideal Day #2 \_\_\_\_\_

5:00 \_\_\_\_\_

6:00 \_\_\_\_\_

7:00 \_\_\_\_\_

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10:00 \_\_\_\_\_

11:00 \_\_\_\_\_

# Brainstorming

As you move through this journey, use this blank space to record questions, thoughts, concerns, and strategies that come to mind.

Support!

[That is what I am here for!](#)  
[Book a Consultation Session](#)

# Meet Lisa Pulliam



## ABOUT

Lisa helps youth, families, and groups arise, stabilize, and thrive by providing counseling, coaching, and consulting supported by equine-assisted opportunities from a trauma-informed perspective. Her goal is to see her clients become emotionally resilient and relationally strong in the face of everyday challenges and uncover the life they were made to live.

As a passionate educator and seasoned life coach, Lisa equips her clients with practical skills to navigate through anxiety, fear, insecurity, hurt, shame, mental blocks, leadership weaknesses, and relational conflict as she simplifies the brain-body-relationship connection that shapes mindset and habits.

Over the last two decades, Lisa has specialized in work with women, coaching and mentoring around personal and professional needs. Although she can bring a faith-based perspective into her sessions if so desired, she is committed to the unbiased process of equipping the client to make decisions as a result of their own "ah-ha" moments as she creates a safe place for self-discovery and transformation.

She savors slowing down with her family and friends and delights in any time spent in the saddle or hanging out in the pasture with a herd of horses and humans.

## SPECIALIZED TRAINING & CERTIFICATIONS

- Eastern University, Masters in Clinical Counseling, Trauma Concentration, 2024
- EMDR Trained, 2023
- Natural Lifemanship Trauma-Focused Equine-Assisted Coach and Equine-Assisted Specialist, May 2021
- Highlands Ability Battery Consultant, April 2015
- Life Breakthrough Academy, Certified Life Coach, December 2011
- State University of New York, Oswego, Bachelors of English and Art with a concentration in Graphic Design and Public Relations, 1995

## SPEAKING & TRAINING

Lisa is available as a speaker and trainer, with more than a decade of experience serving as the keynote for conferences and retreats as well as leading training workshops for groups and leadership teams. To begin the conversation, email [lisa@stableminded.us](mailto:lisa@stableminded.us)