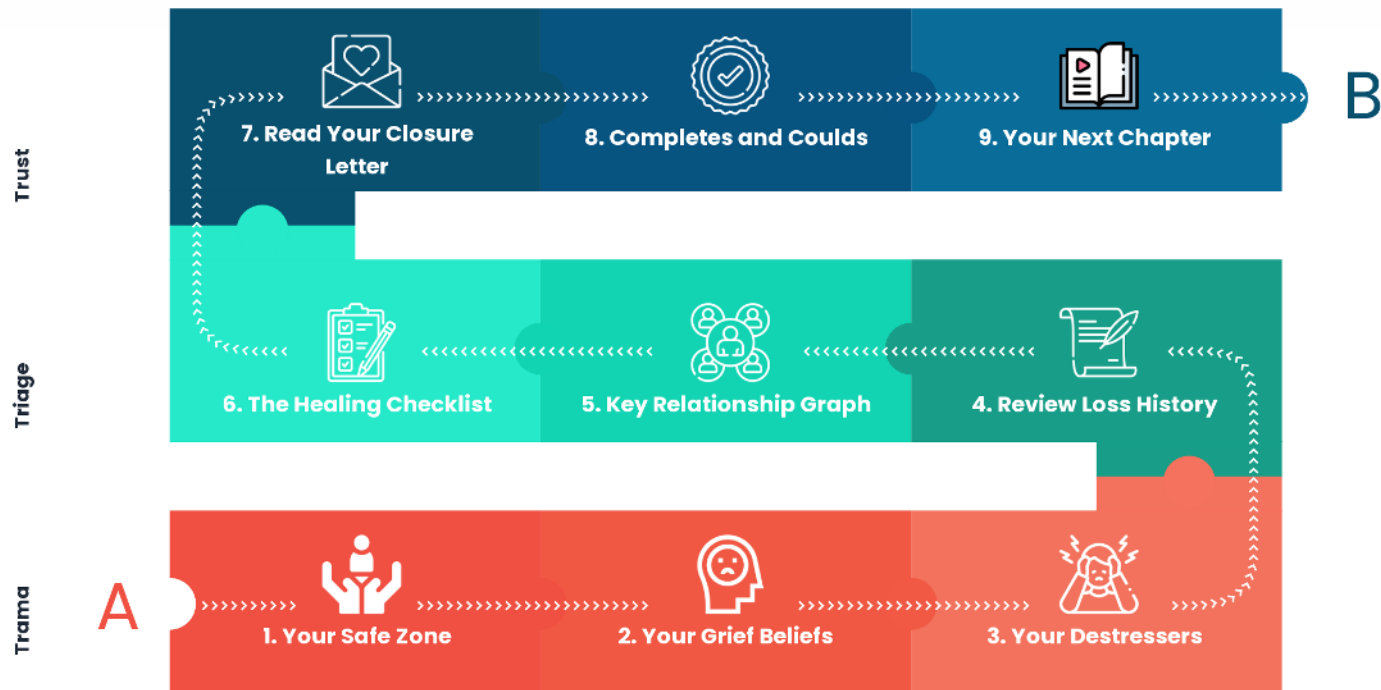


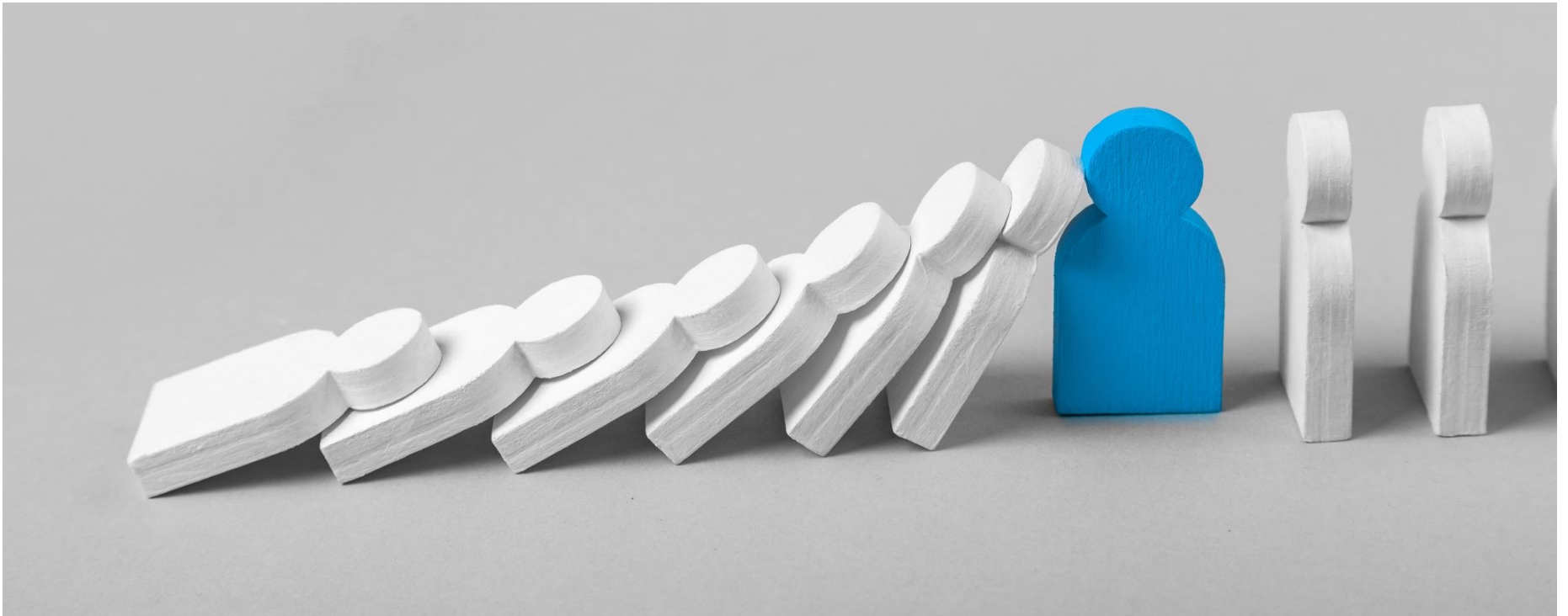
Grief Recovery Roadmap

The Grief Recovery Roadmap is a unique grief and loss recovery journey that helps ambitious mainly men, who want to step into their purpose, and who want to live their best lives move past the one thing holding them back in 9 weeks without trauma, embarrassment, or ongoing therapy



If you want to get crystal clear on the EXACT STEPS you should be following right now to achieve your healing goals, then [*CLICK HERE*](#) to book a free Grief Recovery Roadmap strategy call.

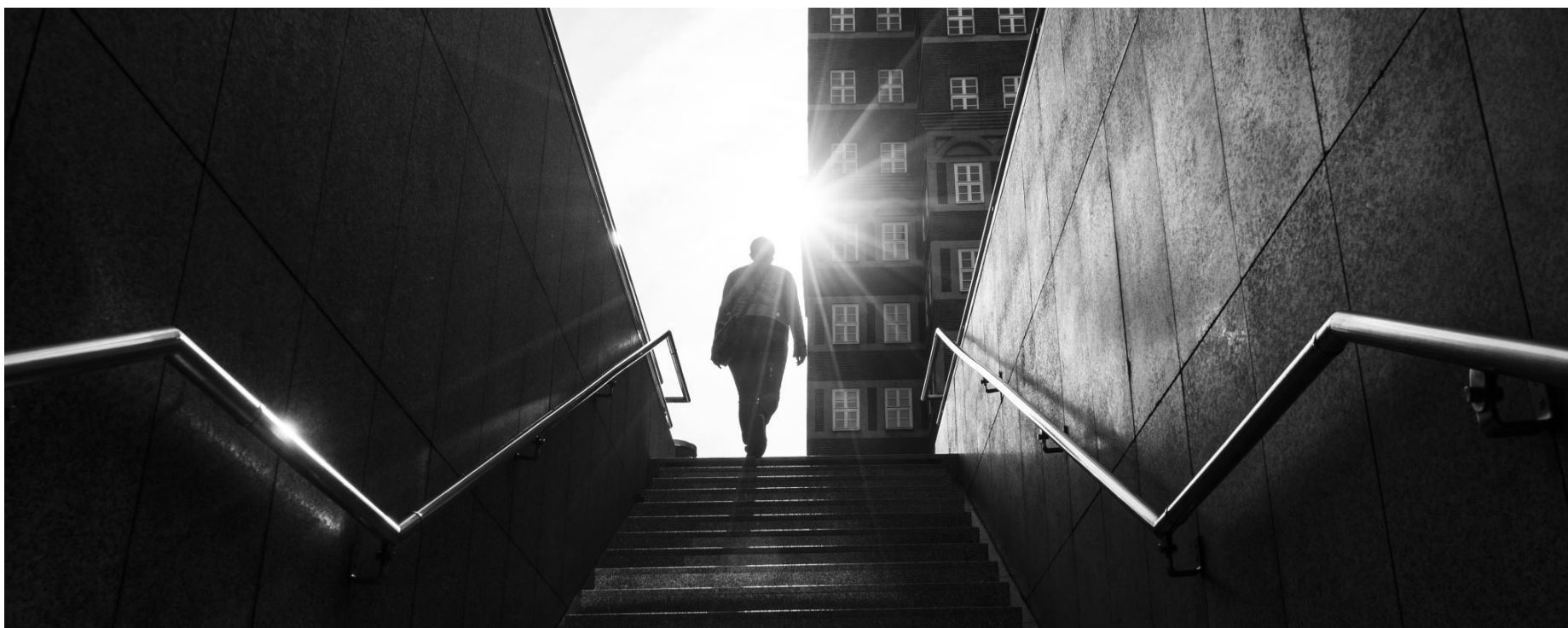
1. Overwhelming emotional pain and inability to move forward



1. Overwhelming emotional pain and inability to move forward

- "I feel stuck in a never-ending cycle of pain and sadness."
- "I can't seem to find any joy or purpose in life anymore."
- "Every day is a struggle to get through, and I don't know how to move on."

2. Difficulty finding focus and motivation in daily life



2. Difficulty finding focus and motivation in daily life

- "I used to be so driven and ambitious, but now I can't seem to concentrate on anything."
- "I feel like I'm just going through the motions and not truly living."
- "The lack of motivation is affecting my work performance and relationships."
- "I lost me sense of identity"

3. Constantly ruminating and being trapped in their own thoughts



3. Constantly ruminating and being trapped in their own thoughts

- "My mind is always racing, and I can't stop thinking about what I've lost."
- "I keep replaying past events and blaming myself for what happened."
- "I need help breaking free from the cycle of negative thoughts and self-blame."
- "I'm ruminating and living in limbo"

How hard was it to show up on a scale of 1 (terrified) to 10 (super excited) and why?

Common Responses to Grief

Denial and Shock
Sadness and Despair
Anger
Guilt
Fear and Anxiety
Physical Symptoms
Numbness
Yearning and Longing
Acceptance

Getting Over, Completions, Closure



Principles

Crying is normal and natural but not essential.

Are hugs safe after each session? Typically, no touching in the middle of the exercises. It prevents thought flow. We both will be sharing our grief.

This is not therapy, but it may feel like it. The topics may feel awkward, but the hope is to feel safe enough to share. My name is Earhart. Think **listen with your heart.**

Both partners affirm these commitments for every session:

a. **Total Honesty** - I will be as honest as I want to be about myself not about anyone else. My thoughts and feelings.

b. **Absolute Confidentiality** - I will carry my partner's information to the grave with me.

c. **Grief is Unique and Individual** - Every relationship and communication is unique. No comparing, telling others how to feel, or grieving.

Note: It is normal to feel a bit uneasy and scared to voice something you have never said out loud. Would you be willing to trust the process as far as you are able at this time? One next step at a time.

Avoid These Hurdles

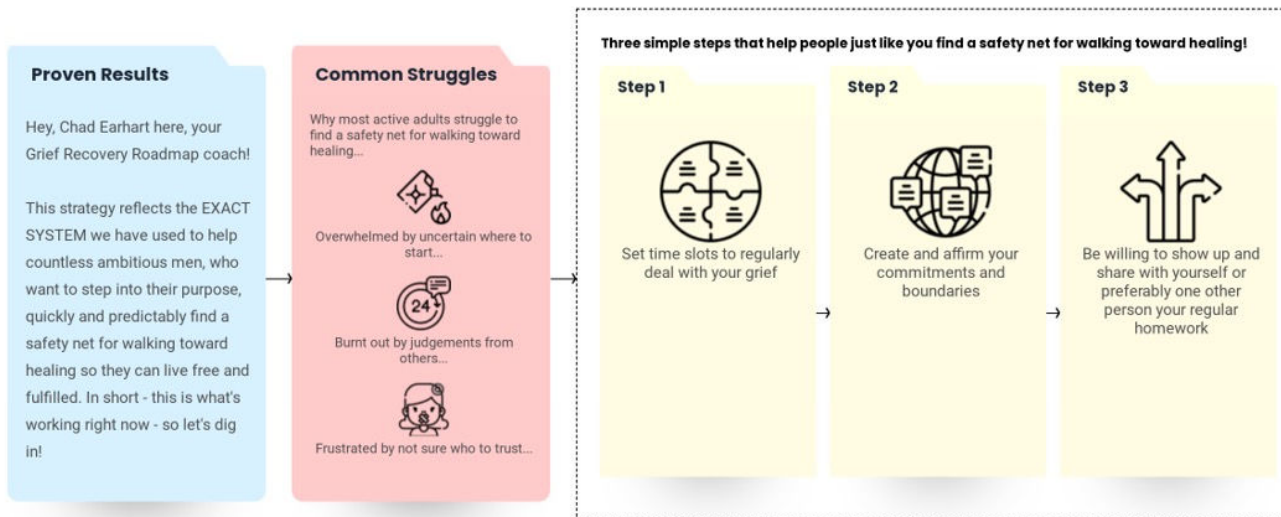
1. Monologue instead of sharing
2. Being critical, judgemental, shaming, or “should”ing
3. Avoid bringing in your personal ideas from religion, spiritual, intellectual, therapeutic, or 12 Steps philosophies... Allow the person to be where they are.
4. Don't skip a session because you didn't get homework completed or it is too hard...

We'll utilize our Safe Zone system

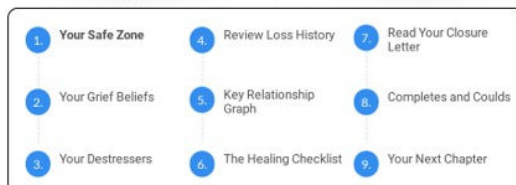
The One Page Your Safe Zone roadmap

Chad Earhart

This one page cheat sheet will show you exactly how ambitious men, who want to step into their purpose, and who want to live their best lives just like you are able to quickly find a safety net for walking toward healing while improving their safety without uncertain where to start, judgements from others, or not sure who to trust...



Grief Recovery Roadmap Program



This is ONE small step of our Grief Recovery Roadmap Program - the clearest and most predictable system for anyone serious about doing what it takes to achieve their healing goals, find a safety net for walking toward healing, and live free and fulfilled... If you want to get crystal clear on the EXACT STEPS you should be taking right now to achieve your healing goals, then book your free call at the link below...

[Learn More](#)

Share Your Grief or Loss...

Chad Eckhart

"Transformational Teachings"



"Transformational Teachings" \$2,000 Value

Join our weekly live virtual sessions where our experienced grief and dream coach will guide you through transformative teachings. These recorded sessions provide valuable insights and practical strategies to help you heal and thrive after trauma, hurt, or heartbreak.

Benefit 1: Gain expert knowledge and guidance from experienced grief and dream coaches.

Benefit 2: Learn practical strategies to heal and move forward in your life.

Benefit 3: Access recorded sessions for convenience and flexibility in your learning journey.

""Interactive Group Sessions" \$2500 Value



"Interactive Group Sessions" \$2500 Value

Experience the power of connection and support in our weekly small group sessions. Engage in live Q&A sessions with our grief and dream again coaches, participate in hot seat sessions to receive personalized guidance, and connect with like-minded individuals who are on a similar healing and growth journey.

Benefit 1: Receive personalized guidance and support from our grief and dream again coaches.

Benefit 2: Connect with a supportive community of individuals who understand your journey.

Benefit 3: Gain insights and inspiration from hearing others' stories and experiences.

"Personalized Support System"



"Personalized Support System" \$2000 Value

Throughout the duration of the program, you will have access to personalized support from our grief and dream coach. Reach out to our team via email for prompt responses to your questions and concerns. Additionally, receive as needed one-on-one calls with our coaches to dive deeper into your healing journey and receive personalized guidance.

Benefits:

Benefit 1: Personal support to help you one next step at a time

Benefit 2: Tailored for you process

Benefit 3: Personalized Questions Answered

1:1 Strategy Session
chadearhart.com/grief

1:1 Coaching -
\$10,000

**GRR PLUS Complete
Support System -
\$1000**

GriefRecoveryRoadmap.com



BONUS!

Simplicity and Focus" Priceless

Our program focuses on the essentials of healing and thriving after trauma, hurt, or heartbreak. We believe in the power of human connection and personalized support, which is why we don't rely on complex software or technology except Zoom. By keeping things simple, we can prioritize your needs and provide a more impactful and meaningful experience.

Benefit 1: Get the most out of your healing journey without relying on complicated software so you can focus on the human connection.

Benefit 2: Experience a more personalized and human-centered approach to your growth.

Benefit 3: Focus on what truly matters: your healing, growth, and transformation.

Roadmaps to Healing and Thriving" \$2000 Value

As part of the program, you will receive comprehensive PDF roadmaps that will guide you through every step of your healing and thriving journey. These roadmaps provide clear, actionable steps, and valuable insights to help you navigate through your pain and find peace and closure.

Benefit 1: Access comprehensive PDF roadmaps for a clear and structured healing process.

Benefit 2: Receive actionable steps and guidance to move forward in your journey.

Benefit 3: Gain valuable insights and strategies to help you heal and thrive.

For 1:1 Coaching Offer

Limited Time Early Bird Pricing – Double Coaching 2 months = 4 months

a) Early Bird Pricing Expires Soon

b) Don't miss out on the opportunity to save on the Grief Recovery Roadmap. Act now and take advantage of the limited-time Early Bird Pricing before it expires. You will want to help someone else through this process and it is a perfect opportunity for you to do that. This exclusive offer won't be available forever, so secure your spot today and start your journey towards healing and thriving after trauma, hurt, or heartbreak.



For 1:1 Coaching Offer Only

Conditional Money Back Guarantee on 1:1 Coaching

If you show up every week for 9 weeks in a row and you don't get more peace and "closure" and you aren't moving forward, email me and I will give you your money back plus give you the course access to keep for free.

“So either decision is risk-free, don't do anything OR move forward, but only one of them will help you achieve your healing goals, so which risk-free decision do you think will be more likely to get you to where you want to go in 9 weeks?”



Our unique Grief Beliefs process

The One Page Your Grief Beliefs roadmap

This one page cheat sheet will show you exactly how ambitious men, who want to step into their purpose, and who want to live their best lives just like you are able to quickly move toward grief even if you were taught you can't while improving their confidence without doubt, procrastination on moving forward, or anger because of others beliefs around grieving...



Proven Results

This strategy reflects the EXACT SYSTEM we have used to help countless ambitious men, who want to step into their purpose and live their best lives predictably move toward grief even if they were taught they shouldn't. In short - this is what's working right now - so let's dig in!

Common Struggles

Why most active adults struggle to move toward grief even if you were taught you can't...

Overwhelmed by doubt if I am grieving right...

Burnt out by procrastination on moving forward...

Frustrated by anger because of others beliefs around grieving...

THREE SIMPLE STEPS THAT HELP PEOPLE JUST LIKE YOU MOVE TOWARD GRIEF EVEN IF YOU WERE TAUGHT YOU CAN'T!

STEP 1

Write a list of myths and beliefs that you have heard or believe about grief

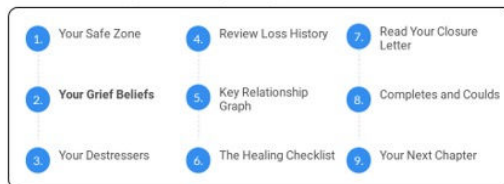
STEP 2

Turn those limiting beliefs into truth statements that allow you to move forward

STEP 3

Share steps 1 and 2 with someone

Grief Recovery Roadmap Program



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[Get Started](#)

Homework for Grief Beliefs Session 2

- Set Time Slots to Deal with your Grief – Every Sunday Night 6pm Central
- Bring any “Grief Beliefs” to the our next meeting.

Grief Beliefs

Move False Belief/Myth.... (that don't help you when you are grieving

“Be strong. Don't cry. Push through it.”

“Don't feel bad.”

“She's in a better place.”

“I know how you feel.”

“Get on with it.”

“Get a new _____.(dog, girlfriend...) You'll feel better.”