

## Embrace Your Power and Live In Love

*Author, Speaker, and Empowerment Advisor Susan Goudy Offers Accessible Solutions for Moving Beyond Trauma*

Professional counselor, author, motivational speaker, and empowerment advisor Susan Goudy was sexually assaulted by a teenage neighbor just months before her third birthday. After working to create her own clear path to healing and recovery, she has now dedicated her life to supporting others who wish to **move past trauma, embrace a life of joy and purpose, and reclaim personal power.**

Susan teaches a variety of methods for achieving this, including these 11 helpful tips:

1. **Acknowledge What Happened** - Sit with it for a bit. Feel how you feel about it; let yourself cry, scream, or whatever it is you need to do.
2. **Let It All Out** - Tell someone. Find someone you trust to tell what happened to you (i.e., a friend, a family member or counselor).
3. **Take a Closer Look** - Look at the situation and see how it has affected your life, both in bad and good ways. Has it made you stronger? Has it held you back?
4. **Throw Out Your Baggage** - Seek help. Find a counselor or healing professional who can assist you in throwing out the baggage once and for all.
5. **Change Your Perception** - You can choose how this situation affects you going forward. Perhaps you will create a new life path because of this — one that is more fulfilling.
6. **Step Into Your Power** - Take your control back by saying “no” to things that aren’t in alignment with your wants.
7. **Embrace Your Value** - Match your thoughts and feelings to your expectations and life goals. You will realize you are worthy and deserving of the best in your life.
8. **Accept Change** - Stay in the moment and move forward; don’t look back.
9. **Love Yourself** - Take care of yourself first. For example: exercise, meditate, journal, or do another self-care ritual before going to work, picking up the kids, cooking a meal for the family, etc.
10. **Serve Others** - Helping others can be very positive as it increases your feelings of self-worth. Volunteer at a local animal shelter or help clean up your local park.
11. **WTF** - Change the way you think about what you experience in life by redefining WTF as “What the For.” It’s a very effective and fun way to remember that everything in life happens FOR you, not TO you.

**Press Kit:** [www.susangoudy.com/index.php/press/press-kit/](http://www.susangoudy.com/index.php/press/press-kit/)

**Public Website:** [www.SusanGoudy.com](http://www.SusanGoudy.com)

**About:** Author, motivational speaker, and empowerment advisor Susan Goudy, MSW, helps people discover what is holding them back and keeping them in a place of fear, and how to move past it — for good. A survivor of childhood sexual assault, she knows firsthand that living in the shadow of your past can cause you to forget that you have the power to take charge of your life. She teaches clients that no matter what may or may not lie in their own past, they can become more awake, aware, clear, and empowered.

### Story Ideas

**How Did I Get Here Anyway?:** People end up in fear and with feelings of powerlessness in a multitude of ways, but when you figure out that many fears are learned, you are in the perfect position to change directions.

**I’m Ready to Heal. Now What?:** The first step in getting healthier is awareness, but dwelling on fear just keeps the yucky stuff alive. To move on to where you want to be, it’s time to stop telling your story.

**In the Movie “Your Life,” Who’s the Director?:** Your old stories and current relationships can make it hard to figure out how to stay true to your passions, desires, and dreams, but you are the only one who directs your life.

**Get In Touch with Your Inner Force:** The power to change your life is within you, but you need your thoughts and emotions to match your heart’s desire. Only in matching your desires, thoughts, and feelings can you manifest what you truly want in life.

**Believing Is Seeing:** Maybe you can’t see love, fun, and joy in your life right now, but if you believe they exist, you will soon enjoy this amazing trio of experiences and feelings. You must also believe that you are worthy of love, fun, and joy.

**Let Go and Enjoy the Ride:** The path you choose to take out of fear and into love is a personal choice. Everyone finds the path of love in a different way because the journey is unique for each individual.

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