

The Heart Healing Roadmap





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Your healing journey follows four powerful phases designed to bring you home to yourself.

1. Feel It to Heal It

Reconnect with your emotional body and create internal safety.

2. Identify Your Patterns

See the beliefs, habits, and emotional responses that have shaped your experiences.

3. Rewire Your Mind & Break Cycles

Shift old narratives, rebuild self-trust, and learn tools for emotional fitness.

4. Step Into Self-Love & Empowerment

Embody the healed version of you through confidence, groundedness, and emotional strength



How to Use This Roadmap



Start Where You Are

There is no perfect place to begin. This roadmap meets you exactly where you are in your healing.

Move Through Each Phase Slowly

Healing isn't meant to be rushed. Each step builds on the one before it, creating a foundation of emotional safety.

Revisit Any Phase Anytime

Healing is cyclical, not linear. Returning to a phase doesn't mean you're going backward — it means you're going deeper.

Use the Heart as a Visual Anchor

The outer heart represents protection and understanding. The inner heart represents empowerment, self-love, and embodiment.

You Don't Have to Do This Alone

This is the work we do together in coaching — guiding you through every phase with tools, compassion, and support



Thank you for walking through this
roadmap with me.

Your healing is sacred. Your heart is
worth this work.
And you never have to walk it alone.

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spirits, and minds from the inside out.

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*Continue your healing journey at your own
pace — and know that support is always here
when you need it.*