

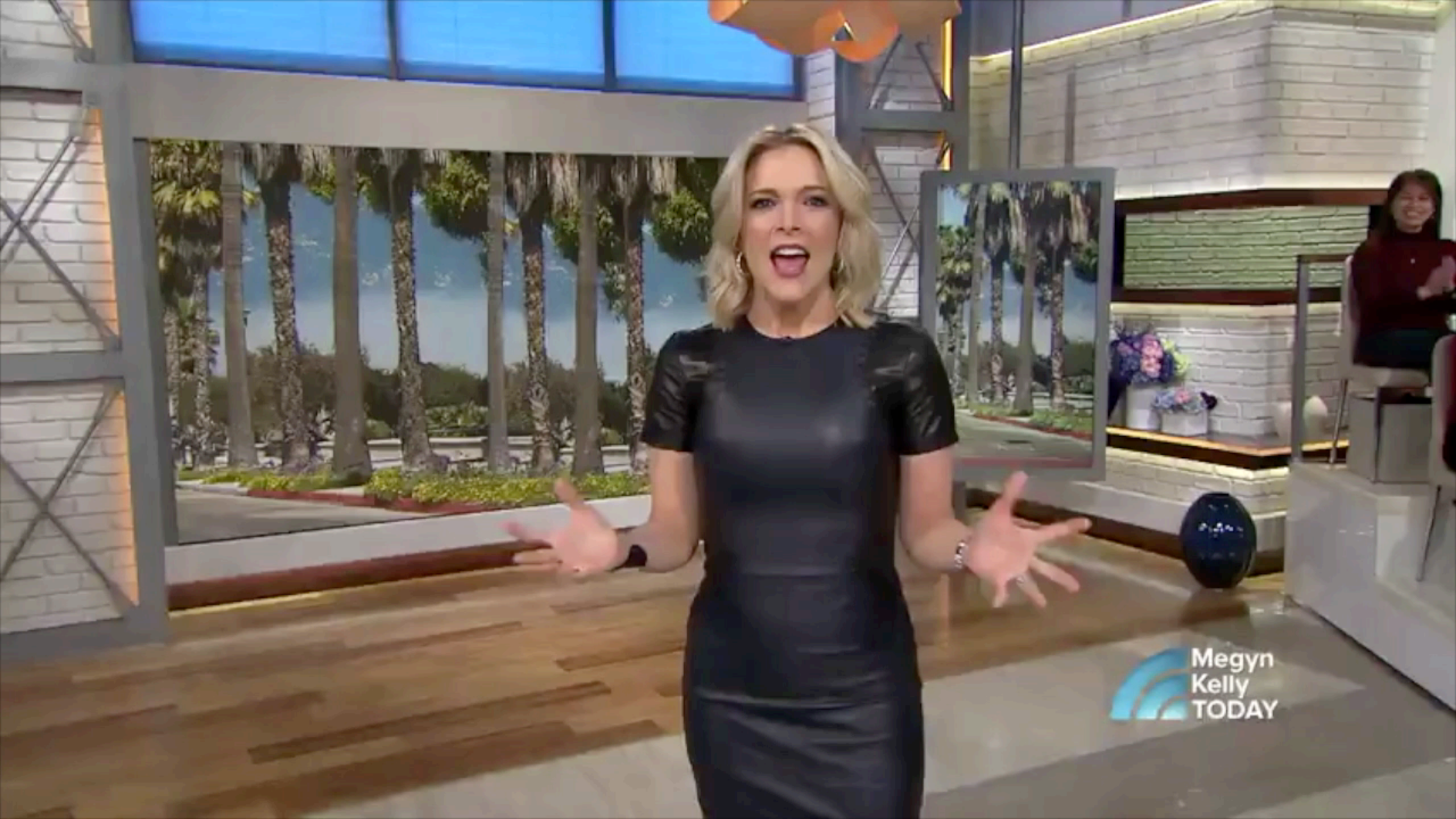
CLAIMING YOUR

Resilience

WHEN FACED WITH CHRONIC PAIN

Presented By: Amberly Lago





Megyn
Kelly
TODAY

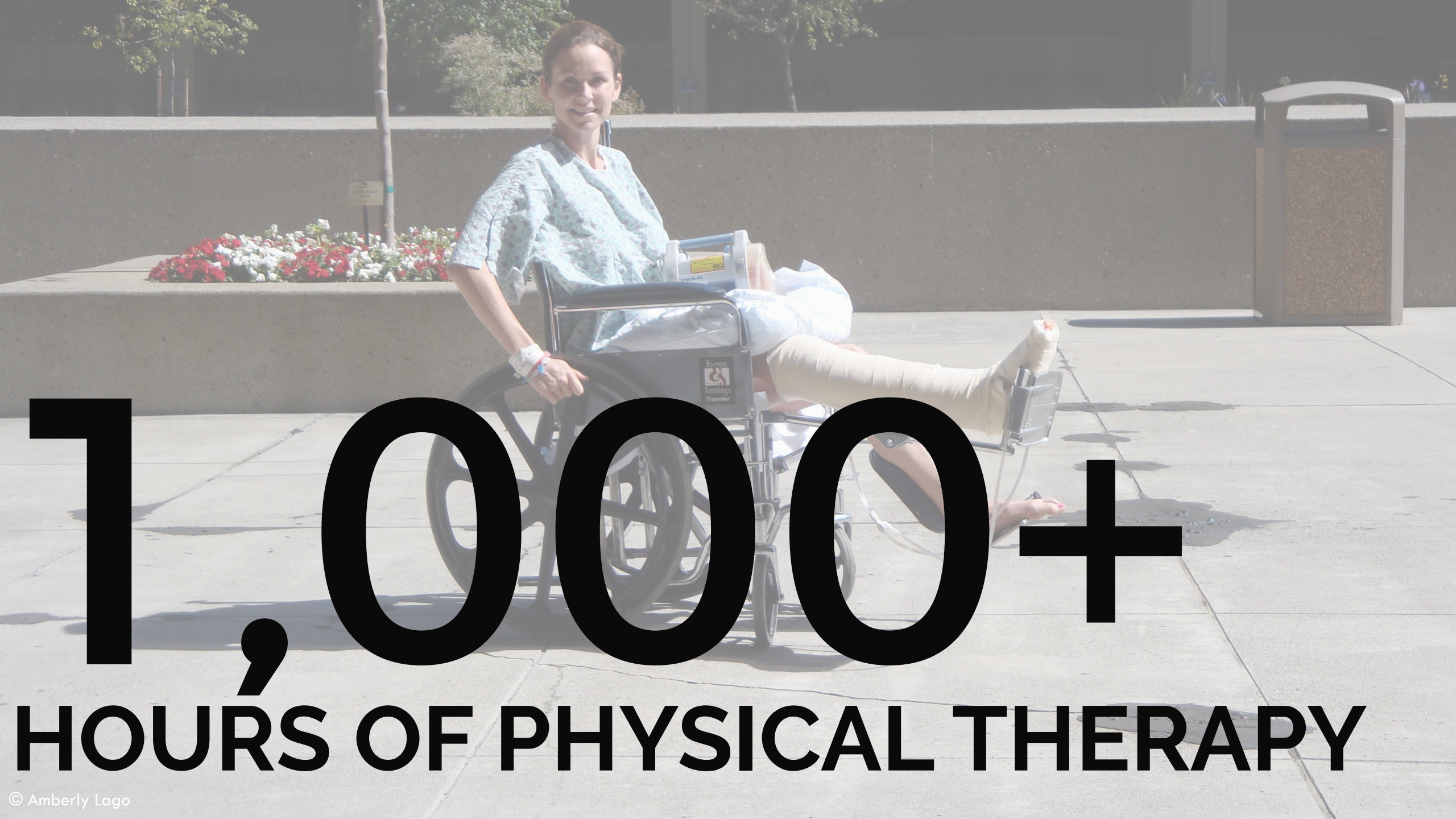


34 SURGERIES



107

DAYS IN THE HOSPITAL



1,000+
HOURS OF PHYSICAL THERAPY

AFTER ALL OF THAT

NOTHING

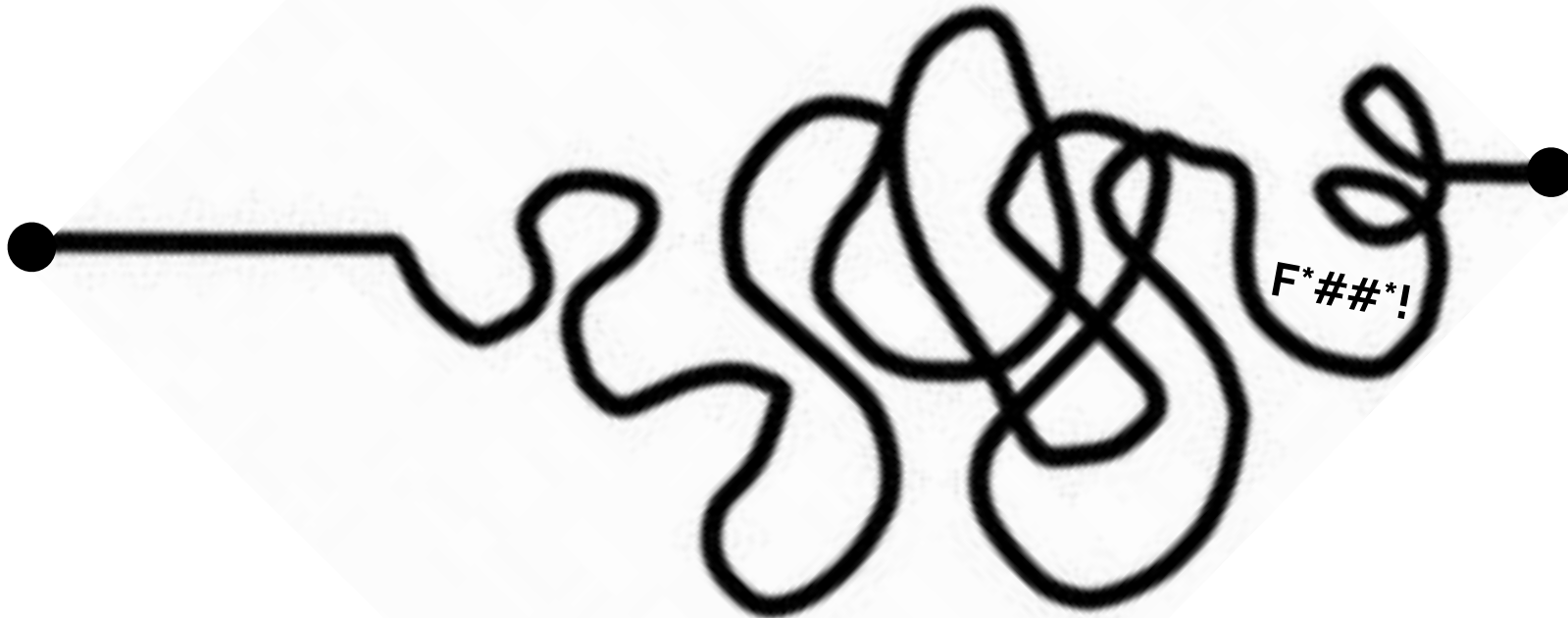
COMPARES TO LIVING WITH CRPS

EVERYDAY

WHAT PEOPLE **THINK** HEALING LOOKS LIKE:



WHAT HEALING **ACTUALLY** LOOKS LIKE:



A person with blonde hair, wearing a black t-shirt, purple leggings with white speckles, a grey baseball cap, and black sneakers, is captured mid-jump in a dynamic pose with arms and legs spread wide. They are jumping over a vast, deep mountain valley. The valley floor is covered in lush green vegetation, and a winding river is visible in the distance. The surrounding mountains are steep and rugged, with some peaks partially obscured by soft, white clouds. The overall atmosphere is one of freedom and adventure.

I WANTED THIS LIFE

BUT **THIS** IS WHAT
IT LOOKED LIKE



I TRIED EVERYTHING

Acupressure

Spinal blocks

Micro current machine

Spinal stimulator

Spinal radio frequency

Ketamine infusions

Sound baths

Acupuncture

Salt float

Physical therapy

Homeopathic (I was on 73 pills a day)

Healers

Chiropractor

Massage



I HAD HIT

ROCK

BOTTOM

AFTER ALL OF THAT,

THE ONE

THING THAT HAS MADE
THE MOST IMPACT ON
MY HEALING...

Resilience

The ability to adapt and overcome obstacles and roadblocks and thrive in the challenge.



LIFE TURNED INTO THIS



Resilience

JANUARY 2017 TOOLKIT

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

.01

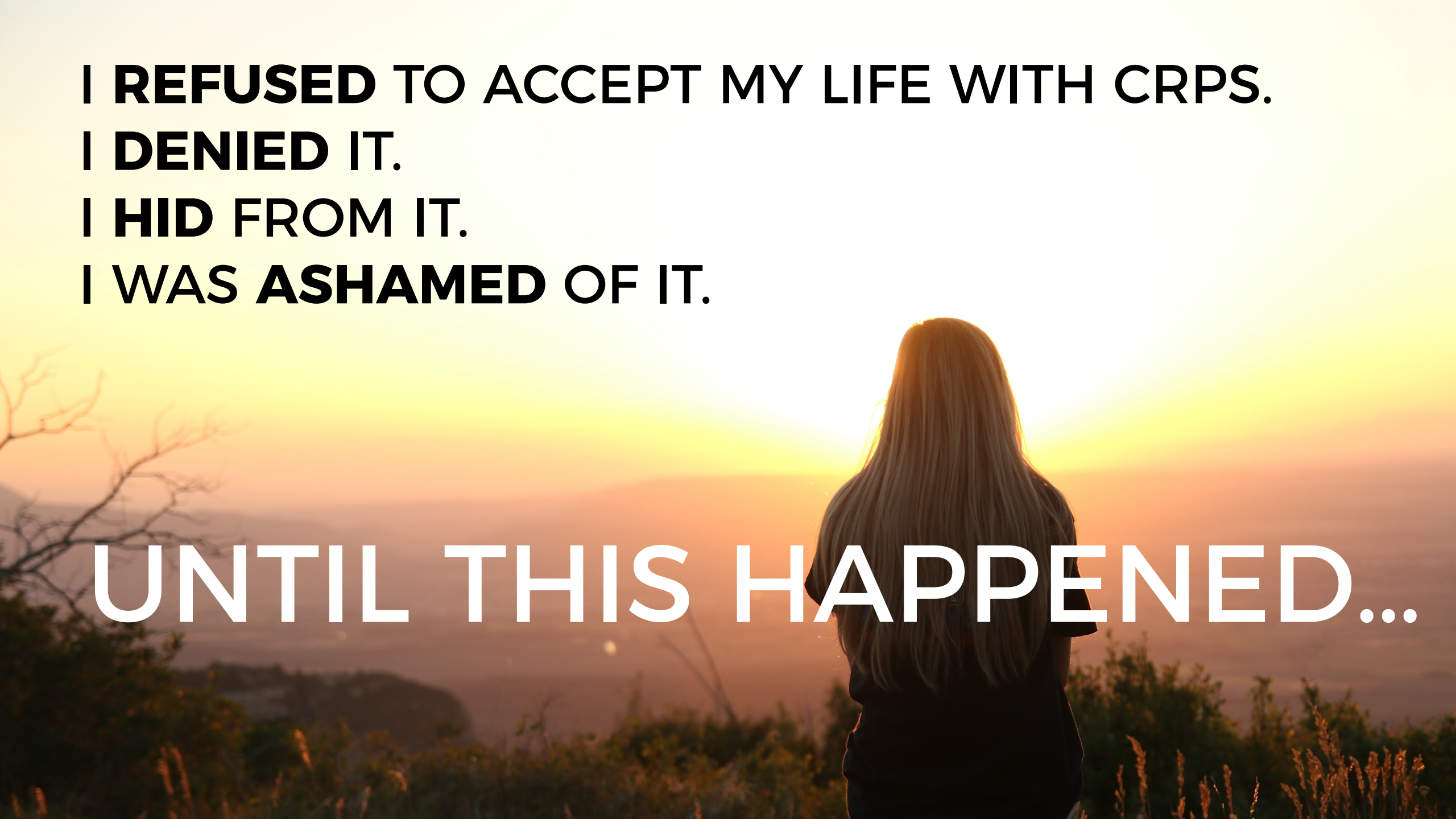
ACCEPTANCE #1



ACCEPTANCE

**I REFUSED TO ACCEPT MY LIFE WITH CRPS.
I DENIED IT.
I HID FROM IT.
I WAS ASHAMED OF IT.**

UNTIL THIS HAPPENED...







*If we did all the
things we are
capable of doing we
would literally
astound ourselves.*

- Thomas Edison

Resilience TOOLKIT

ACCEPTANCE:

GRATITUDE:

SUPPORT:

GET ACCESS TO:
**3 Simple Steps To Find The Courage to Face
Adversity at [AMBERLYLAGO.COM](https://www.amberlylagomotivation.com)**

 [amberlylagomotivation](https://www.instagram.com/amberlylagomotivation)  [AmberlyLagoSpeaker](https://www.facebook.com/AmberlyLagoSpeaker)

+ ACCEPTANCE

WRITE DOWN:

WHAT IS ONE THING YOU
HAVE BEEN RESISTING
ABOUT YOUR CURRENT
REALITY?

WHAT DO YOU NEED TO
ACCEPT IN YOUR LIFE?

GRATITUDE #2

.02



GRATITUDE

Thursday June 10th

a better day!

We snuck Ruby in! She was scared at first to see me and said I want Daddy but after 5 min, she was lured in by my me with some trail mix. She ended staying in bed with me for two hours. She accidentally pulled the nurse twice because she loved pulling all the bottoms. She thought the bed was the coolest thing ever! She kept looking at my leg and saying awww boob! She didn't want to leave. She ended up eating my salad and some fruit. I think I'm the only patient that has a fris. When she gave me kisses it melted my heart. Nanny had to tell her we were looking for Kith's outside to get her to leave. I cried.

GRATEFUL FOR

Visitors- Jeri Sattberg brought me a beautiful teddy bear plant.

Jeremy Falk and Kristi girl brought me all kinds of organic food and yummy drinks from Whole Foods!

David Allen came to visit - he says he will bring me a nice next time to help w/ brushing



Resilience TOOLKIT

ACCEPTANCE:

GRATITUDE:

SUPPORT:

GET ACCESS TO:
**3 Simple Steps To Find The Courage to Face
Adversity at [AMBERLYLAGO.COM](https://www.amberlylagomotivation.com)**

 [amberlylagomotivation](https://www.instagram.com/amberlylagomotivation)  [AmberlyLagoSpeaker](https://www.facebook.com/AmberlyLagoSpeaker)

+ GRATITUDE

WRITE DOWN:

**WHAT IS ONE THING YOU
CAN FEEL GRATEFUL FOR
IN THIS MOMENT?**

.03

SUPPORT #3



SUPPORT

When you find people who not only tolerate your quirks but celebrate them with glad cries of, ME TOO!" be sure to cherish them. Because those weirdos are your tribe.

- Nanea Hoffman -



MAKE THE **MOST** OF THIS EXPERIENCE.
YOUR TRIBE IS SITTING AROUND YOU
TODAY.

WE ARE ALL **CRPS WARRIORS** AND HAVE
THE OPPORTUNITY TO SUPPORT EACH
OTHER.


Resilience TOOLKIT

ACCEPTANCE:

GRATITUDE:

SUPPORT:

GET ACCESS TO:
**3 Simple Steps To Find The Courage to Face
Adversity at [AMBERLYLAGO.COM](https://www.amberlylagomotivation.com)**

 [amberlylagomotivation](https://www.instagram.com/amberlylagomotivation)  [AmberlyLagoSpeaker](https://www.facebook.com/AmberlyLagoSpeaker)

+ SUPPORT

WRITE DOWN:

WHO DO YOU NEED TO
SPEND **MORE** TIME WITH
AND WHO DO YOU NEED
TO SPEND **LESS** TIME
WITH?

I don't know exactly what is
next but I'm stepping forward
with grit anchored in grace.

- Julie Graham



THANK YOU!

FREE DOWNLOAD



**3 Simple Steps To
Find The Courage to
Face Adversity
at AMBERLYLAGO.COM**