

A phoenix rising from flames. The bird is depicted with large, detailed orange and red feathers, its wings spread wide. It is surrounded by intense, swirling flames in shades of orange, yellow, and red. The background is dark, making the fire and the bird stand out prominently.

The Phoenix Redemption Workbook

PREVIEW EDITION:

Exclusive For Clarity Call Invitees

*Become The YOU
That God Dreams of*

By Marchello Bradley

Message from the Author

There was a moment in my life where everything I thought I was came crashing down.

Seventeen years in law enforcement taught me a lot about people... but even more about pain. I carried the weight of everyone else's trauma, while quietly burying my own. I pushed through nights I couldn't sleep, days I couldn't feel, and moments I couldn't speak up because that's what strong men do, right?

Until one night on duty, everything changed.

I let a man go who had a warrant. Not because I didn't know better but because I was burnt out, emotionally exhausted, and spiritually drained. I didn't have it in me to keep pretending I was okay.

The department didn't care. They didn't ask what I was carrying. They just saw the mistake... and made their decision. I was forced to resign from the badge, the career, the identity I had built my life around.

But what broke me... also began to rebuild me.

In that space of loss, confusion, and emotional collapse, I had no choice but to face myself. Not the uniform. Not the titles. Just me.

I created this workbook as a path out of that fire. A guide to help you release what's been buried. Anger, disappointment, shame, sadness. Then step into something greater.

I believe we all have a Phoenix inside us: the version of ourselves that rises – not in spite of the fire, but because of it.

As you go through these exercises, prompts, and reflections, I want you to know that you are not alone. Your emotions aren't too much. Your pain isn't the end of your story. And your breakthrough may be closer than you think.

This workbook was born from ashes but it's built for your rise.

Let it be your permission to finally let go.

To heal.

To remember who you are.

And to reclaim your peace, purpose, confidence, and power.

**With heart,
Marchello**

Creator of The Phoenix Redemption Experience

Welcome to Your Rise

Welcome, Phoenix.

This workbook is your sacred space, your fire pit and your launch pad. You've made the brave decision to face your past, rise through the ashes, and become the version of yourself that God always intended.

Over the next several pages, you'll walk through the Phoenix Redemption Experience, a step-by-step journey designed to help you heal, reclaim your identity, and ignite your purpose.

This is not just a workbook. It's a mirror, a journal, a testimony, and a flight manual. Use it daily. Be honest. Be bold. And above all, trust the process.

How to Use This Workbook

- **Complete one section per week.**
- **Don't skip prompts, even the uncomfortable ones.**
- **Revisit affirmations daily.**
- **Journal freely. No rules, no judgment.**
- **Speak your reflections out loud when possible (your voice matters).**
- **Lean on God and your Phoenix Circle**
- **for support.**

Week 1:

Past Acceptance



**Before the Phoenix can rise,
it must rest in the ashes.**

***“Sometimes you have to sit in the ashes
before you can rise from them.”***

— Marchello Bradley

This Week's Healing Tools:

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- ❑ **Reflection Prompt: What happened and how did it affect you?**
 - ❑ **Emotional Inventory: Naming the Ashes**
 - ❑ **Radical Acceptance Statement**
 - ❑ **Daily Prayer of Release**
 - ❑ **Mirror Challenge: “I accept myself. I accept my story.”**
 - ❑ **Bonus Prompt: Letter to Your Old Self**

Naming the Ashes

Emotions are messengers, not enemies.

Use the list below to check off the emotions you're feeling, then add any others that rise up. There are no wrong answers.

- 
- | | | |
|-----------------------------------|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> Angry | <input type="checkbox"/> Exhausted | <input type="checkbox"/> Stuck |
| <input type="checkbox"/> Guilty | <input type="checkbox"/> Jealous | <input type="checkbox"/> Unseen |
| <input type="checkbox"/> Hopeless | <input type="checkbox"/> Disappointed | <input type="checkbox"/> Unworthy |
| <input type="checkbox"/> Ashamed | <input type="checkbox"/> Trapped | <input type="checkbox"/> Vulnerable |
| <input type="checkbox"/> Confused | <input type="checkbox"/> Numb | <input type="checkbox"/> Weak |
| <input type="checkbox"/> Sad | <input type="checkbox"/> Regretful | <input type="checkbox"/> Worried |
| <input type="checkbox"/> Fearful | <input type="checkbox"/> Disgraced | <input type="checkbox"/> Wounded |

Other emotions I'm feeling:

Radical Acceptance

You cannot rise from ashes you refuse to admit you're standing in.

Read this statement slowly. Let it enter your heart.

Then write your own version below.

“I accept who I was.

I accept the pain I've suffered.

I accept the consequences.

I also accept that I am still worthy of rising.

The past is a part of me but it does not define me.

I forgive myself for being human.

I choose to rise from the ashes of this moment.”

60-Second Mirror Challenge

What you speak to yourself in the mirror shapes what you believe in the fire.

This is your daily ritual to speak truth, even before you fully feel it.

- Stand in front of a mirror.
- Look yourself in the eyes for 60 seconds.
- Say firmly (even if you don't fully believe it yet):

***“I accept myself.
I accept my story.
I am ready to rise.”***

You don't need to be perfect.

Consistency—not perfection—is what allows the Phoenix to begin rising.

Want the Full Workbook + Live Support?

You've just gotten a glimpse of the healing that's possible.

The full Phoenix Redemption Workbook is a 6-week transformation system that helps you rise through emotional pain, reclaim your identity, and walk in your divine purpose.

When you book a FREE clarity call this week, I'll send you the full PDF workbook, completely free, as my gift to support your rise.

What's a Clarity Call?

It's a 30-minute one-on-one conversation where we explore what's been weighing you down and what your next step might be, with zero pressure.

🔗 Book Your Free Clarity Call
Book My Clarity Call.

🌐 Explore More:

www.iamchellsx.com

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Instagram: @IAmChellsX

TikTok: @IAmChellsX

YouTube: The Phoenix Redemption

Facebook: Marchello Bradley

