

LAMORA D. PACE

PRESENTS

*Designed*  
**FOR MORE**

**7-Day  
Devotional to  
See Yourself  
the Way God  
Sees You**



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# Hello!

## I'M LAMORA PACE

As an entrepreneur who had to overcome crippling self-doubt to succeed, LaMora Pace quickly discovered that it takes more than a degree and some credentials to build a thriving and fulfilling business. But now, as the founder and creator of the Simply Lovable® brand and Founder and Chief Healing Officer of The Healing Crest® Counseling Services, LaMora has mastered the art of helping men and women heal, discover their self-worth, and learn how to honor, value and respect themselves.

As a Licensed Clinical Social Worker, LaMora has over 20 years of experience as a mental health professional and 15 years of executive leadership knowledge working in a social services organization. Known for her deep empathy and compassion, LaMora has dedicated more than two decades of her life to supporting her clients as they overcome past trauma, build healthy relationships, form healthier habits and find real self-love.

Always looking for unique opportunities to help clients become their best selves, she founded The Healing Crest® Counseling Services and created Simply Lovable®. Through these mediums, she's able to empower more men and women to move past lingering insecurities and embark on a journey of self-love.

As a prolific mental health professional, LaMora has a long list of accomplishments to her name. From the rapid growth of her thriving private practice, while diversifying her income outside one-on-one sessions, she created Simply Lovable® to help others develop healthier relationships and appreciate the life they live.

Whether she's supporting clients to overcome personal challenges or assisting clinical bosses to build the business of their dreams, she's dedicated to making a difference in the lives of others. To experience LaMora's empathetic talents and skills for yourself, head over to [www.lamorapace.com](http://www.lamorapace.com) or visit [www.iamSimplyLovable.com](http://www.iamSimplyLovable.com) to learn more about Simply Lovable®.

XOXO

LaMora Pace



# Welcome to Designed for More: 7-Day Devotional to See Yourself the Way God Sees You.

This devotional is for the woman who's been strong for everybody else—showing up, getting it done, making it look easy. To the outside world, you're the dependable one. But behind closed doors, you feel the weight. You feel unseen. You wonder who you are beyond what you do for everyone else.

Here's the truth: **God never created you to just survive.** You weren't designed to keep pouring until you're empty, smiling while you're secretly breaking, or proving your value through what you can carry. You were created to walk fully in His love, grounded in your worth, and confident in the identity He gave you.

Over these next 7 days, you're going to hit pause. You'll sit with Scripture, face the lies you've been living under, and step into the truth of how God sees you—whole, worthy, and already loved.

So take a breath. Release the pressure. This devotional is your reset. This is your space to reconnect with God and live from His design, not the world's demands.



**This isn't busywork. This isn't another task to check off your list.  
This is your interruption.**

**If you want transformation, you can't just skim the words.  
You've got to wrestle with them. You've got to name the lies,  
sit in the truth, and let God do the work in you.**

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- 1. Set aside 20 - 25 minutes a day.** No multitasking. No distractions. Give God your undivided attention.
  - 2. Start with Scripture.** His Word is your anchor. Read it slowly, more than once if you need to.
  - 3. Reflect on the message.** Each day includes a short devotional to help you process the theme. Let it challenge you. If it stings, sit with it—don't run.
  - 4. Answer the Journal Prompt.** No filters. No performance. Be real, because freedom starts with honesty.
  - 5. Pray it through.** Use the prayer provided or write your own, but don't skip this step. Transformation happens when reflection turns into conversation with God.
  - 6. Give yourself grace.** If you miss a day, don't quit. Pick up where you left off. Progress is better than perfection.
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***Remember, this devotional is a starting point. The real transformation happens when you take these truths beyond the page and begin living them out day by day.***

# DAY 1

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## Default vs. Design

### Scripture:

“For I know the plans I have for you...” (Jeremiah 29:11)

### Reflection:

Let's be real, too many of us are on autopilot. Wake up, work, take care of everyone else, collapse in bed, repeat. That's not life, that's survival. But survival was never God's plan for you. His design includes peace that doesn't break under pressure, joy that doesn't fade with circumstances, and purpose that can't be stolen.

### Journal Prompt:

Where in your life have you been living on default instead of design?

### Prayer:

God, open my eyes to the areas where I've been just surviving instead of living. Show me where I've been settling for routine instead of Your design. Help me to believe that Your plans for me are good and full of purpose. Align my steps with Your truth and give me the courage to walk in the life You already created for me.

# DAY 2

## Rethinking Sacrifice

### Scripture:

“Love your neighbor as yourself.” (Matthew 22:39)

### Reflection:

Somewhere along the way, we confused sacrifice with self-neglect. We thought loving others meant ignoring ourselves. But God’s Word is clear, loving others as yourself. That means your needs matter. When you refill, you give from overflow, not fumes. True sacrifice is fueled by love, not depletion.

### Journal Prompt:

Where have you been giving so much to others that you’ve neglected yourself?

### Prayer:

God, remind me that loving myself is part of loving my neighbor. Teach me how to pour into others without emptying myself completely. Show me how to rest in Your presence so that I give from a place of overflow, not exhaustion. Help me release guilt around self-care and remember that my needs matter to You.

# DAY 3

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## Self-Love as Obedience

### Scripture:

“You are not your own; you were bought with a price.” (1 Corinthians 6:19-20)

### Reflection:

Self-love isn't selfish, it's stewardship. Your body, your mind, and your heart belong to God. When you abuse yourself, you're dishonoring what He gave you. But when you rest, eat well, protect your peace, and set boundaries, you're honoring the price He paid for you.

### Journal Prompt:

What is one way you can practice self-love today as an act of honoring God?

### Prayer:

God, thank You for the body, mind, and spirit You've entrusted to me. Teach me to see myself as Your temple, worth protecting and caring for. Give me wisdom to make choices that honor You, whether in how I rest, what I consume, or the boundaries I set. Let every act of self-love be an act of obedience that reflects Your glory in my life.

# DAY 4

## Breaking Free from People-Pleasing

### Scripture:

“Am I now seeking the approval of man, or of God?” (Galatians 1:10)

### Reflection:

When you live for approval, you end up losing yourself. People-pleasing may keep the peace, but it comes at the cost of your authenticity. God created you to walk in His truth, not to perform for acceptance.

### Journal Prompt:

Where in your life are you saying yes when you need to say no?

### Prayer:

God, I admit that sometimes I seek approval from people more than from You. Today, I surrender that need. Help me to stop living for the applause of others and start living for Your “well done.” Give me strength to say no when I need to, courage to walk in truth, and peace in knowing that Your acceptance is enough.

# DAY 5

## Boundaries Protect What's Sacred

### Scripture:

“Above all else, guard your heart, for everything you do flows from it.”  
(Proverbs 4:23)

### Reflection:

Boundaries are not rejection, they're protection. Protecting your peace is protecting your purpose. Saying no doesn't make you mean, it makes you wise. When you guard your heart, you're keeping what's sacred aligned with God's design.

### Journal Prompt:

What boundary do you need to set this week to protect your peace?

### Prayer:

God, thank You for the wisdom to guard my heart. Show me the areas where I've allowed people, habits, or distractions to drain me. Give me courage to set boundaries that protect my peace, energy, and purpose. Teach me that saying no is not rejection, it's obedience to You. Help me protect what's sacred so I can walk in the fullness of Your design.

# DAY 6

## Redefining Strength

### Scripture:

“Come to me, all who are weary and burdened, and I will give you rest.”  
(Matthew 11:28)

### Reflection:

The world taught us to wear exhaustion like a badge of honor. But God never called you to grind yourself into the ground. Real strength isn't in how much you can carry, it's in knowing when to stop, surrender, and lean on Him. Strength is rest. Strength is dependence on God.

### Journal Prompt:

Where have you been confusing exhaustion with strength?

### Prayer:

God, I've carried so much on my own. Forgive me for confusing exhaustion with strength. Today I choose to lay my burdens at Your feet. Remind me that my greatest strength is found in You, not in how much I can handle alone. Teach me to rest, to ask for help, and to lean on Your power instead of my own.

# DAY 7

## Seeing Yourself as God Sees You

### Scripture:

“I praise You because I am fearfully and wonderfully made.” (Psalm 139:14)

### Reflection:

You are not just what you do. You are not just your achievements. You are not your mistakes either. You are God’s creation, fearfully made, intentionally designed, deeply loved. When you finally see yourself the way He sees you, everything changes—your confidence, your relationships, your purpose.

### Journal Prompt:

Write an affirmation that declares how God sees you.

### Prayer:

God, I thank You for creating me fearfully and wonderfully. Help me to release the lies I’ve believed about myself and replace them with Your truth. Teach me to see myself the way You do—valuable, loved, and chosen. Let that truth shape how I live, how I speak, and how I show up in every space. Keep me grounded in the confidence that I am Yours.

# Closing Note!

You just completed 7 days of truth-telling with God. That alone is powerful. Every Scripture you read, every prompt you answered, and every prayer you prayed has been a step toward healing, self-love, and alignment.

But this is just the beginning. Real change takes time, intention, and the right support. Healing is not meant to happen in isolation. It happens when you have consistency, guidance, and the support of a community walking beside you.

That's why **Healing By Design™** exists—so you don't just read about transformation, you live it out with women who refuse to settle.

If this devotional challenged you, encouraged you, or opened your eyes to something you've ignored for too long, then you're ready for the next step. Don't stop here. Make the decision to align your life with God's design.

Join the Healing By Design™ Community Today. Your next level is waiting.

