



THE WOMAN WHO CAME BACK

*How I Rebuilt My Life
from Broken to Unbreakable*



IF LIFE HAS EVER BROKEN YOU,
THIS BOOK WILL REMIND YOU — YOU CAN REBUILD.

Back To Zero: My First Rise After Losing Everything

I was 36 years old when my entire world almost collapsed. That year when I became a widow, a solo parent, a single mom.

I had to stand up, wipe my tears, and move, because no one else would do it for my four children. Grief didn't pause the bills. Heartbreak didn't excuse me from responsibility. Pain didn't change the fact that my kids still needed to eat, grow healthy.

So I took the first job I could get: a BPO graveyard shift in Makati City in the Philippines, far from where my children lived with my mother.

The Weight I Carried—Literally

Working nights was already a battle. But what people didn't know was that after every shift, when the city was just waking up, I would travel four hours one way to buy merchandise to resell so I could add to our income. Each trip meant carrying bags heavier than the life I was living.

My days looked like this:

- Work all night.
- Travel almost half a day.
- Carry merchandise like a packhorse.
- Go home with migraines.
- Mother my kids even from a distance.
- Wake up and do it again.

It was survival—but also the beginning of my strength.

Why I'm telling you this?

Because maybe you're reading this feeling tired, stuck, grieving, or starting from nothing.

And I want you to see this clearly:

You can rise from zero. I did.

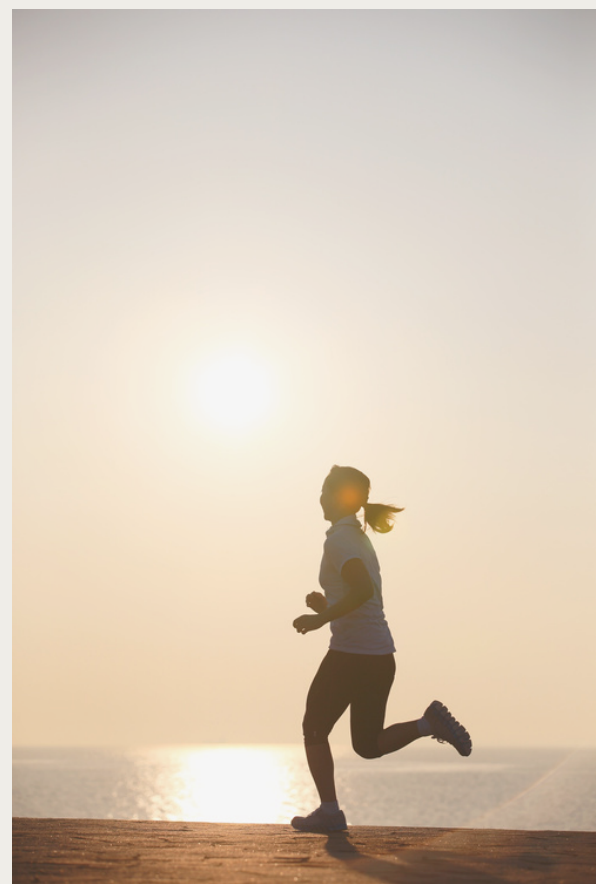


TAKEAWAY & GUIDANCE FOR YOU

*When life breaks you, focus on the next small step,
not the entire staircase.*

*You don't have to be perfect;
you just have to show up.*

Your pain can be the soil where your strength grows.





TAKEAWAY & GUIDANCE FOR YOU

*You can endure more than you think,
but endurance is not the finish line.*

Every skill you gain today is a tool for your future freedom.

*Sacrifice is meaningful only if it moves you
toward a life that honors your heart.*

*When you feel small, remember:
your value is not defined by those who mistreat you.*





TAKEAWAY & GUIDANCE FOR YOU

Your age is not a limitation; it's your advantage.

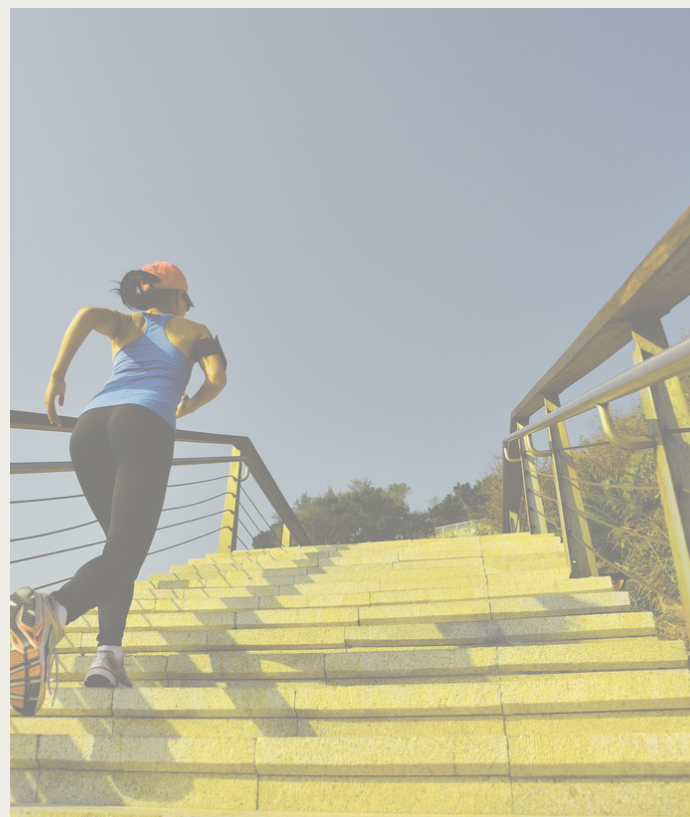
You have wisdom that younger you wished she had.

You get to reinvent yourself as many times as needed.

Life doesn't reward perfection — it rewards persistence.

*The moment you decide "this is not the end for me,"
everything shifts.*

Starting again is not failure — it is power.





My Gift to Yourself

Printable Planners

Monthly Budget Worksheets

The following pages are the printable planners and budget worksheets I made for you. These resources are designed to help you:

- Plan your day, week, and month without overwhelm
- Track your goals and small wins
- Organize finances—income, expenses, savings, and investments
- Build a clear roadmap for starting or growing your business
- Reflect on progress with dedicated spaces for thoughts, feelings, and gratitude

Why these tools matter?

Motivation alone is not enough. Most people feel inspired after reading—but then life happens, and old patterns return.

Your planner + budget worksheets translate lessons into daily habits, making change tangible and achievable.

How to Use Your Planner & Budget Worksheets

1. **Start with Reflection:** Use the reflection pages at the end of each chapter to capture your insights.
2. **Set Micro-Goals:** Break big dreams into daily or weekly steps. Track them in the planner.
3. **Track Your Finances:** List income, expenses, and savings goals. The budget worksheet is your accountability partner.
4. **Celebrate Wins:** Even tiny progress matters. Highlight them in your planner to stay motivated.
5. **Repeat Daily: Make it a habit.** Momentum builds through consistent, small actions not overnight miracles.

Daily Planner



To do list :

Schedule :

8 AM

9 AM

10 AM

11 AM

12 AM

1 PM

2 PM

3 PM

4 PM

5 PM

Priorities :

Notes :

Weekly Planner



Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

Notes :



Monthly BUDGET

MONTH

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

Income

DATE	DESCRIPTION	AMOUNT
TOTAL:		

Expenses

DATE	DESCRIPTION	AMOUNT
TOTAL:		

Summary

TOTAL INCOME	TOTAL EXPENSES	TOTAL SAVING

NOTES

Goals Planner



My Goals

Motivation

Goals 1

Goals 2

Goals 3

Goals 4



A Glimpse Into the Full Story

She almost lost everything—her peace, her confidence, and the life she thought she built.

But this is not a story of defeat.

This is the story of a woman who came back stronger.

When Cristina's world shattered, she faced a choice: **stay broken... or rebuild.**

In ***The Woman Who Came Back***, she opens her life with raw honesty —

sharing heartbreaks, quiet battles, and the inner strength she discovered along the way.

This book is for every woman who has ever:

felt underestimated or unsupported

carried pain in silence

started over after betrayal or loss

lost herself while trying to hold everything together

wished for a sign that she can rise again

If life has ever broken you, this book will remind you:
you can rebuild, too.





Ready to Discover How I Came Back Stronger?

Get the full ebook today and
let it guide your own comeback!



Please click here

You've caught a glimpse of Chapter 1, and it's just the beginning.

Now it's time to see it all.

The full story **of *The Woman Who Came Back***
takes you deeper into my journey, revealing the reflections,
lessons, and tools
that guided me from broken to unbreakable.

