

The Healing Journey

From Broken Pieces To A Fulfilled Life



KIMSBEAUTYBIZZ.COM

Written by Kim

The Purpose Of It All...

After two failed marriages, both ending in domestic abuse, I was lost. When I starting searching for direction, it only ended in drinking, drugs, and men. I felt so lost and empty. I was desperate, I felt tortured, in anguish, a total living hell!

I cried out to GOD, and found that HE, and the answers had been there all along.

Over a course of two years, I prayed, read, searched resources on the internet, had heart to heart conversations with family and friends, journaled, stopped alcohol and drugs in an attempt to change my life.

I tried making sense of it all, what to do, or how to use it to help myself. After GOD spoke to me, and called me by name at the river that day, I had never felt the holy spirit moving in my life, comforting me. promising to heal me, if I listened to him..."Get your affairs in order!" ..What?...did you hear that?...I said to my friend sitting with me. I knew then, I wasn't alone.

All the broken pieces of my life came into focus. God had been laying a plan for healing me. He showed me how he would take these pieces and heal me, and mt broken family.

My hope in this journey, would be to share how GOD led me through this healing process, hoping it might help others.

My journey to a fulfilled life carried with it so many insights, I call "downloads from heaven",. Scriptures that were helpful, books that enlightened me. All of which GOD sent to me at just the right moment. Tiny miracles were happening, and I was blessed.

I hope to share all the things that helped me, if my pain can help others, that was the purpose of it all. HELPING IS HEALING.

I hope this is a blessing to you!
Much Love, Kim

INTRODUCTION

The backstory of why I created this course,
and how I hope it helps others.

CHAPTER 1

IDENTIFYING YOUR CHALLENGES

Questions aimed at guiding you in understanding
your specific circumstances

CHAPTER 2

SELF-WORTH AND INNER STRENGTH

Rebuilding From The Inside- Positive Changes

CHAPTER 3

YOUR PERSONAL BREAKTHROUGH

Choices To Transform Your Life- Redefine Your Future

CHAPTER 4

REDISCOVERING YOUR FEMININE SPIRIT

Uncovering your true self, the inner core of your being

CHAPTER 5

FINDING YOUR PURPOSE

Your personal experiences and how they create your destiny

CHAPTER 6

RELEARNING RELATIONSHIPS

Rediscovering healthy ways of relating to others

CONCLUSION

Bringing it all together, so that you can live a fulfilled life, one where happiness, peaceful living, and love fill your heart. The way God intended



HOW TO USE THIS WORKBOOK

Find a quiet, comfortable place to read through the lessons without any distractions.

Keep an open mind and open heart for what you will discover.

Keep a journal of thoughts with each daily lesson, and apply them to your life.

Let the spirit guide you through the process, you are not alone.

QUESTIONS?

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IDENTIFYING YOUR CHALLENGES

Questions Aimed at Guiding you to Understanding your
Specific Circumstances



SCRIPTURE OF THE DAY

“ For I know the plans
I have for you,
declared the Lord,
plans to prosper
you, and not to
harm you, plans to
give you hope and a
future.

Jeremiah 29:11

”

IDENTIFYING YOUR CHALLENGES

UNDERSTANDING YOUR CIRCUMSTANCES



The first step to solving any problem, is to identify the problem. With this in mind, we have answered really important questions as a baseline for accomplishing this.

Naturally, when I was in the depth of my despair, my analytical mind started thinking in over-drive. Trying to keep my thoughts focused was a real challenge. Writing my inspirations, thoughts, fears, plans, etc. helped me put it all into perspective. Even if you don't understand all the scribbles, it will make sense, once you get some clarity.

Be sure to use your journal pages, and get a notebook if you need more room to write down your insights.

CONCLUSION

*Remember, there is light at the end of the tunnel.
You've got this! You are not alone. Call a friend, say
a prayer, talk to your momma, whatever it takes.*

QUESTIONS

Can you describe the aspects of your situation that are causing you the most distress?

QUESTIONS

How do you find yourself coping emotionally with the difficulties you are facing?

QUESTIONS

Are there any particular areas where you feel your safety may be compromised?

QUESTIONS

Have you noticed any recurring patterns or triggers that contribute to your feelings of distress?

QUESTIONS

What support systems or resources do you currently have in place to assist you?

QUESTIONS

When you think about your future, what short-term and long-term goals do you have for yourself?

QUESTIONS

As you reflect on your journey, what do you hope your life will look like beyond this challenging time?

QUESTIONS

Have you explored the idea of seeking guidance from a pastor, or professional counselor?

QUESTIONS

Are there any legal or financial matters that you're worried about?

CHAPTER 1

Questions

How can you make your well-being and self-care a priority during this challenging time?

QUOTE OF THE DAY

“ If we can forgive the person we were, accept the person you are, and believe in the person you’ll become, you are headed for joy. So celebrate life! ”

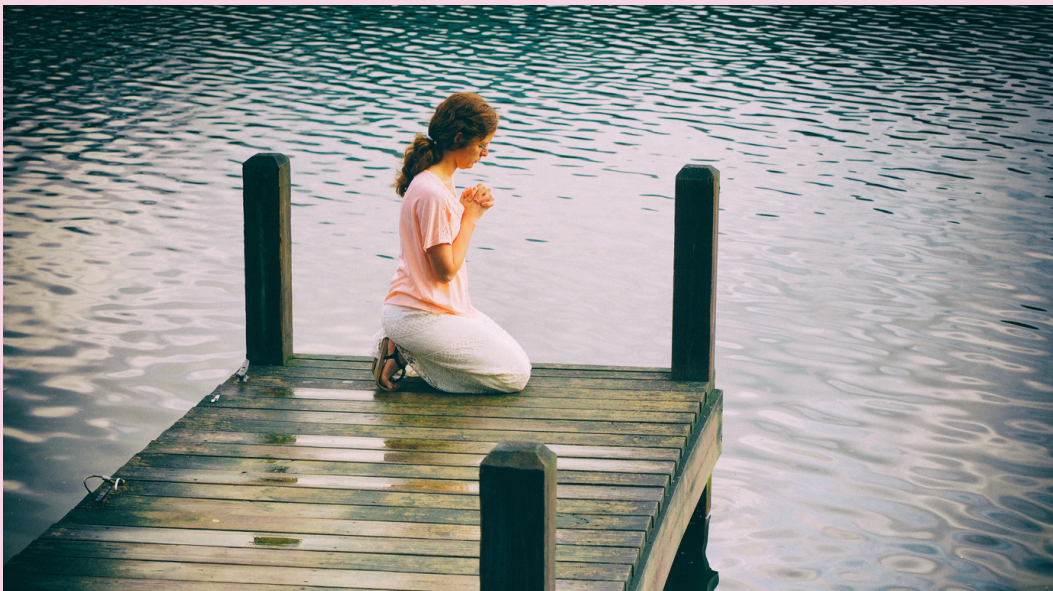
SELF-WORTH AND INNER STRENGTH

REBUILDING FROM THE INSIDE

If you are in the midst of a crisis, living a nightmare, or going through a messy divorce, it cuts to the core. It destroys our self-worth and degrades our self-esteem.

Handling these types of situations aren't easy, we need all the help we can get. Sometimes, when all our strength is gone, we need to call upon outside sources for support and inspiration.

I cannot stress enough about the power of prayer, or finding available resources to help us on our time of need.



SCRIPTURE OF THE DAY

“

**I lift my eyes up to
the mountains.
Where does my help
come from? My help
comes from you,
maker of heaven,
creator of the Earth**

Psalm 121: 1-2

”

SELF-WORTH AND INNER STRENGTH

REBUILDING FROM THE INSIDE



Living with a Narcissist will break you down faster than you realize. The gas-lighting and put-downs are unbearable..

Trying to find inner strength when we are in bad situations and beat down is nearly impossible. Whether you are living with a narcissist, a physical or verbal abuser, a cheater, or trying to deal with why someone who has abandoned you will break your heart beyond measure.

Help is available to us. You can find resources online, or in your local community.

DO NOT GO IT ALONE! You have family and friends that will go above and beyond to help you!

CONCLUSION

*It's hard to leave a domestic violence situation, but you have to. I know the fear, they will even threaten you sometimes, but the most dangerous time is **WHEN YOU'RE LEAVING!** Beware and **BE SMART!***

The Book That Helped Me Through

“Self Matters” by Dr Phil McGraw

This book focuses on self-improvement and personal development. It talks about creating and uncovering your authentic self and addressing underlying issues that might be unresolved.

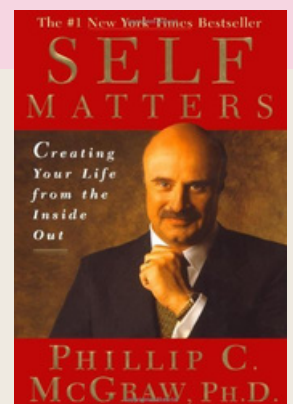
Here is the chapter breakdown.

1. Understanding the True Self
2. Breaking Free from Negative Patterns
3. Identifying and Challenging Limited Beliefs
4. Creating a Personal Life Plan
5. Taking Action Steps

Overall “Self Matters” serves as a roadmap for people seeking to improve their self-awareness, self-esteem, and overall well-being.



This book helped me to see how badly being in abusive marriages had broken my spirit. I felt like such a failure, but reading this book helped me to start the work of my healing journey



WARNING SIGNS- HE MAY BE AN ABUSER

Some warning signs of abuse in the home or in a relationship include:

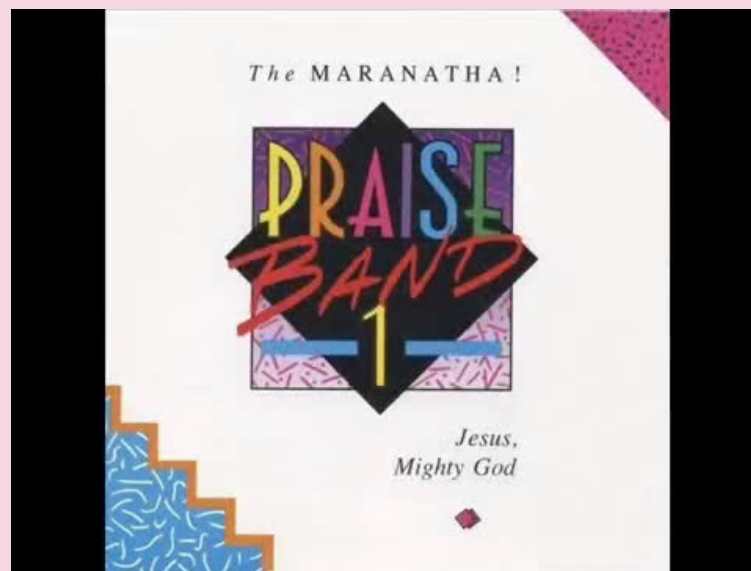
- Pushing for quick involvement: Comes on strong, claiming, “I’ve never felt loved like this by anyone.”
- Jealousy: Excessively possessive; calls constantly or visits unexpectedly; prevents you from going to work because “you might meet someone.”
- Controlling Behavior: Interrogates you intensely (especially if you’re late) about whom you talked to and where you were; keeps all the money; insists you ask permission to do anything.
- Unrealistic expectations: Expects you to be the perfect mate and meet his or her every need.
- Isolation: Tries to cut you off from family and friends; accuses people who support you of “causing trouble.”
- Blaming others for problems or mistakes: It’s always someone else’s fault when anything goes wrong.
- Making others responsible for his or her feelings: The abuser says, “You make me angry,” instead of “I am angry,” or says, “You’re hurting me by not doing what I tell you.”
- Hypersensitivity: Is easily insulted, claiming hurt feelings when he or she is really mad.
- Cruelty to animals or children: Kills or punishes animals brutally. Also, may expect children to do things that are far beyond their ability (whips a 3-year-old for wetting a diaper) or makes them cry..

WARNING SIGNS- HE MAY BE AN ABUSER

- Use of force during sex: Enjoys throwing you down or holding you down against your will during sex.
- Verbal abuse: Constantly criticizes or says blatantly cruel, hurtful things, degrades, curses, calls you ugly names.
- Rigid roles: Expects you to serve, obey and remain at home.
- Sudden mood swings: Switches from sweet to violent in minutes.
- Past battering: Admits to hitting a mate in the past, but says the person “made” him (or her) do it.
- Threats of violence: Says things like, “I’ll break your neck,” or “I’ll kill you,” and then dismisses them with, “I didn’t really mean it.”
- Controlling behaviors using social media or technology: Listen to the following PSA.

NATIONAL DOMESTIC VIOLENCE HOTLINE
HOURS: 24/7. LANGUAGES: ENGLISH, SPANISH AND 200+
THROUGH INTERPRETATION SERVICE
LEARN MORE
800-799-7233

I NEED YOU, STRENGTH OF MY LIFE



I remember sitting in church at Harvest Christian Fellowship in Riverside, Ca. I was going through the domestic violence at home, with 2 little girls under 3. I would sob intensely every time the Praise Band sang this song. I would cry out to God, wondering if I hid under the pews, and stayed there, would anyone notice?...I just didn't want to go home. I wanted to stay there forever. It was my safe place.

Pastor Greg Laurie now follows in Billy Grahams footsteps with HARVEST CRUSADES along the west coast and now they are moving eastward.

The story of CALVARY CHAPEL, and GREG LAURIE were released as a major film "THE JESUS REVOLUTION" in 2023, starring Kelsey Grammer. If you have not seen this movie, I highly encourage it.

CHAPTER 2

Questions

Reflect on a time when you felt confident and empowered. What factors contributed to this sense of self-worth, and how can you incorporate those elements into your life now?

Identify any negative beliefs or self-talk patterns that undermine your self-worth. How can you challenge and reframe these beliefs to cultivate a more positive self-image?

Consider your strengths, talents, and past achievements. How can you leverage these qualities to build resilience and inner strength in challenging times?

Explore activities or practices that nourish your sense of self-worth and inner peace, such as self-care routines, hobbies, or mindfulness exercises. How can you prioritize incorporating these into your daily life?

Reflect on relationships or environments that may be draining or detrimental to your self-worth. What boundaries can you establish to protect your emotional well-being and surround yourself with positivity and support?

DATE	Mood
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DAILY JOURNAL

YOUR THOUGHTS

GOALS	TO DO

DATE	Mood
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DAILY JOURNAL

YOUR THOUGHTS

GOALS	TO DO

DATE	Mood
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DAILY JOURNAL

YOUR THOUGHTS

GOALS	TO DO

QUOTE OF THE DAY

**“ Accept your Past
without Regrets,
Handle your Present
with Confidence, and
Face Your Future
Without fear! ”**

YOUR PERSONAL BREAKTHROUGH

CHOICES TO TRANSFORM YOUR LIFE
AND REDEFINE YOUR FUTURE



Life is all about choices, either good or bad. We have to live with the consequences of our choices, either good or bad.

I used to tell my children, every step you take is a choice, every breath you take, is a choice, every time you speak, it's a choice, every time you dream, it's a choice, every time to hope, it's a choice. Choose wisely.

I wished sometimes I had taken my own advice.

SCRIPTURE OF THE DAY

“Do not be Anxious about
Anything, but in Prayer
with Thanksgiving let your
Requests be Known to God.
And the Peace That
Surpasses All
Understanding will guard
your hearts and minds.”
Philippians 4:6-7

YOUR PERSONAL BREAKTHROUGH

CHOICES TO TRANSFORM YOUR
LIFE AND REDEFINE YOUR FUTURE



You may be in the thick of it right now,
but your breakthrough is coming!

You may get to a point, where I did, that it seemed impossible to fix your situation. Just when you think there is no hope, or you are at the end of your rope, Hang on! ..Your breakthrough is near! It's always darkest before the dawn. God will deliver you. Have faith, and watch him work.

Be sure to use your journal pages, and get a notebook if you need more room to write down your insights.

CONCLUSION

*In the words of TAYLOR SWIFT, in her song
LABRYNTH...Breathe In, Breathe Through,
Breathe Deep, Breathe Out. Good advice Taylor!*

The Book That Helped Me Through

“Naomi’s Breakthrough Guide” by Naomi Judd
20 Choices To Transform Your Life

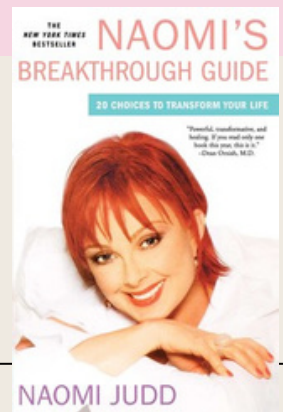
outlines 20 important choices that will help you improve relationships, family life, career, and even health .Personal stories laced with hope. This book is the best guide for anyone seeking to turn potential breakdowns into life-altering breakthroughs.

Here is the chapter breakdown.

1. Peace of Mind is the Goal
2. Change Your Mind, Change Your World
3. Life is a Series of Multiple Choice Questions
4. You Can Reverse Any Curse
5. Be Anything You Want, What’s Standing In Your Way?
6. Become a Detective- Investigate Your Past
7. Personality- It’s All Relative (Family Dynamics)
8. Your Strengths & Passions are The Essence of Your Happiness
9. Intuition is Your Secret Guidance System
10. Love The Person in the Mirror



This book gave me the courage to try to better my life, and to do whatever it takes. It gave me the strength to hold on to my faith, and even though I was struggling, I felt like hope was a real thing.



DATE

Mood

YOUR DAILY CHECK OF SELF-LOVE

Say "I'm Beautiful" In Front of The Mirror	Take A Bath	Listen to Your Favorite Music
Use Face Mask	Take An Afternoon Nap	Eat Your Favorite Snack
Try Different Style of Clothes	Doodle Anything On A Paper	Gaze At The Afternoon Sky

BELIEVE IN YOURSELF

Believe in Yourself- in the Power you have
to Control your Own Life Day by Day.
Believe in the Strength You have Deep Inside,
and Your Faith will Help Show You the Way.
Believe in Tomorrow
and What it Will Bring-
Let a Hopeful Heart Carry You Through,
For Things Will Work Out
if You Trust and Believe-
There's No Limit To What You Can Do.

Emily Matthews

CHAPTER 3

Questions

Reflect on a pivotal moment in your life when you made a significant choice or decision that led to positive change. What factors influenced this decision, and how did it impact your trajectory?

Consider areas of your life where you feel stagnant or unfulfilled. What changes do you envision making to align with your desired future?

Identify any fears or barriers that may be holding you back from pursuing your goals and dreams. How can you overcome these obstacles and step into your full potential?

Imagine your ideal future five years from now. What specific actions can you take today to move closer to that vision and create the life you desire?

Reflect on past experiences of resilience and growth. How can you harness these lessons to make courageous choices that propel you forward and shape your destiny?

DATE	Mood
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DAILY JOURNAL

YOUR THOUGHTS

GOALS	TO DO

DATE	Mood
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DAILY JOURNAL

YOUR THOUGHTS

GOALS	TO DO

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DAILY JOURNAL

YOUR THOUGHTS

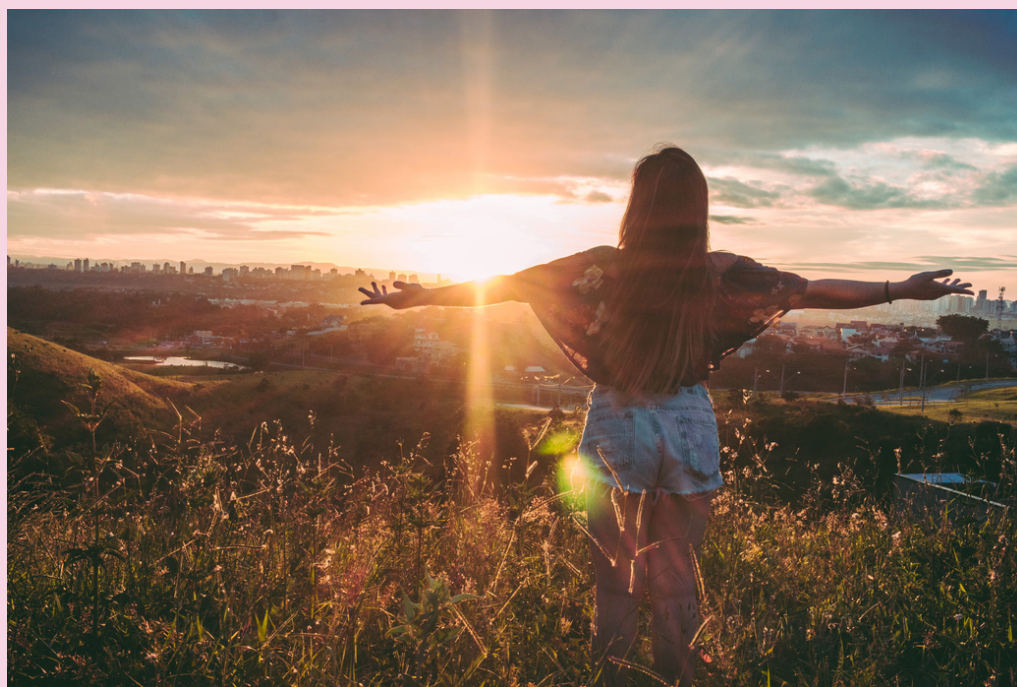
GOALS	TO DO

QUOTE OF THE DAY

“ One Must Discover
Who They Were...
Before Life
Told You
Who You
Should Be. ”

REDISCOVERING YOUR FEMININE SPIRIT

UNCOVERING YOUR TRUE SELF
-THE CORE OF YOUR BEING



So many women are people-pleasers. Especially when we are in a toxic relationship, or worried we'll lose our friends because of all the baggage we carry because of trauma.

This becomes a negative cycle, that we can carry throughout our lives, if we lose sight of ourselves, and become what others expect us to be.

SCRIPTURE OF THE DAY

“ Being confident of
this, he who began a
good work in you
will be faithful to
complete it.
Philippians 1:6 ”

REDISCOVERING YOUR FEMININE SPIRIT

UNCOVERING YOUR TRUE SELF-
THE CORE OF YOUR BEING

We lose so much of our spirit when we're just trying to survive challenging circumstances, let alone thrive like God intended.



In my second marriage, I was so determined not to lose another relationship, I did whatever I could to please him, whether he was right or wrong. This caused bigger issues.

I put my own needs, wants, and desires on the back burner and concentrated on being a good wife, and mother. He never respected me, as I was a pushover, and it made it harder to parent two teenage girls, who were watching everything unfold. That's when it fell apart. Not only was I losing another marriage, I was losing my girls.

CONCLUSION

Never lose sight of yourself. Never let anyone define you. Set Boundaries, Enforce them. You'll thank yourself later.

The Book That Helped Me Through

“Fascinating Womanhood” by Helen Andelin

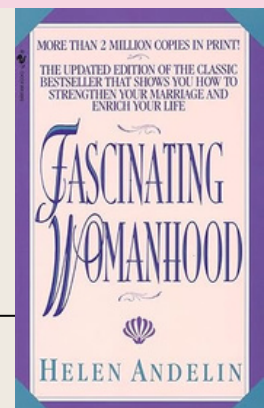
This book offers guidance for a new generation of women- happy, fulfilled, adored, and cherished- who want to rediscover the magic of their own feminine selves.

Here is the chapter breakdown.

1. Accept Him As he Is
2. Admire His Masculine Qualities
3. Make Him #1
4. Let Him Lead
5. Inner Serenity and Goodness As Wife
6. Enjoy Role As Homemaker
7. Appearance
8. Femininity
9. Ask Like A Little Girl
10. Handle Anger In A Childlike Way



This book helped me realize how far off the mark I was as a wife. I was always a type A leader, and that doesn't sit well with men. I tried to implement the principles in the book, but my marriage failed anyway.



Hymn to a Good Wife

A good woman is hard to find, and worth far more than diamonds.
Her husband trusts her without reserve, and never has reason to regret it.
Never spiteful, she treats him generously all her life long.
She shops around for the best yarns and cottons, and enjoys knitting and sewing. She's
like a trading ship that sails to faraway places and brings back exotic surprises. She's up
before dawn, preparing breakfast
for her family and organizing her day. She looks over a field and buys it,
then, with money she's put aside, plants a garden. First thing in the morning, she
dresses for work, rolls up her sleeves, eager to get started.
She senses the worth of her work, is in no hurry to call it quits for the day.
She's skilled in the crafts of home and hearth, diligent in homemaking.
She's quick to assist anyone in need, reaches out to help the poor.
She doesn't worry about her family when it snows; their winter clothes are all mended
and ready to wear. She makes her own clothing, and dresses in colorful linens and silks.
Her husband is greatly respected
when he deliberates with the city fathers. She designs gowns and sells them,
brings the sweaters she knits to the dress shops. Her clothes are well-made and elegant,
and she always faces tomorrow with a smile.
When she speaks she has something worthwhile to say, and she always says it kindly.
She keeps an eye on everyone in her household,
and keeps them all busy and productive. Her children respect and bless her;
her husband joins in with words of praise: "Many women have done wonderful things, but
you've outclassed them all!" Charm can mislead and beauty soon fades. The woman to
be admired and praised is the woman who lives in the Fear-of-God. Give her everything
she deserves!
Adorn her life with praises!

CHAPTER 4

Questions

Reflect on moments in your life when you felt most connected to your feminine energy. What activities, experiences, or qualities resonate deeply with your true self?

Consider societal norms or expectations that may have influenced how you perceive your femininity. How can you reclaim and redefine your feminine identity on your own terms?

Explore aspects of your personality or inner desires that you may have suppressed or overlooked. What steps can you take to honor and express these authentic parts of yourself?

Reflect on relationships or environments that either nurture or inhibit your feminine spirit. How can you cultivate connections and spaces that celebrate and empower your true essence?

Imagine stepping fully into your feminine power and authenticity. What intentions or practices can you incorporate into your life to embody this sense of wholeness and alignment with your true self?

DATE	Mood
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DAILY JOURNAL

YOUR THOUGHTS

GOALS	TO DO

DATE	Mood
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DAILY JOURNAL

YOUR THOUGHTS

GOALS	TO DO

DATE	Mood
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DAILY JOURNAL

YOUR THOUGHTS

GOALS	TO DO

QUOTE OF THE DAY

“What kind of woman do I want to be? One who willingly gives and receives love. One who is compassionate, understanding, positive, and forgiving. I want to live life with an open heart!”

Oprah

FINDING YOUR PURPOSE

HOW YOUR EXPERIENCES CREATE YOUR DESTINY



Life is full of experiences that shape us. Each lesson we learn along our journey creates a unique version of innermost self.

We've probably all thought, at one time or another, "What am I here for?" or "Why was I created?". It's natural to have those thoughts, and even more natural to have a longing to discover the answers to those very questions.

SCRIPTURE OF THE DAY

**“ The Holy Spirit
Produces this Kind of
Fruit in our Lives: Love,
Joy, Peace, Patience,
Kindness, Goodness,
faithfulness,
gentleness, and self-
control. ”**

Galatians 5:22-23

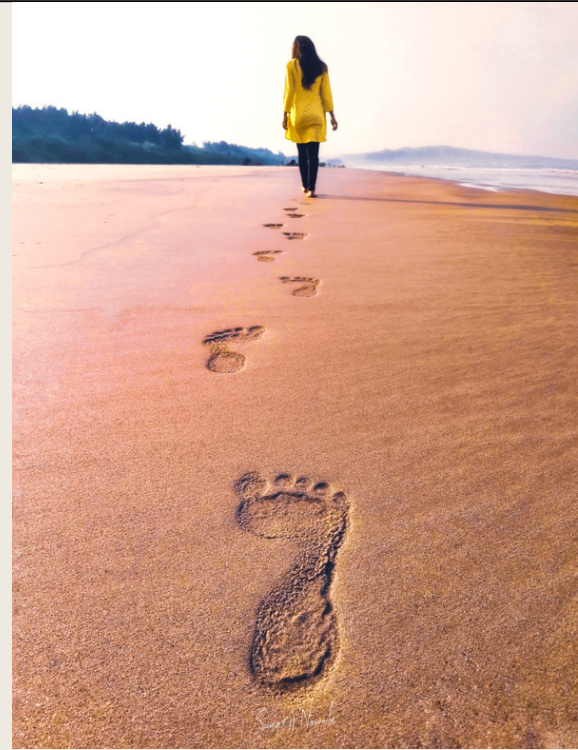
FINDING YOUR PURPOSE

HOW OUR EXPERIENCES CREATE OUR DESTINY

In our quest for finding the reason for our existence, we may uncover truths about ourselves, and our past, that we might not have realized.

In that year of living in the Holy Spirit, I knew I was missing something. There was a reason I felt so disconnected to myself, my life, and my family.

Daily reading, studying, and writing my “heavenly downloads” began to show me more and more. I couldn’t write fast enough sometimes! I wasn’t complaining. I knew, through this process, God was guiding me down a new path, to one of a fulfilled life. I still keep those notebooks to this day, and I am sharing so much with you, so that you might receive a blessing too!



CONCLUSION

When we open our heart to the blessing from God, it becomes apparent he was there all along. Just waiting...Spiritual guidance, in whatever form you choose, allows for an easier journey.

The Book That Helped Me Through

“The Purpose Driven Life” by Rick Warren

You are not an accident. Even before the universe, God planned your life, and knew your purpose. This book will help you understand why you are alive, and his plan for your life. This book is about hope and challenge, and filled with inspired wisdom.

Here is the chapter breakdown.

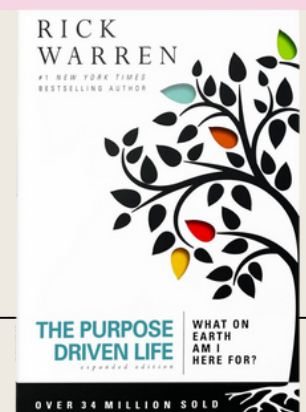
1. You were Planned for God’s Pleasure
2. You Were Formed for God’s Family
3. You Were Created to Become Christ Like
4. You Were Shaped for Serving God
5. You Were Made for a Mission
6. Knowing Your Purpose
7. Thinking Like a Servant
8. Thinking Like a Steward
9. Developing Your S.H.A.P.E.
10. Using What God Gave You

(See Next Page for Remainder of List)



as I was studying this book, God inspired a POEM so I could Remember my S.H.A.P.E.

*SLOW DOWN
LOOK AROUND
QUIET SOUND
TONGUE BOUND
EXAMPLE FOUND*



The Book That Helped Me Through

“The Purpose Driven Life” by Rick Warren

Continued List of Book Chapters

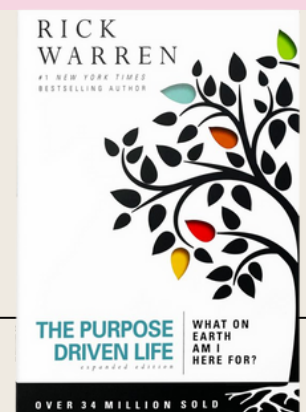
11. Worship: You Were Planned for God’s Pleasure
12. Fellowship- You Were Formed For God’s Family
13. Discipleship: You Were Created To Become Like Christ
14. Ministry: You Were Shaped for Serving God
15. Evangelism: You Were Made for a Mission
16. Living With a Purpose
17. A Life of Worship
18. The Heart Of Worship
19. Becoming Best Friends with God
20. Developing Your Friendship with God
21. Becoming a World-Class Christian
22. Balanced Living
23. Living with Margin
24. Protected by God

(See Next Page for Continued List)



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LOOK AROUND
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The Book That Helped Me Through

“The Purpose Driven Life” by Rick Warren

Continued List of Book Chapters

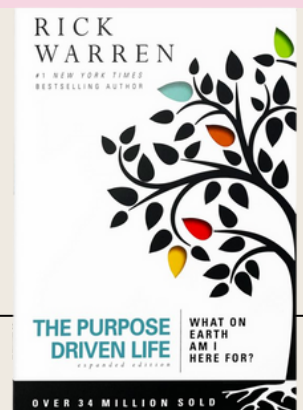
- 25. Surrendering Your Life
- 26. Living with Eternity in Mind
- 27. Transferring Your Assets
- 28. Expecting A Resurrection
- 29. Facing Your Future with Faith
- 30. Growing Through Temptation
- 31. Defeating Temptation
- 32. The Point of Pain
- 33. The Purpose of Your Life

(See Next Page for Continued List)



as I was studying this book, God inspired a POEM so I could Remember my S.H.A.P.E.

*SLOW DOWN
LOOK AROUND
QUIET SOUND
TONGUE BOUND
EXAMPLE FOUND*



FINDING YOUR S.H.A.P.E

S. Your Spiritual Gifts

H. Your Heart

A. Your Abilities

P. Your Personality

E. Your Experiences

**The “Purpose Driven Life” Book
Walks You Through Exercises To Uncover Yours**

FINDING YOUR S.H.A.P.E

Your Spiritual Gifts

Use This Worksheet To List Yours

FINDING YOUR S.H.A.P.E

Your Heart

Use This Worksheet To List Yours

FINDING YOUR S.H.A.P.E

Your Abilities

Use This Worksheet To List Yours

**FINDING
YOUR S.H.A.P.E**

Your Personality

Use This Worksheet To List Yours

FINDING YOUR S.H.A.P.E

Your Experiences

Use This Worksheet To List Yours

CHAPTER 5

Questions

What is the central message or purpose of the book "The Purpose Driven Life" by Rick Warren, and how does it relate to the concept of finding one's SHAPE?

How does understanding and embracing our unique SHAPE (Spiritual gifts, Heart, Abilities, Personality, and Experiences) contribute to living a purpose-driven life according to the teachings of the book?

Reflecting on your own life, what are some ways in which you have seen evidence of your Spiritual gifts, Heart, Abilities, Personality, and Experiences shaping your journey and purpose?

What practical steps or exercises does the book recommend for individuals to discover and develop their SHAPE, and how have you found these helpful in your own journey of self-discovery and personal growth?

In what ways can understanding and leveraging your SHAPE empower you to serve others, fulfill your life's purpose, and make a positive impact in the world, as emphasized in the teachings of "The Purpose Driven Life"?

DATE	Mood
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DAILY JOURNAL

YOUR THOUGHTS

GOALS	TO DO

DATE	Mood
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QUOTE OF THE DAY

**“ Replace Fear
with Love
Anger with
Forgiveness
Guilt and Self-Pity
with Acceptance and
Peace ”**

RELEARNING RELATIONSHIPS

HEALTHY WAYS OF RELATING TO OTHERS



After trauma or painful experiences, losses, tragedy, and divorce, we often fear relationships in general. It is a form of PTSD, and it's REAL!

We feel no one understands unless they have been through the same experience. That may be true, but we have to learn to rebuild the TRUST that has been broken by so many people. Family, friends, partners, spouses.

SCRIPTURE OF THE DAY

**“Whatever is True and
Right, Whatever is
Noble, Whatever is Pure,
Whatever is Lovely,
Whatever is Admirable-
if Anything is Excellent
or Praise-Worthy, Think
About These Things
Philippians 4:8-”**

RELEARNING RELATIONSHIPS

HEALTHY WAYS OF RELATING TO OTHERS

Change sometimes is a double-edged sword. You lose some things or someone, but you also gain as well.

Unknowingly I had brought all my baggage and trauma from my first marriage into my second. What a recipe for disaster!...And it was!

The more I was transforming, bettering myself, and my life, the less my marriage was fixable. He wasn't liking the changes, as it meant I was not letting him bully me, or verbally abuse me anymore. I was past being a pushover!

When we strive to make ourselves a better person, not everyone will like the outcome. We HAVE to MOVE FORWARD anyway! It is necessary for our journey.



CONCLUSION

*A Journey of 1000 Miles has to Begin with a Single
Step. That Quote Holds True for Many
Circumstances. Rebuilding Relationships will not
happen without TRUSTING AGAIN*

The Book That Helped Me Through

“Relationship Rescue” by Dr Phil McGraw

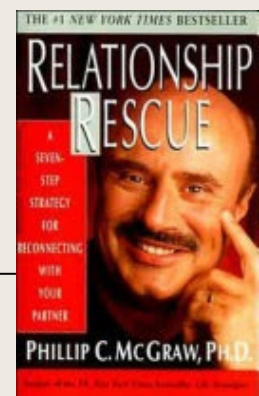
This book helps people take responsibility for their own behaviors which will trigger changes in their partners behavior and attitudes, therefore changing the relationship for the better.

Here is the chapter breakdown.

1. Understanding Relationship Dynamics
2. Assessing Your Relationship
3. Identifying Relationship Killers
4. Communication Skills
5. Rebuilding Trust
6. Setting Boundaries
7. Taking Responsibility
8. Improving Intimacy
9. Making Tough Decisions
10. Committing To Change



The principles in this book were amazing! I learned so much! Unfortunately it didn't help my second marriage, but definitely helped me later in life with my third marriage. More on that later. lol



The Book That Helped Me Through

“The 5 Love Languages” by Gary Chapman

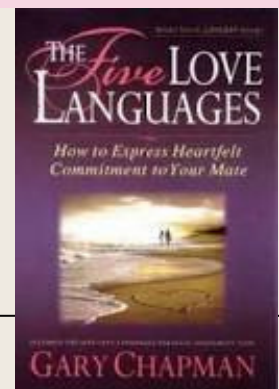
This book explores how people give and receive love in different ways.

Here is the chapter breakdown.

1. Introduction to the Love Languages
2. Words of Affirmation
3. Acts of Service
4. Receiving Gifts
5. Quality Time
6. Physical Touch
7. Discovering Your Love Language
8. Applying Love Languages in Relationships
9. Maintaining Love and Connection



This book ALSO HELPED ME! It was so helpful, not just for a wife, but as a friend, mother, etc. It will help you intuitively understand others when you know their LOVE LANGUAGE.



The Book That Helped Me Through

“On Fire” by Greg Laurie- Pastor Harvest Christian Fellowship (Formerly Calvary Chapel)

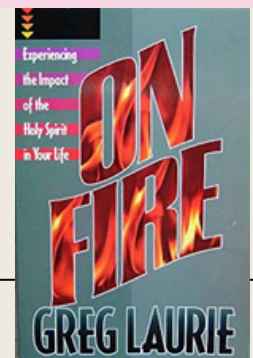
This book is a motivational guide for Christians who desire to experience Spiritual Renewal.

Here is the chapter breakdown.

1. The Call To Spiritual Renewal
2. Overcoming Spiritual Lukewarmness
3. Seeking God’s Presence
4. Living a Life of Purpose
5. Dealing With Spiritual Challenges
6. Growing in Faith and Maturity



My former Pastor in California! I learned so much from him over the years! I miss his driving spirit, but still watch Occasionally on Facebook. His church is definitely ON FIRE and has grown to a huge base, over the years.



Comes the Dawn
Veronica Shoffstall

After awhile you learn the subtle difference
between holding a hand and chaining a soul,
and you learn that love doesn't mean possession
and company doesn't mean security.
And you begin to learn that kisses aren't contracts
and presents aren't promises
and you begin to accept your defeats
with your head up
and your eyes ahead
with the grace of an adult
not the grief of a child.
And you learn to build your roads today
because tomorrow's ground
is too uncertain for plans
and futures have ways of falling down in mid-flight.
After awhile you learn that
even sunshine burns if you get too much
so you plant your own garden
and decorate your own soul
instead of waiting for someone to bring you flowers.
And you learn that you really can endure
that you really are strong
and you really do have worth
and you learn and you learn...
with every goodbye you learn.

LOVE YOURSELF

L | LET GO OF THE “SHOULD” IN YOUR LIFE
O | OPEN UP TO THE MIRACLE OF YOU
V | VALUE YOUR UNIQUENESS
E | EXPLORE YOUR DREAMS & PASSIONS

Y | YIELD TO LIFE- GO WITH THE FLOW
O | OBEY VOICE OF YOUR SPIRIT
U | UNWIND- GET COZY & COMFY
R | RENEW YOURSELF BODY & SOUL
S | SURROUND YOURSELF WITH CARING PEOPLE
E | EXPRESS YOURSELF- BE TRUE TO YOU
L | LINGER LONGER AT WHAT YOU ENJOY
F | FEEL GOD’S SPECIAL LOVE FOR YOU!

CHAPTER 6

Questions

Reflecting on your past experiences, how have instances of trauma or hurt affected your ability to trust others and form healthy relationships?

What are some specific behaviors or patterns of interaction that you've noticed in your relationships since experiencing trauma, and how do you think these may be influenced by your past experiences?

In what ways do you currently protect yourself emotionally in relationships, and how might these defenses be impacting your ability to connect authentically with others?

What are some strategies or practices that you've found helpful in rebuilding trust and fostering healthier dynamics in your relationships, and how can you continue to implement these moving forward?

Thinking about your ideal vision for relationships, what qualities or characteristics do you value most in healthy, supportive connections, and how can you actively cultivate these in your interactions with others as you continue to heal and grow?

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YOUR THOUGHTS

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DAILY JOURNAL

YOUR THOUGHTS

GOALS	TO DO

QUOTE OF THE DAY

“If It’s Meant For You
You Won’t Have
To beg For It.
You Should Never
Have to Sacrifice Your
Dignity For Your
Destiny”

CONCLUSION

The healing Journey

It has been a long journey for me. I have now been blessed with an almost 8 year, thriving marriage. I met THE LOVE OF MY LIFE at 50! Who would have thought?

Do I practice what I preach?.. Honestly I still struggle, and probably always will. I am HUMAN after all. I try to carry THESE LESSONS with me everyday and I know that each person has their own unique relationship with God, and that is between them, and God.

I am convicted, at times, for being a lukewarm christian but I don't shout it from the rooftops, as not to hurt the image of God. I am embarrassed of myself for not living up to his standards completely.

I am a work in progress, we all are, and won't be perfect till we see JESUS IN HEAVEN.



My Thoughts For You On Next Page!

CONCLUSION

The healing Journey

My **HOPE FOR YOU** is that God will use this workbook to guide you through whatever pain you are going through, and that he will **SHOWER YOU WITH COMFORT AND GRACE.**

My **PRAYER FOR YOU** is to have a relationship with God, even if it's not perfect, and let **THESE LESSONS INSPIRE YOUR LIFE.**

My **DREAM FOR YOU** is to continue in faith, because our **PAINFUL EXPERIENCES** don't last forever. He will **DELIVER YOU!**

Our **BROKEN PEICES** will come together one day, and we'll know **GOD HAD A PURPOSE FOR IT ALL...**to give us a **FULFILLED LIFE!**



Thank you

God Bless You Always!...Kim

Thank You!

I hope you have enjoyed
your E-Book!...

As Always...Much Love,

Kim



Hello, gorgeous! I'm Kim , and I'm here to revolutionize your approach to beauty.

With my extensive background in brands like Lancôme, BeautiControl, and Paul Mitchell, I bring a wealth of knowledge and expertise to the table.

From skincare secrets, makeup must-haves, and a passion for fashion, I'll equip you with the tools and techniques you need to look and feel your absolute best.

Get ready to embrace your inner goddess and radiate confidence!

"I give you the tools, ...but the Transformation is up to you"

**Check Out My Library Of Digital Product Resources Here
Live Links Below**



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Get Free Makeup & Skin Care All Year! Mini-Course



The Healing Journey Mini-Course



Beauty & Image Profile Mini-Course



Kimsbeautybizz.com

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Live Links Below**



E-Books

“Who Do You Wanna be Tonight?” Fashion E-Book

Glow-Getter’s Guide- Summer Radiant Skin!

100 Skin Care Insider Secrets

Lancome Skin Care Guide

Complete Natural Woman Workbook- A Holistic Journey

Parisian Chic- The Art of Elegant Dressing

Passion Playbook- Unleashing Desire & Connection

Work, Weekend, Wow!- A Fashion Look Book

Cupcake Outfit Coordination - Fashion E-Book

Kimsbeautybizz.com



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Freebies

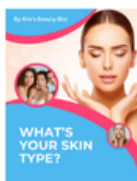
50 Skin Care Essentials Checklist- Freebie



Fashion Personality Quiz- Which of the 7 Are You? -Freebie



Skin Type Quiz- Which of the 4 Are You? -Freebie



Cosmetics Expiration Guide -Freebie



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