



Becoming Who God
Created You to Be


the FRAGRANT REVIVAL

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Begin With What Was Buried
“Before I formed you in the womb, I knew
you.” – Jeremiah 1:5

Your truest self isn't something you build—
it's something you uncover.

Beneath the masks you wore to be safe.
Beneath the roles you played to be loved.
Beneath the silence you held because no
one asked.

Start by remembering moments when you
felt most *you*...

- As a child, when did you feel most alive?
- What were you drawn to before shame
whispered you shouldn't?

Write them down.

These are your breadcrumbs home.

Name the False Labels

Somewhere along the way, others gave you names God never spoke:

Too much. Too sensitive. Too quiet. Too loud. Not enough.

We carry these labels like coats in summer—ill-fitting, heavy, untrue.

Take a moment to list the names you've believed about yourself that don't align with love.

Then gently ask: *Who told me this? Was it God—or someone hurting?*

Release them. Speak this aloud:

“I return every name not rooted in love. I am who God says I am.”

Listen for God's Voice—Not the World's Echo

The world will measure you by what you do,
what you have, how you appear.

But God speaks to who you **are**.

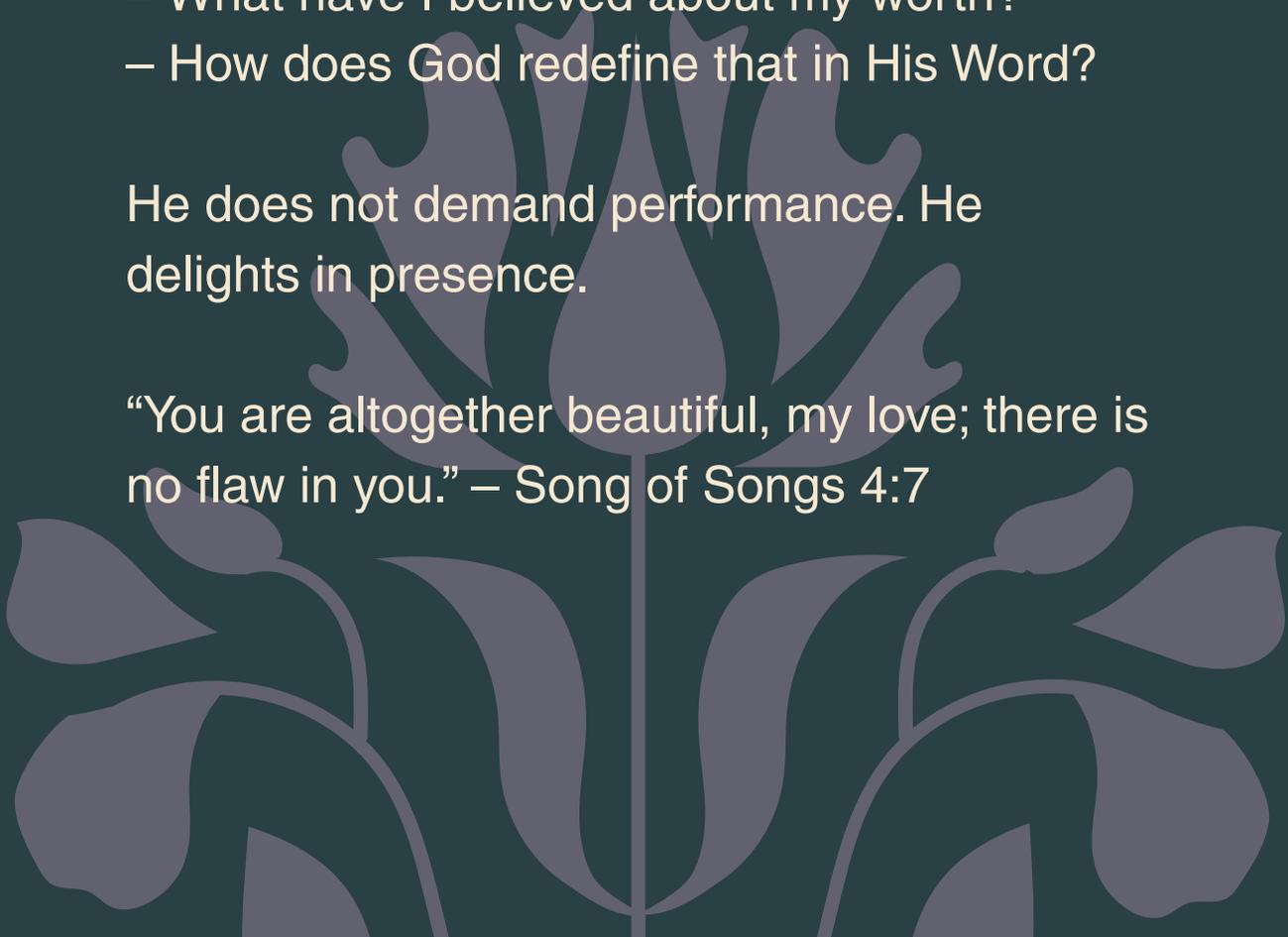
Spend time daily in stillness, Scripture, or
nature—where God's voice is not rushed.

Ask:

- What have I believed about my worth?
- How does God redefine that in His Word?

He does not demand performance. He
delights in presence.

“You are altogether beautiful, my love; there is
no flaw in you.” – Song of Songs 4:7



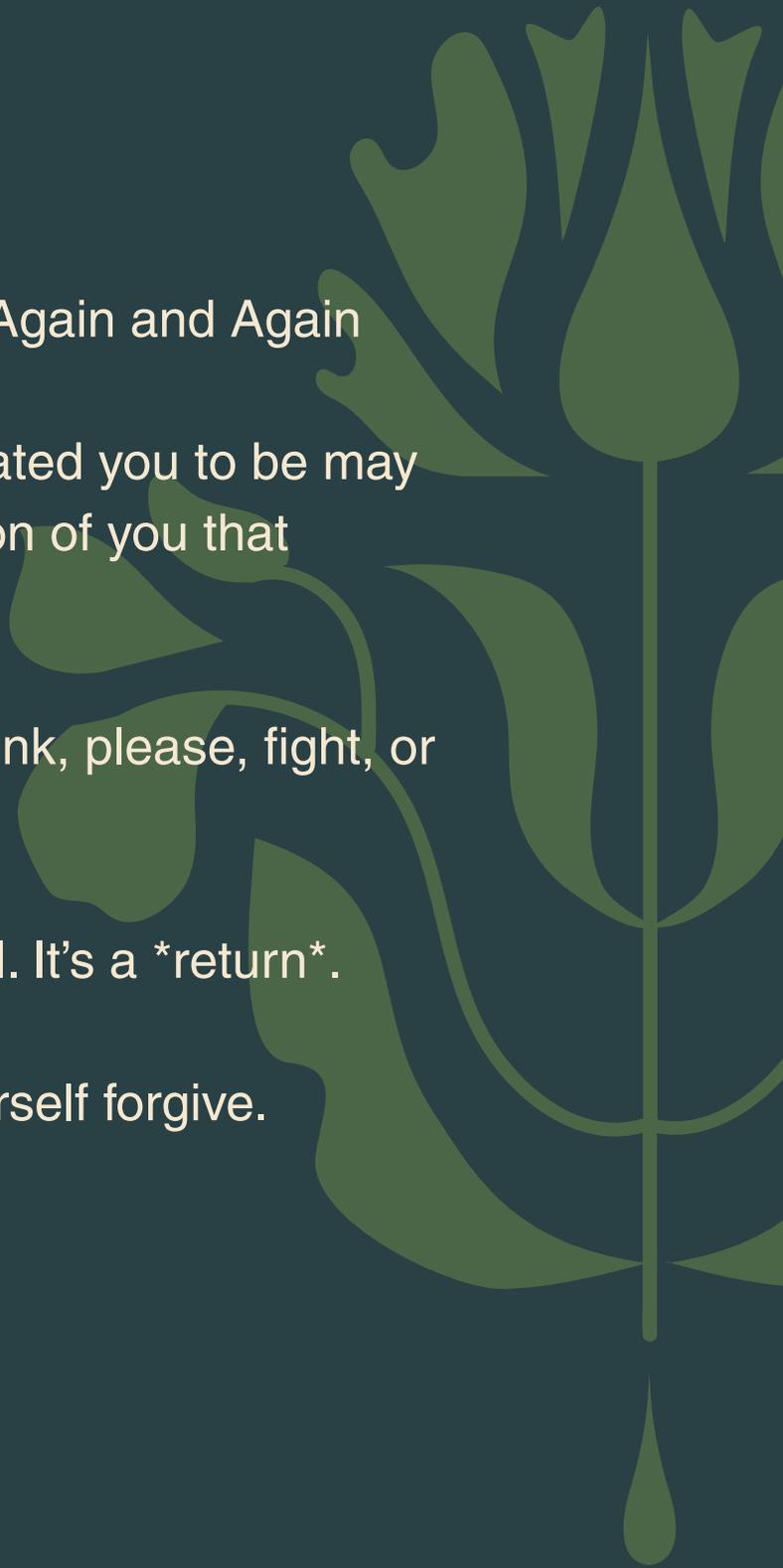
Choose Healing, Again and Again

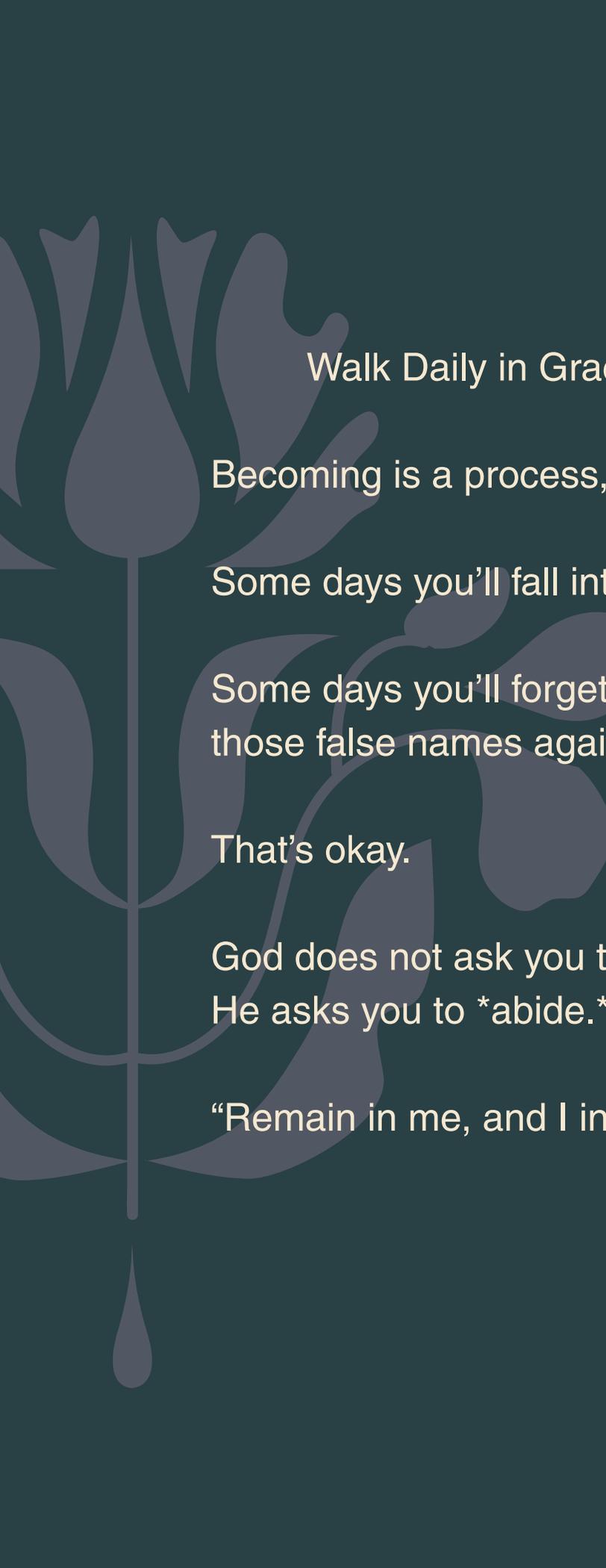
Becoming who God created you to be may mean grieving the version of you that survived.

The one who had to shrink, please, fight, or disappear.

But healing isn't betrayal. It's a *return*.

Let yourself feel Let yourself forgive.





Walk Daily in Grace, Not Perfection

Becoming is a process, not a performance.

Some days you'll fall into old patterns.

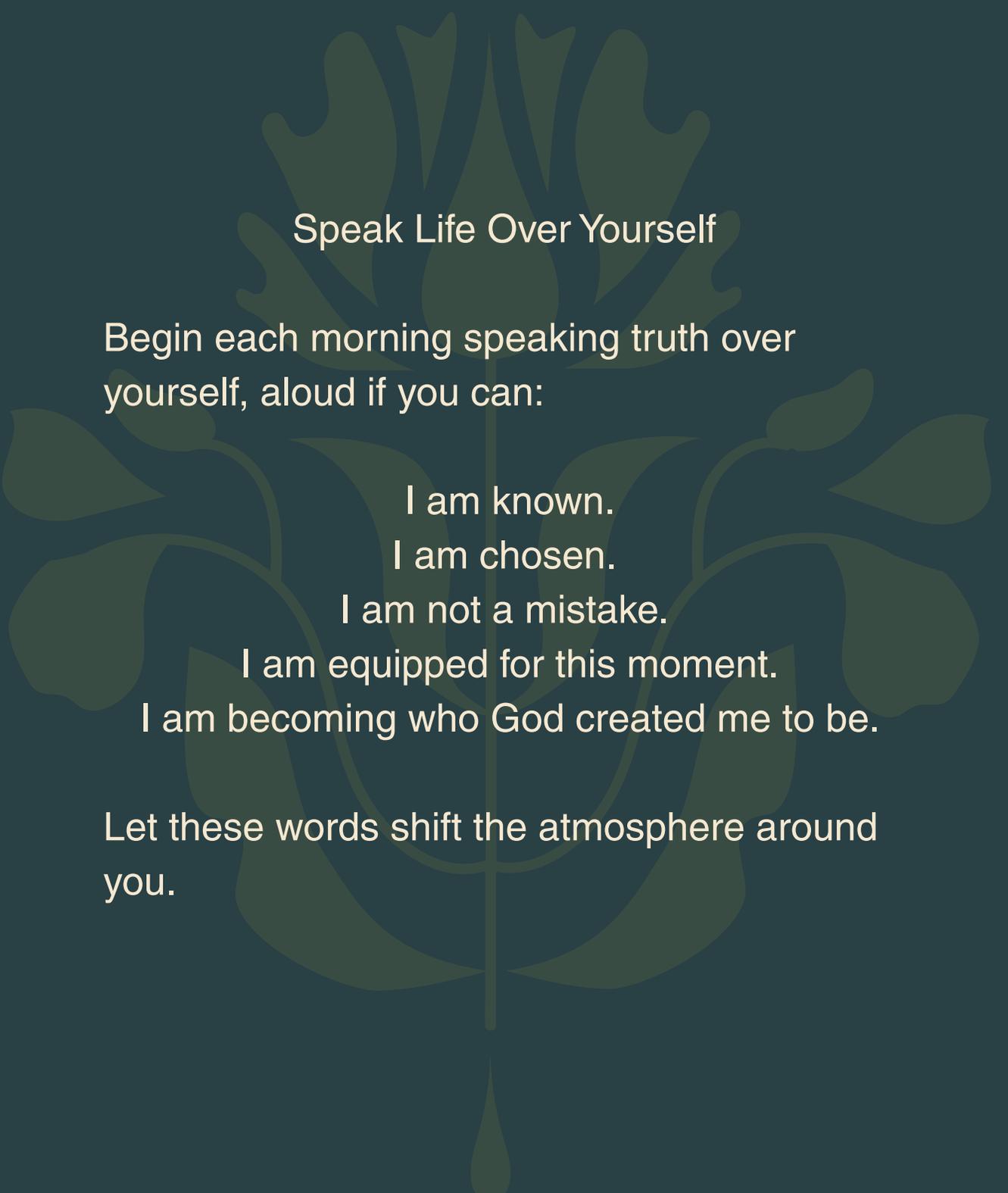
Some days you'll forget the truth and pick up those false names again.

That's okay.

God does not ask you to arrive.

He asks you to *abide.*

“Remain in me, and I in you.” – John 15:4



Speak Life Over Yourself

Begin each morning speaking truth over yourself, aloud if you can:

I am known.

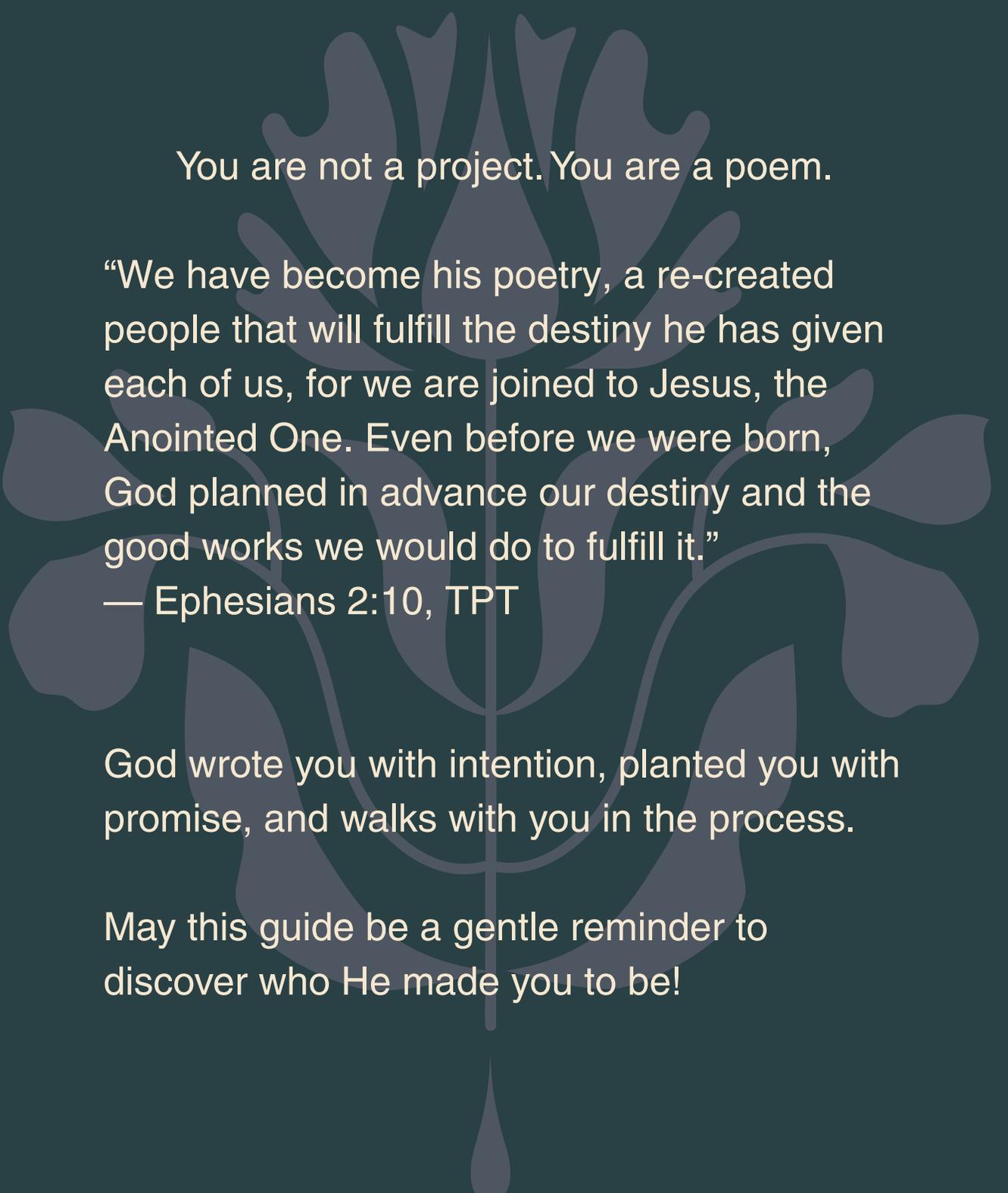
I am chosen.

I am not a mistake.

I am equipped for this moment.

I am becoming who God created me to be.

Let these words shift the atmosphere around you.



You are not a project. You are a poem.

“We have become his poetry, a re-created people that will fulfill the destiny he has given each of us, for we are joined to Jesus, the Anointed One. Even before we were born, God planned in advance our destiny and the good works we would do to fulfill it.”

— Ephesians 2:10, TPT

God wrote you with intention, planted you with promise, and walks with you in the process.

May this guide be a gentle reminder to discover who He made you to be!



The Fragrant Revival helps
restore women to who they
were always meant to be
before, aging, pain, and
heartache came into their lives.

The story behind the brand.

The Fragrant Revival brand was born from my personal journey of healing—a journey shaped by a painful childhood, the tragic murder of my mother, the search for her killer, and the discovery of my biological father. Years of profound loss, crippling grief, and questions about my identity left me wondering if true heart freedom was even possible. But through discovering the heart of God and learning how His natural creation can support healing from the inside out, I found a level of holistic freedom I never imagined. I'm grateful to walk this path alongside you because I've been there.

Sandra

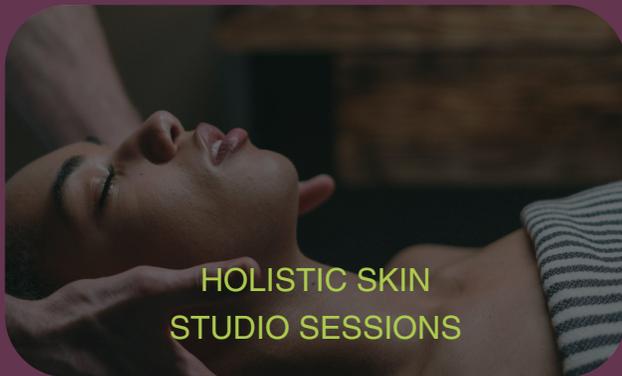
Products & services

for holistic restoration



EMOTION
SKINCARE PRODUCTS

Calm your skin and restore your spirit with serums, sprays and more designed to hydrate deeply while supporting emotional balance through every application.



HOLISTIC SKIN
STUDIO SESSIONS

Dry skin, stress, aging and that nagging sense of emotional imbalance don't have to be your reality. Aromatherapeutic facials, non-toxic anti-aging sessions and more bring clarity and beauty back into your life



ONLINE & IN-PERSON
HEART WORKSHOPS

Take a creative journey into the heart of God. Come away with deeper faith, an understanding of who you are made to be, and daily aromatherapy practices for continued freedom in your true identity.



THE FRAGRANT
REVIVAL TOURS

This unique travel experience invites you to breathe in floral air, create with intention, and reflect deeply on who you were always meant to be. Together with a small group of women, you'll wander lavender fields, watercolor in nature, daily devotions and more.



Your journey toward
healing is here.



the *fragrant* revival.com