



THE EMPOWERED WOMAN'S JOURNEY:

A Faith-Based Healing Workbook



*A 12-week interactive workbook designed for women,
integrating faith-based principles with practical
exercises to address trauma, self-worth, nervous
system regulation, and life transitions.*

HOW TO USE THIS WORKBOOK

Welcome to your sacred journey. This workbook is more than paper and ink—it's an invitation to come home to yourself. Each week includes:

**Weekly
Devotional
& Reflection**

**Personal Story of
Transformation**

**Empowerment
Exercises**

**Mind-Body
Practice**

**Guided
Journaling
Prompts**

*Use each section intentionally. Take your time. Pray, pause, and participate.
You are not here to rush. You are here to rise.*

Week 1: The Call to Come Home



Devotional Theme: You are not lost, you are being called.

"Come to me, all ye who are weary and heavy laden, and I will give ye rest."

—Matthew 11:28

Personal Story: Call to Return to Herself

You Are Not Lost; You Are Being Called

There was a time when I felt adrift. I was always trying to do what I thought others expected of me but without clarity and even anchoring life experiences, I lost a sense of purpose in my family, faith, and career. The weight of past struggles, unhealed wounds of childhood neglect, and unmet needs of connection in my marriage left me feeling unsupported and insecure. Yet, in the quiet moments of reflection, which seemed to be the only place I could find comfort, I began to become aware of a gentle invitation: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28).

This was a lifeline.

In the early years of my life, I had faced emotional neglect—a profound absence of love and nurturing. These experiences, though painful, eventually called to heal them and became the fertile soil for my transformation. I realized that my past refined me. Through faith and trust in God's plan, I began to see myself solely as a daughter of God, rather than being consumed by the immense preoccupations of all the other roles I once played, such as mother, wife, daughter, sister, personal trainer, and member of my faith.

Spending time sitting (crying and sometimes in utter despair) with God, over time, restored the view he has of me full of inherent worth and potential.

Each step towards healing was an act of faith. I learned to surrender my burdens to the Savior and become unattached to the outcomes of how others viewed or treated me, allowing His love to heal places in my heart that I couldn't reach.

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Was he fully healed? No. We have work to do, and so I received the necessary grace and peace to understand and rectify the experiences I was currently trying to comprehend. But I found clarity and purpose. I understood that my journey was not about escaping pain but about finding strength through it.

The Savior's call was not just to rest but to rise—to rise above past hurts and step into the fullness of my divine potential. It's a whopping invitation when you just want someone to hold you and tell you everything is going to be alright. Eventually, I realized that I didn't have to know the answers or see how things would work out, but I could trust God to know the how, what, and why so I could just put one foot in front of the other in an effort to trust the process of healing and recovery.

It was like walking a tight rope blind, holding a balance stick high above the ground. I was walking blind for sure. But it turns out I wasn't high above the ground, I was on the floor. When you think you have everything to lose, you're right. When you believe you don't have far to fall because you can not lose it all in this life—we're either winning or learning—then we can trust even more that there's a solution for everything and we are never really as lost as we might think.

To every woman who feels lost or burdened, know this: You are not alone. The Savior's invitation is extended to you. Embrace it. Trust in His love and guidance. Your path to empowerment begins with that first step towards Him.

Empowerment Exercise

Take a moment to reflect on the roles you currently identify with—mother, wife, daughter, sister, professional, friend, or caretaker. While these roles are important, they do not define who you truly are at the core.

Write down the different roles you play in your life.

For each role, answer this question: How does it serve or limit my sense of worth and connection to my true self?

Reflect on where you might have over-identified with these roles at the expense of nurturing your spirit and inner truth.

Sit quietly for a moment and ask God to show you the parts of yourself that you may have neglected or suppressed. Write any insights that come to you.

Action Step: Every day this week, take 10 minutes to sit quietly and affirm to yourself:
"I am a daughter of God, worthy of rest, peace, and love."

Mind-Body Practice: Reconnecting to Your Divine Essence

When we feel disconnected or lost, it can be hard to find our center. This practice will help you re-anchor into your divine worth and reconnect with your true self.

1. Find a quiet space where you can sit comfortably with your feet on the ground.
2. Close your eyes and take three deep breaths, allowing yourself to release tension with each exhale.
3. Visualize roots growing from the soles of your feet deep into the earth. Imagine these roots grounding you, connecting you to the solid foundation of the universe, and to God's love.
4. As you breathe, say these words silently to yourself: "I am grounded. I am worthy. I am a beloved daughter of God."
5. Stay in this space for 5–10 minutes, breathing deeply and feeling your energy re-align with your true essence.

Journaling Prompt

What does it feel like to hear God's invitation to rest and return to yourself?

*Reflect on a time in your life, or a current situation, when you felt "lost."
What do you think you were really seeking?*

How can you start to redefine your sense of self outside of the roles you play in your daily life? How does the truth of your inherent worth shift your perspective?

What are you doing now that will help you intentionally act in alignment with your divine design?

Week 2:

Rewriting the Story of Worth



Devotional Theme: Your worth is not earned—it's inherited.

"I have loved you with an everlasting love." —Jeremiah 31:3

Personal Story: Journey to Embrace Her Inherited Worth

Your Worth Is Not Earned—It's Inherited

I used to believe that my worth was something I had to earn—based on what I achieved, how well I performed, or how much love and service I could offer to others. I thought I had to prove myself worthy of love and respect only because it was modeled to me that love and acceptance were conditional.

It took years and countless tears of frustration to realize that all this effort to be loved by people who were not freely offering love was disempowerment personified.

In my 9th year of childhood, I had an experience that brought a remembering back to my wounded and struggling adult mind. God made known to me on the day of my baptism, during the conferring of the Holy Ghost upon my head, that God knew me and that he loved me dearly. I had forgotten this amid the busyness of seeking validation from others who were struggling in their own right.

The words in Jeremiah 31:3, "I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee," stamped an impression in my heart. The concept of everlasting love reminded me that my worth wasn't conditional and that I couldn't expect the same from mortals who had their own self-worth battles raging. It wasn't based on what I could do or how others perceived me—it was inherent. I was born with it. I felt the permanence of God's love for me, and believing otherwise would not alter the truth of God's words.

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In those moments of self-doubt, when I felt invisible or unimportant, I would hear that quiet voice again: You are loved with an everlasting love. That love is not a fleeting feeling based on performance; it's a permanent, divine inheritance. It is a love that existed before time began and will continue into eternity.

I had lived so long trying to earn what had already been freely given to me. God's love and my worth were not something I had to prove through effort; they were a gift, already mine. As I began to embrace this truth, my self-perception started to shift.

I no longer needed to search for validation from others. I knew when I was doing a good job, and God knew it too. I no longer felt the need to earn my place in this world. Just being me was enough. My worth was secure, and nothing could take that from me.

We, as daughters of God, don't have to earn our worth. It's already been given to us. Just as a child inherits the love of a parent, we inherit the love of our Heavenly Father, whose love for us is eternal and unchanging.

When you struggle with feelings of inadequacy, remember this: Your worth is not something you must work for. It's been passed down to you, given freely, as a precious inheritance from a loving Father in Heaven.

Embrace it. Rest in it. And know that no matter what life brings, your worth is secure because it is rooted in the everlasting love of God.



Empowerment Exercise

We often find ourselves trying to prove our worth by looking outward, seeking approval or validation from others. But true worth comes from within, from knowing that we are loved and cherished by God, regardless of our achievements or failures.

Write down three areas in your life where you feel you have to earn your worth or prove yourself.

Reflect on each of these areas and ask yourself: How might I begin to shift my perspective from earning to embracing my inherent worth?

Spend some time in prayer or quiet meditation, reflecting on the fact that God's love for you is unconditional, everlasting, and not tied to your performance or actions.

Action Step: Each morning this week, stand in front of a mirror and say to yourself:
“I am loved with an everlasting love. I am enough just as I am.”

Write these affirmations on a sticky note and place them somewhere you will see them every day.

Mind-Body Practice: Grounding into Your Worth

When we try to earn our worth, we often feel disconnected from our true selves. This practice helps you anchor into the divine truth of your worth, rooted in God's everlasting love.

1. Find a quiet space where you can sit comfortably and feel grounded.
2. Close your eyes and take three deep breaths, inhaling deeply through your nose and exhaling slowly through your mouth. Feel the tension release from your body with each breath.
3. Imagine roots extending from your body, deep into the earth. These roots connect you to the divine magnetic energy of the earth, anchoring you in the truth that you are loved, worthy, and enough.
4. As you breathe, say quietly to yourself, "I am rooted in God's everlasting love. My worth is secure, and what is mine can never be lost."
5. Sit in this peaceful state for 5–10 minutes, allowing yourself to feel deeply grounded and connected to your true worth.

Journaling Prompt

Reflect on a time when you felt like you had to prove your worth to others. How did this make you feel? What would it have looked like if you had approached that situation knowing that your worth was already inherent and secure?

How does the concept of "everlasting love" change the way you view your relationship with yourself and with others?

What are some ways you can begin to embrace your worth without having to earn it? What practical steps can you take this week to begin shifting your mindset from earning to embracing?

What are you doing now that will help you intentionally act in alignment with your divine design?

Week 3: Healing the Inner Wound



Devotional Theme: Your pain is not a life sentence—it's a portal.

"He heals the brokenhearted and binds up their wounds."

—Psalm 147:3

Personal Story: Journey from Trauma to Healing

Your Pain Is Not a Life Sentence—It's a Portal

There was a time when I felt trapped by my pain—caught in its grip, unable to see beyond it. Because of emotional neglect in my background, it's common for people like me to feel 20 years behind everyone else. I came into the world with zero adult skills and had no point of reference for how to operate in the world with a sense of self and acceptance. I thought it was a permanent state, something that would mark me for life. I wondered if I would ever feel “normal” and be able to integrate into the world around me.

The one gift I will admit has saved me is that I have always known when my disempowering thoughts are making my life harder, and that I also have had the power to change them all along, when I was ready to stop suffering from them.

Psalms 147:3 is literally a salve for healing: “He healeth the broke in heart, and bindeth up their wounds.” In these words, I found the hope. God doesn't leave us in our pain, but he also gave us agency, so that means we have to work as a team to heal. I must be willing to give up my disempowering and painful thoughts in order to receive his love—which heals all wounds. He doesn't abandon us to the darkness of our suffering...we do that, until we are ready to stop suffering and believe in a new viewpoint—hopefully God's viewpoint and how much he loves us, believes in us, and wants us to succeed. With God, we can transform it into something beautiful that we can then use to light the way for others.

Your pain is not your final destination. It is a portal—a gateway to healing, growth, and transformation if you'll let it. Ponder on this scripture, and when you're ready, step through the portal to a more empowered and loved version of yourself. It's a choice. Choose wisely...the life you hope for, and the change you've needed, is on the other side.

Empowerment Exercise

Pain can be a powerful motivator for change, but only if we choose to view it differently. Instead of seeing your pain as something that will forever hold you back, ask yourself how it can help you grow.

Reflect on a painful experience or emotion that you've carried with you. Write down how this pain has shaped you and what it has kept you from doing or feeling.

Now, shift your perspective. What lessons can you draw from this experience? What strength have you gained through your pain? How has this pain brought you closer to your true self, or to God?

Identify one area of your life where you've allowed pain to keep you stuck. What would it look like if you viewed this pain as a portal—a gateway to your next chapter?

Action Step: Each morning this week, write one affirmation about the strength you've gained through your pain.

For example, "I am stronger because of my struggles, and I choose to rise from them."

Mind-Body Practice: Releasing Pain and Embracing Healing

When we feel disconnected or lost, it can be hard to find our center. This practice will help you re-anchor into your divine worth and reconnect with your true self.

1. Find a quiet space and sit comfortably with your feet flat on the ground.
2. Take a deep breath, inhaling through your nose, and exhale slowly through your mouth. Allow your body to relax with each breath.
3. Close your eyes and bring to mind a painful memory or emotion that you wish to release. Hold it in your mind for a moment, acknowledging the pain it has caused.
4. As you breathe deeply, imagine that this pain is being slowly released from your body. Picture it leaving through the top of your head, or imagine it melting away into the earth.
5. Once the pain is gone, fill the space with healing light—imagine God’s love enveloping you, filling you with peace, strength, and the freedom to heal and grow.
6. Sit in this peaceful state for 5–10 minutes, allowing yourself to feel the weight of the pain lift, and welcome healing into your heart.

Journaling Prompt

Reflect on a time when you faced a painful experience. How did it feel at the time? How does it feel now as you look back on it with a new perspective?

What has this pain taught you? What strength or wisdom have you gained from it that has helped you grow?

What would it look like for you to view your current pain or struggles as a portal—an opportunity for healing, growth, and transformation? How might this change the way you approach your healing journey?

What are you doing now that will help you intentionally act in alignment with your divine design?

Week 4: Nervous System Restoration



Devotional Theme: Your body is not your enemy—it's your sanctuary.

"Do you not know that your body is a temple of the Holy Spirit within you?"
—1 Corinthians 6:19

Personal Story: Your Body Is a Temple

Your Body Is Not Your Enemy—It's Your Sanctuary

For years, I treated my body as the enemy—judging it, punishing it, and trying to control it in ways that were rooted in fear, shame, and a need to prove my worth. In short, I equated my childhood shame with the body that brought 5 beautiful humans into the world. I made my body the problem, and that's why I wasn't happy. Until I could show up 100% fit, I had to stay small and never call attention to myself, or so I told myself. Can you hear the disempowering energy around this thought?

The truth is, my relationship with my body was never about health or well-being; it was about control. I was trying to fix it, change it, and mold it into something I believed would be more acceptable or lovable. I struggled seeing it as something sacred and worthy of care.

As I began to focus on my emotional healing and set down the heavy emotional baggage that wasn't mine to begin with, I started to realize something profound: my body's shape and size was a result of a boatload of mental stress. I always say, when stress is high, fun is low and vice versa. I was a fun girl, and there was very little fun in my life at the time outside of raising a family in the countryside—I loved watching them learn and grow.

The scripture in 1 Corinthians 6:19 reminds us, "Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?" 1 Corinthians 6:20 further clarifies, "...therefore glorify God in your body, and in your spirit, which are God's."

My body wasn't a battleground to be fought—feed it, not feed it, overfeed it, overwhelm it, undercare for it, berate it, judge it, criticize it, compare it, and neglect it entirely.

When I decided I needed more fun in my life, I also reverse-engineered my family's schedule so I would have an hour to myself in the morning before anyone else was awake, to take care of my otherwise healthy body that had been put on the back burner of life.

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I committed to getting up and claiming my hour every day. That was the day I stopped hitting the snooze button on my life. I made sleep a priority and never again was sleep the reason I couldn't get up and take care of myself.

Over 6 months, eating nutritiously dense foods and engaging in exercises I enjoyed, I lost 8 dress sizes. However, let me clarify here: it wasn't about a size.

I threw the scale away and allowed God to influence my perception of my body, putting into action His commonsense teachings: if you can become uncomfortable with your body one meal at a time, you can also become comfortable with it one meal at a time—and, I already had everything in me to burn fat for fuel. I didn't need to go get or do something that wasn't already in me. My metabolism was free. All I had to do was become a friend to her. Ultimately, I let go of controlling calories, timing, and outcomes, and I allowed my body to settle into its natural state of being. This is God's way.

We are housed in a vessel to be cherished, and it naturally is designed to be healthy and heal when we get out of the way and allow it to do what it's intended to do.

On the journey to become a match for my true self, inside and out, it was impressed upon my mind and heart that feeling good eliminates a lot of noisy shame and allows me to act more in line with God's will for me.

There is a principle I need to name here: if there is no wound in your past about body shame, you can look in the mirror and whatever shape you are will not bring up the same type of "hiding" I have described. The body shame modelled to me that being slim meant you were more likely to be lovable.

Your body is not the enemy. It is your sanctuary—created to carry you through this life, to house your spirit, and to reflect your inner strength and beauty. Treat it with the love and respect it deserves, and watch it thrive. You might even recognize a higher calling to step out of the shadows and into the light when your mind is free to accept yourself fully as God does no matter your process to honor your body.



Empowerment Exercise

This exercise will help you reframe your relationship with your body and create a new foundation of respect, love, and care for yourself.

Reflect on your relationship with your body. What messages have you internalized about your body, health, and appearance? Write down any negative or disempowering thoughts you may have about your body.

Now, shift those thoughts. Write new affirmations based on the truth that your body is a temple of the Holy Spirit and is worthy of care, respect, and love.

Identify one small action you can take each day to honor your body—whether it's getting enough sleep, drinking more water, eating a nourishing meal, or simply taking a walk.

Action Step: This week, commit to one practice that nurtures your body. Whether it's physical activity, better sleep, or healthy eating, take time to listen to your body's needs and show it love. At the end of the week, journal about how this practice has impacted your emotional and physical well-being.

Mind-Body Practice: Restoring the Nervous System

Our nervous system plays a vital role in how we respond to stress, emotion, and our body's needs. This practice will help you restore balance by calming your nervous system and fostering a sense of connection to your body.

1. Find a quiet space where you can sit or lie down comfortably.
2. Take a deep breath in through your nose for a count of four, hold for four, and then exhale through your mouth for a count of four. Repeat this for 2-3 minutes to activate your parasympathetic nervous system.
3. Place one hand over your heart and the other on your stomach. As you breathe, feel the rise and fall of your chest and abdomen. Focus on the sensation of your breath and the calming effect it has on your body.
4. Now, silently say to yourself, "My body is a sanctuary, a temple of the Holy Spirit. I honor and care for it with love and respect."
5. Spend 5–10 minutes in this state of calm, allowing your body to fully relax and connect to the truth that it is worthy of care and nurturing.

Journaling Prompt

Reflect on how you've viewed your body in the past. What beliefs or feelings have you carried with you about your body, and how have they impacted your life choices?

How does the idea of treating your body as a sanctuary shift your perspective? How can this new belief help you cultivate more self-love and care?

Identify one way you can show your body more respect and honor this week. What action will you take to integrate this practice into your daily life?

What are you doing now that will help you intentionally act in alignment with your divine design?

Week 5: Permission to Grieve



Devotional Theme: Grief is holy ground.

"Blessed are those who mourn, for they will be comforted."

—Matthew 5:4

Personal Story: Grief Is Holy Ground

When my mother passed, I knew she would be relieved, and I was happy for her. I thought I would just continue my life as it had been, providing for my family. Within 2 months, my health crashed, I lost my clientele because I didn't have the energy required to go to work, I lost my hope for a happy life, and I lost my faith. I didn't have a support system in place to hold me through a profound grief that had taken over my body. It wasn't until years later that I could articulate the grief behind the loss of my health was around the idea that I would never experience my mother's love in this life.

Seven months after my mother left this world, I found myself at a loss for life, and I left home in search of evidence of God's understanding for how I felt, and show me how to be comforted. It's common, when grief strikes so deeply, and no support system is available, to attempt to relieve the pain by isolating. It turns out no one inquired after my well-being. Odd, but maybe a blessing in disguise. I only had God to turn to.

The words from John 14:18, "I will not leave you comfortless: I will come to you," became a balm for my soul during my darkest days. I realized that grief is not something to fight against or avoid—it is a holy space, a sacred moment where God meets us in our rawest and most vulnerable state. It is here that we are open to His comfort, His healing, and His grace.

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Grief, I came to understand, is not about being trapped in sorrow or something I needed to escape—it was a transformation in progress. I learned to allow myself to feel the pain deeply, to sit in it with reverence, and to trust that through this process, I could be comforted. Just as a seed must break apart to grow into something beautiful, our hearts, too, must break open to make room for the light and love that will heal us.

In my grief, I found something profound: a deeper connection to myself and to God. It wasn't about trying to “move on” or “get over” my pain. It was about learning to live through it, to allow it to shape me, and to trust that with each tear, God was holding me.

Grief refines us. It is a space where we can experience the full range of human emotion and be comforted by the only One who truly understands.

If you are in the midst of mourning, know this: you are not alone. Your grief is sacred. It is through these moments that God's love and comfort pour in, filling the empty spaces in our hearts with peace and healing. Trust the process, honor your grief, and allow it to transform you.



Empowerment Exercise

Grief can feel isolating, but it's important to honor it as a sacred and transformative experience. This exercise will help you begin to embrace grief as a natural part of your healing process.

Reflect on a loss or painful experience that you have yet to fully grieve. This could be the loss of a loved one, a relationship, or even a dream. Write down how you've avoided or suppressed your grief.

Write a letter to your grief, acknowledging the pain it has caused, but also asking it to help you heal. Express gratitude for the lessons it has taught you, even if they were hard to learn.

Spend time with this letter in prayer or meditation, asking God to comfort you and help you accept the grief you're experiencing as part of your healing journey.

Action Step: This week, allow yourself to cry, to feel the sadness, and to sit with your grief without judgment. Let yourself be comforted by the thought that God is near, and trust that your grief is part of the process of becoming more whole.

Mind-Body Practice: Sacred Mourning

Grieving is not only an emotional process—it affects our body and spirit as well. This practice will help you release grief physically, making space for healing to take place.

1. Find a comfortable space where you can sit quietly and feel supported.
2. Take a few deep breaths, focusing on the rise and fall of your chest. As you breathe, gently close your eyes and bring to mind a memory of your grief.
3. Imagine that with each exhale, you are releasing the weight of that grief, allowing it to dissipate into the air.
4. As you continue to breathe deeply, visualize God's love wrapping around you, comforting and healing your heart. Feel the warmth of this love filling you up, replacing the heaviness of sorrow with peace.
5. Spend 10 minutes in this meditation, allowing yourself to release what no longer serves you and accept the healing love God offers.

Journaling Prompt

Think about a time when you allowed yourself to fully grieve. How did it feel to mourn openly and honestly? What did you learn about yourself during this process?

How can you reframe your view of grief as a sacred, transformative experience rather than something to avoid or “get over”?

If you are currently grieving, what do you need to honor your grief in this moment? How can you create a space where it is safe to feel and mourn?

What are you doing now that will help you intentionally act in alignment with your divine design?

Week 6: Restoring Boundaries



Devotional Theme: Saying “no” is how you protect your “yes.”

"Let your communication (prayer) be, yes, yes; no, no."

—Matthew 5:37

Personal Story: A Breakthrough with Loving Boundaries

Communication is the Key to Safety

I always lived a state or more away from my parents after my college years. I wasn't around my mother often enough to re-experience the regular shaming that I received growing up even though she would still find an opportunity to shame me in front of my kids when we visited. I was prone to plot and plan my comebacks to protect myself.

This type of passive-aggressive strategizing is what it looks like when clear boundaries have not been established. Fear is present, and manipulative narratives and tactics are used to control interactions.

Prior to this particular trip to see her, I spent time prepping myself to shift the energy. I prayed that I would be given the right words at the right time to speak from my higher self to be clear about what I wanted to say when the time came to protect myself without harming her.

I read Ephesians 4:29 and the words "Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers."

There they were...the words edify and grace. I wanted a different outcome where we would be edified, and I knew she needed plenty of grace for her behavior because she was a neglected child, too, without having done the healing work. She knew it was wrong, but in the most negative way possible, shaming me made her feel better about herself.

I felt it was important to end the shame game in front of my kids because they were impressionable and I wanted to set a better example.

And so I stayed present with my desire to be given the words that would edify and offer grace at the same time when the shaming began.

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Within 15 minutes of arriving, she asked my oldest if she would start dating now that she had turned 14 years old. She honestly answered that she would wait until she was 16. My mother took that as her cue to announce to my children that I didn't wait until an appropriate dating age to spend time with boys.

When she shot a patronizing glare my way, I knew this was the moment I had been praying for, even though I had no idea what my response would be. I heard myself say softly, "I didn't know any better."

The implication that I had no one guiding me offered her a way out, and the absence of anger also indicated that I was no longer available for a shame-induced exchange of blaming words.

She got the message and understood the inappropriate nature of her comment. She lowered her head and said, "I guess I didn't either."

It was that very moment I had prayed for, and without knowing what to say beforehand, my intent to show grace and edify ended the shame game with five little words. Setting the bar, aka the boundary, didn't have to be harsh or loud. It allowed us to maintain a peaceful relationship and honor one another for having done the best we could over the years from that time on.

If you're in a place where silence or avoidance is keeping you apart from someone you care about, remember this: Communication is the key. It may feel uncomfortable at first, but it's through honesty and love that you can begin to heal and create safety in your relationship. Blocking and blaming are popular methods of setting boundaries in modern therapy, but they don't edify or offer grace to willing parties who could work things out.

I think the appropriate ending to this story is found in Ephesians 4:32. "And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."

Empowerment Exercise

Establishing boundaries in relationships, especially those that involve manipulation or shaming, requires strength and clarity. This exercise will help you identify areas where you need to protect your peace and practice saying "no" with love and respect.

Reflect on a relationship in your life where boundaries need to be set or reinforced. Write down how the lack of clear boundaries has affected your peace and well-being.

Ask yourself: What do I need to say "no" to in order to protect my "yes"? Write a clear statement of your boundary, focusing on what you want to preserve, not just what you want to reject.

Practice saying your boundary out loud. It may feel uncomfortable at first, but it's important to acknowledge that you have the right to protect your energy and your peace.

Action Step: This week, identify one situation where you need to set a boundary. Say it with love, clarity, and confidence, knowing that protecting yourself is not only your right but a necessary step toward emotional freedom.

Mind-Body Practice: Grounding in Your Boundaries

Your boundaries are a reflection of your self-respect and the love you have for yourself. This practice will help you ground yourself in your truth and honor your own needs.

1. Find a quiet space where you can sit comfortably and relax. Close your eyes and take a few deep breaths to center yourself.
2. Visualize yourself standing strong, rooted in the ground. Imagine that you are surrounded by a protective energy field—this is your boundary.
3. As you breathe, imagine yourself saying, “I am worthy of respect and love. My boundaries protect my peace and well-being.”
4. Sit in this visualization for a few minutes, allowing yourself to feel empowered and strong. With each breath, feel your sense of self-respect deepen.
5. When you are ready, open your eyes and carry that sense of strength and clarity with you throughout the day.

Journaling Prompt

Reflect on a time when you successfully set a boundary with someone. How did it feel to assert your needs, and what was the outcome?

How can setting boundaries with others allow you to better honor yourself and your relationship with God?

Write down any areas where you feel afraid to set a boundary. What thoughts or fears are holding you back from saying "no"? How can you reframe these fears in a way that empowers you to protect your peace?

What are you doing now that will help you intentionally act in alignment with your divine design?

Week 7: Reconnecting with Joy



Devotional Theme: Joy is not the absence of suffering, but the presence of God, aka love.

*"The joy of the Lord is your strength."
—Nehemiah 8:10*

Personal Story: Rediscover Joy Amidst Life's Struggles

Joy Is Not the Absence of Suffering—It's the Presence of God

For years, I didn't know if I had ever even experienced joy—I thought that once I had lost the weight, healed the wounds, or fixed the broken parts of my life, I could finally experience true joy. But I was wrong.

It wasn't until I let go of a codependent relationship I couldn't control that I began to understand the true nature of joy. In the midst of that pain, I found a deeper connection to God. I learned that joy isn't the absence of suffering; it's the presence of God in our lives, even during our most challenging times.

Nehemiah 8:10 says, "For the joy of the Lord is your strength." This verse became a guiding light for me. It reminded me that joy comes from God's presence, not from our circumstances. Even in the midst of trials, we can find strength and joy by turning to Him.

Have you ever found yourself happy-weeping to hear God's direction or see his hand in solving a problem? That's joy. It's about trusting that He is with us, strengthening us, and guiding us through every trial. And in that trust, we find joy—not because our problems disappear, but because we are not facing them alone.

If you're facing challenges, know that joy is still within reach. Invite God into your journey, and let His presence fill you with strength and peace. The joy of the Lord truly is our strength.

Empowerment Exercise

Joy doesn't mean the absence of hardship—it means finding peace and strength in God, even through the most difficult times. This exercise will help you reconnect with joy by focusing on God's presence and love.

Reflect on a challenging time in your life. How did you experience God's presence during that time, even if the situation didn't improve immediately?

Write down the ways in which God showed up for you in that season—whether it was through strength, comfort, clarity, or peace.

Identify one area in your current life where you are struggling. Take a moment to invite God into that struggle. Ask for His strength and presence to bring joy, not by fixing the problem, but by providing you with peace in the process.

Action Step: This week, when you encounter a challenge, remind yourself that joy isn't about the absence of hardship—it's about inviting God into the hardship. Turn to Him for strength, and allow His presence to fill you with peace and joy. Write down one moment each day where you felt His joy, even in the middle of a trial.

Mind-Body Practice: Inviting God's Joy into Your Life

This practice will help you invite God's presence into your life and cultivate joy through connection with Him.

1. Find a quiet space where you can sit or lie comfortably. Close your eyes and take a deep breath, allowing your body to relax with each exhale.
2. Visualize yourself sitting in God's presence, surrounded by His love and peace. Feel His warmth and strength envelop you.
3. As you sit in this space, silently say to yourself, "The joy of the Lord is my strength. I am not alone in my struggles. God is with me."
4. Spend 5-10 minutes focusing on this connection. Let go of any tension or stress, and allow yourself to be filled with the joy and peace that comes from knowing God is by your side.
5. When you are ready, open your eyes and carry this sense of joy and peace with you throughout the day.

Journaling Prompt

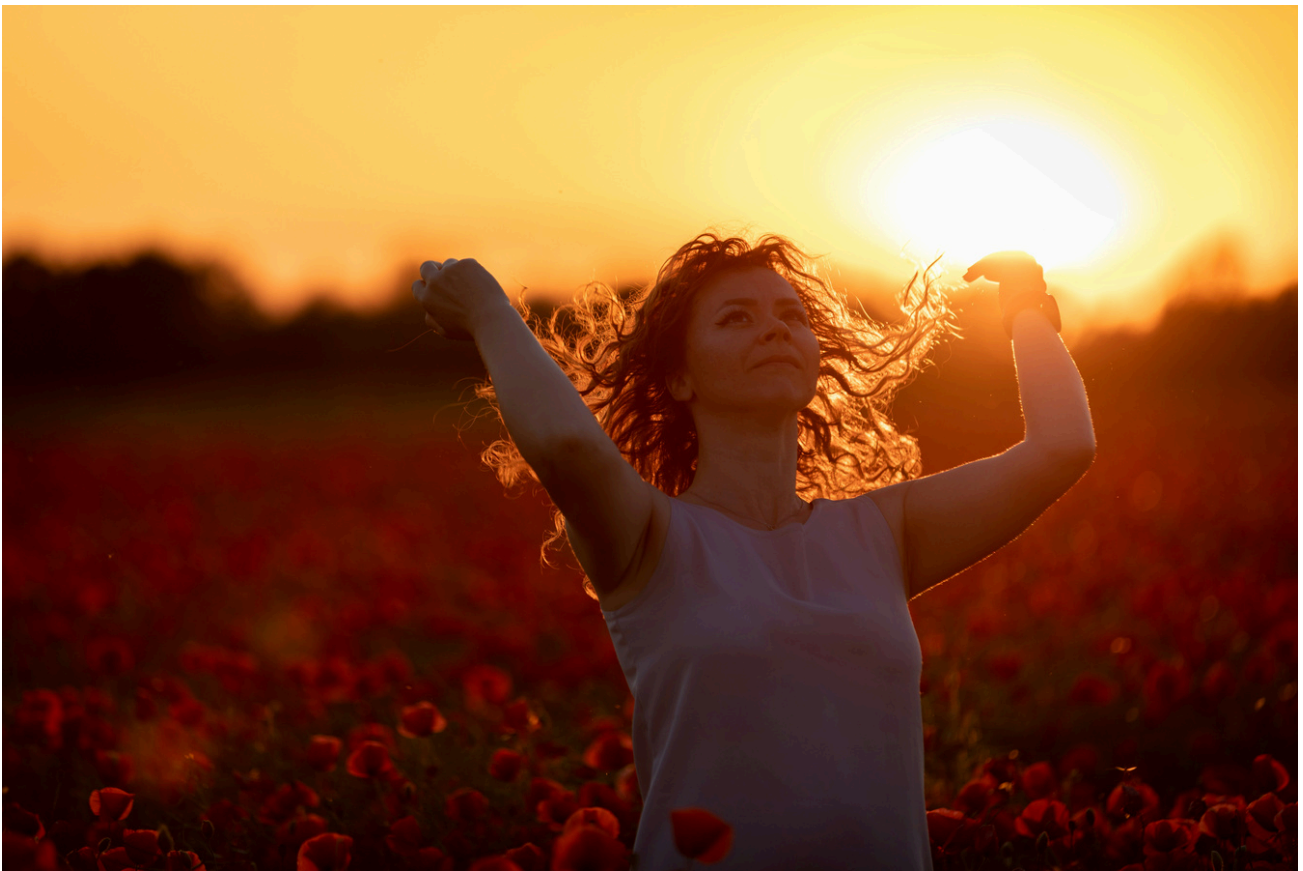
Reflect on a time when you felt God's joy even in the midst of a struggle. What did His presence bring to that situation? How did it change the way you viewed your circumstances?

How can you invite God's joy into your current struggles? What areas of your life are you resisting joy, and how can you open up to it?

Write a prayer or affirmation that expresses your desire to reconnect with God's joy. Ask Him to fill your heart with strength and peace, knowing that His joy is your foundation.

What are you doing now that will help you intentionally act in alignment with your divine design?

Week 8: Embracing Identity



Devotional Theme: You are not who life made you—you are who God created.

"You are God's masterpiece." —Ephesians 2:10

Personal Story: Journey to Embrace Her True Identity

You Are Not Who Life Made You—You Are Who God Created

For years, I tied my identity to the roles I played—mother, coach, businesswoman, caretaker. Each role was important, yet the demands of life often left me feeling overwhelmed and disconnected from the woman God created me to be. I started to realize that I had been defining myself not by the essence of who I was, but by what I did for others and their response to me. I wore these labels proudly and relied on them to tell me the “truth” about my value.

It wasn’t until a time of personal reflection and spiritual growth that I started to understand something profound: my true identity wasn’t based on what I did—it was grounded in who I was as a child of God.

Ephesians 2:10 says, “For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.” These words gave me a powerful sense of confidence because I knew I could rely on the truth that I was one of God’s creations.

Through prayer, introspection, and a renewed connection to God, I began to see myself as He saw me—not as someone defined by her roles or her ability to perform, but as a beloved daughter of God, uniquely created for a divine purpose. I realized that my identity was not defined by the labels others placed on me, but by my connection to Him and the specific path He had prepared for me.

We are all God’s greatest work, created for good works. No matter what life may throw our way, our true identity is rooted in God’s love for us and the unique mission He has for each of our lives. When we embrace this truth, we can live fully, confidently, and aligned with who we were always meant to be.

Empowerment Exercise

It's easy to get lost in the roles we play, but your true identity is not defined by what you do—it's defined by who you are in God's eyes. This exercise will help you reconnect with your true identity and the divine purpose God has placed within you.

Reflect on the roles you play in your life (mother, wife, professional, friend, etc.). Write down how you've defined your identity through these roles. How have these roles shaped your sense of self-worth?

Now, take a moment to disconnect from these roles. Imagine yourself standing before God, not defined by anything other than your inherent worth as His child. What words or thoughts come to mind as you connect to this truth?

Write a letter to yourself from God, reminding you of your true identity as His masterpiece. What does He say about you? How does He see you?

Action Step: This week, every time you catch yourself identifying with a role or label, take a deep breath and remind yourself: "I am God's masterpiece. My identity is rooted in His love for me and His purpose for my life." Allow this truth to shift your perspective and give you the confidence to live as the unique, beloved child of God that you are.

Mind-Body Practice: Reconnecting with Your Divine Identity

This practice will help you reconnect with the truth of who you are in God's eyes, beyond the roles you play and the expectations you carry.

1. Find a quiet space where you can sit comfortably and relax.
2. Close your eyes and take several deep breaths, allowing your body to release tension and relax with each exhale.
3. As you breathe, say to yourself: "I am God's masterpiece. I am uniquely created for a divine purpose."
4. Visualize yourself standing before God, His love enveloping you completely. See yourself as He sees you—not defined by your roles, but by your inherent worth as His beloved child.
5. Spend 5-10 minutes in this visualization, focusing on the peace and strength that comes from knowing you are deeply loved and uniquely created.

Journaling Prompt

Reflect on how your sense of identity has been shaped by the roles you've played. How has this influenced your sense of worth?

What does it feel like to disconnect from those roles and embrace the truth that your identity is rooted in God's love and purpose for your life?

Write down any thoughts or beliefs you have about your true identity. How can you shift your focus from what you do to who you are as God's creation?

What are you doing now that will help you intentionally act in alignment with your divine design?

Week 9: Trusting the Process



Devotional Theme: Faith is trusting the timing.

"Be still before the Lord and wait patiently for him."

—Psalm 37:7

Personal Story: Trust in God's Timing

Trusting the Process: Faith is Trusting in the Timing

Every reference point we have for living has come from conditioning in our formative years. If we received healthy nurturing, we found that patience wasn't hard because our needs would eventually be met. We felt safe and secure. But if we did not receive nurturing, but instead had to fend for ourselves, we felt anxious, even panicked which turned into hyper independence from a very young age, requiring a "I have to take care of things myself" attitude.

The latter was my experience, which translated into leaning into my own volition to "make things happen" instead of waiting on the Lord.

I feel like faith has come fairly easy for me because I have a little bit of jump-and-see-what-happens mentality, but it didn't translate to interdependence with the Lord until I began to truly lean into faith that I learned one of the most important lessons of my life: trust God's timing.

Psalm 37:7 says, "Rest in the Lord, and wait patiently for him." These words became a powerful reminder that I wasn't in control of the timing, but God was. My role wasn't to force things to happen—it was to rest in His plan, trust His timing, and believe that everything would unfold as it was meant to.

Back in 1997, my mother was expressing concern for my Dad's health and I felt prompted to go see how I might support them. I left my 4 young kids at home with my husband and hopped a plane to St. George, Utah. That week, my father was diagnosed with colon cancer.

Continued...

After 5 days, I was praying to know what to do; stay for his surgery in case there was something I could to support my very anxious mother or return to my young family who needed me. I received a crystal clear reply: “It’s going to be ok.”

Elated, I told my father everything would be ok. I kissed both my parents good-bye, reassuring them all would be well, and I flew back to be with my family.

The next day, my Dad called to report that the surgery went better than expected, and he would not have to wear a colostomy bag. I had full confidence it would be a success, so I guess I wasn’t surprised by his account. The next day, my dad passed.

I was so angry and confused. I went back to God in not-so-nice prayer with hot tears flowing down my face and I demanded to know what happened if it was supposed to be ok. He said, plain as day, “It’s my timing, not yours.” I also received the fullness of the meaning “ok”—it’s always ok when it’s God’s timing, and I don’t have to worry about the rest because he’s got a plan.

Was I sad my Dad was no longer with us in physical form? Of course. Did it lessen my loss? No. But did my soul find rest? Yes. The overthinking of my decisions and what else I might have been able to do if I had stayed vanished.

Sometimes, faith means surrendering our own plans and allowing God to guide us on His perfect path. Trusting the process means believing that He knows better than we do, and that every step we take, even the moments of waiting, are shaping us into the person who can trust God and lean not unto our own understanding but apply faith and then wait.



Empowerment Exercise

This exercise will help you surrender your plans to God and begin trusting His timing in every area of your life.

Reflect on a situation in your life where you are trying to control the outcome. What is it that you feel the need to control, and why?

Write down the fear or anxiety you are carrying about this situation. What might happen if you let go of your need to control it?

Now, write a prayer or affirmation where you surrender your control to God. Invite Him into the process and ask for the patience to wait for His perfect timing.

Action Step: This week, whenever you feel the urge to take control, pause and remind yourself of God's perfect timing. Pray for the strength to rest in His plan and trust that everything will unfold as it is meant to. Journal about how this mindset shift changes your experience.

Mind-Body Practice: Practicing Patience and Trust

This practice will help you cultivate patience and trust in God's timing, allowing you to rest in the certainty that He has a plan for you.

1. Find a quiet place where you can sit comfortably. Close your eyes and take three deep breaths, letting go of any tension with each exhale.
2. As you breathe, repeat to yourself: "God's timing is perfect. I trust His plan." Let these words fill your mind and heart.
3. Visualize yourself in a peaceful, calm place, surrounded by God's love and guidance. Picture yourself letting go of any need to control the situation you've been struggling with.
4. As you sit in this moment, ask God to help you trust His timing and surrender your anxieties. Feel the weight of control lift from your shoulders, replaced by the peace of knowing that He has it all in His hands.
5. Stay in this space for 5–10 minutes, allowing yourself to rest in God's presence and trust in His timing.

Journaling Prompt

Reflect on a situation in your life where you are struggling to trust God's timing. What fear or concern is keeping you from fully surrendering to His plan?

What would it look like if you let go of your need for control and fully trusted that God is guiding you? How would your life be different?

Write down a prayer or affirmation of surrender. Ask God for patience and trust as you wait for His perfect timing in your life.

What are you doing now that will help you intentionally act in alignment with your divine design?

Week 10: Becoming Emotionally Free



Devotional Theme: Your emotions are messengers, not masters.

"Be transformed by the renewing of your mind." —Romans 12:2

Personal Story: Journey to Emotional Freedom

Becoming Emotionally Free: Your Emotions Are Messengers, Not Masters

For many years, I allowed my emotions to control me. If there are wounds in your past we might recognize the familiarity of being “triggered” but what I didn’t know is that I had power to heal these intense feelings just by accepting that I was feeling them.

Every negative emotion comes from a hint, a sense, or a flavoring of a part of us that has not yet been set free from the past. I realized when it was affecting my ability to stay present and peaceful that I needed to spend some time understanding where these emotions were coming from and what I needed to learn from them, so I could quickly recover from a state of being “triggered” or dysregulated.

Learning about and practicing nervous system regulation methods has entirely changed my world.

Not by training alone did I begin to set myself free, but with God guiding me it gave me the desire to live on a higher plane of happiness instead of settling in emotional chaos.

One of the game-changing scriptures for me was: "Be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is good, and acceptable, and perfect, will of God." —Romans 12:2

Continued...

Not only did I want the conditioning I received in the world to fall prey to my disintegrated patterns but I had a desire to be transformed, renewed even by the power of my mind so I could catch hold of the best parts of life and do the will of God

Have you ever seen anyone do the will of God and be curmudgeon-ish? Can you have a “bad attitude,” also known as a triggered moment of less intense nervous system dysregulation, and still feel inclined to do good in the world? Not really, right? We do our best work when we are feeling confident, positive, and inspired, which is essentially a renewal of the mind and it’s how a regulated nervous system would be described.

The nervous system begins in your brain stem—your mind—and it’s affected by your thoughts. A negative thought based on a current negative experience that has a reference to a past negative experience equals a dysregulated nervous system and it’s an opportunity to examine the information your emotional guidance system is providing so you can retrace the thought that started the whole thing and realize it’s an untruth that actually goes against God’s truths. Crazy, right?

Now, when I feel emotions rise up in me, I don’t feel controlled by them. I see them as valuable messengers. I ask God for understanding and wisdom, trusting that He will guide me through my feelings, just as He has led me through my life. By transforming how I view my emotions, I am no longer enslaved to them. Instead, I am emotionally free—free to learn, grow, and live in alignment with God’s will for me.

Empowerment Exercise

Emotions can be powerful, but they don't have to control us. This exercise will help you shift from being ruled by your emotions to using them as guides for personal growth and transformation.

Reflect on a recent emotional reaction you had—something that triggered you. Write down the situation and how it made you feel.

Ask yourself: What is this emotion trying to tell me? Explore the underlying thought or belief that might have triggered this emotional response. Does it relate to something from your past?

Write a new, empowering thought that aligns with God's truth to replace the old belief. For example, if you were triggered by feeling unworthy, your new thought might be, "I am God's beloved, and He has a purpose for my life."

Practice this: the next time you feel an intense emotion, pause, recognize it as a messenger, and ask God to guide you through it. Trust that He will help you respond in alignment with His will.

Action Step: This week, when you feel yourself being "triggered" by something, stop for a moment to ask, "What is this emotion trying to teach me?" Use this time to reconnect with God and His truths, allowing your emotions to guide you toward healing instead of controlling you.

Mind-Body Practice: Regulating Your Nervous System

This practice will help you regulate your nervous system and restore peace when emotions begin to feel overwhelming.

1. Find a quiet space where you can sit comfortably. Close your eyes and take a few deep breaths, inhaling slowly through your nose and exhaling through your mouth. Allow your body to relax with each breath
2. As you breathe, silently say to yourself, "I am calm. I am safe. I trust God's timing." Let these affirmations fill your mind and heart.
3. Visualize a calming light surrounding your body, gently soothing and calming your nervous system. Imagine this light flowing through your body, starting from your head and moving down to your feet.
4. As you sit in this peaceful state, acknowledge any emotions that may be arising. See them as messengers and invite God into your experience, asking for wisdom and guidance.
5. Stay in this calm, regulated state for 5–10 minutes, focusing on your breath and the peace that God's presence brings.

Journaling Prompt

Reflect on a time when you allowed your emotions to control you. What was the result? How could you have responded differently by seeing your emotions as messengers?

What is one emotional trigger you still struggle with? What message do you think this emotion is trying to send you?

How can you transform your emotional reactions into opportunities for growth and healing? What steps will you take this week to respond to your emotions with God's wisdom?

What are you doing now that will help you intentionally act in alignment with your divine design?

Week 11: Becoming a Co-Creator



Devotional Theme: You were never meant to do this alone.

"With God all things are possible." —Matthew 19:26

Personal Story: Co-Creating with God

Becoming a Co-Creator: You Were Never Meant to Do This Alone

When you spend your life in either hyper-independent mode or co-dependent mode, both of which over-extend the bounds of natural physical/mental/emotional energy, you forget that there's a better way to create the ideal life for you.

Matthew 19:26 says, "But Jesus beheld them, and said unto them, with men this is impossible; but with God all things are possible." This verse resolves the need to control and lends itself to the law of trust through the process of co-creation.

Trust has three components when you co-create a new life with God:

First, we must ask (Matt 7:7 - "Ask, and it shall be given you.")

Then we must do (Matt 7:7 - "Seek (implies doing) and ye shall find."),

And last, we receive (Matt 7:8 - "For every one that asketh receiveth.")

The simple process of asking God specifically for what you want without attachment to the outcomes is the key. The precision of your ask is the magnet to the gift.

I had a fun little experience flying to the British Virgin Isles to film the first Season of the new TV show, *Writer's Island*. My flight schedule changes between two different airlines, and the window was too narrow to transfer my bags.

They informed me at the ticket counter that international law requires you to stay with your bags and not travel ahead of them. They booked me on a flight that was to land 6 hours after the flight I was expected to arrive on Beef Island.

This was disappointing news because the TV production crew would be set up to receive all 15 cast members from a boat onto the island at 4p. This was to be our first episode of the season. I wouldn't have been on the first episode. I notified everyone who needed to know, and then I let go of the outcome.

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My ask to God was to allow me to arrive safely that day, even though it would be late so I could start my week with everyone else the next morning.

When I landed in San Juan, Puerto Rico, at noon, I knew I had 6 hours to kill, so I sauntered through the 4 concourses, stopping to smell a few perfumes at the duty-free shops throughout the airport. I found Concourse D, where Cape Air was located, and just for kicks before stopping to get food, I wandered down to see if it was too early to check in. There were 8 gates, and it was absolutely crickets. No one was around except the one personnel standing at the far end of the concourse at none other than the Cape Air ticket counter.

I asked if it was too early to check in, and she asked me my last name. I said, “Ford.” She said, “Teresa?” I said, “...yes?” She said, “We have been paging you and couldn’t figure out where you went. Let’s weigh your bag and get you on the plane.” The two airlines involved had different points of view regarding international travel, and she said I could pick up my bags later that night when they arrived on Beef Island.

I was the first one to arrive on the island and shocked everyone else when they came walking out of the customs doors.

Asking specifically, letting go of how it’s going to go, and allowing it all to work out in perfect timing was the key to making it all happen. The ask was clear, the “do” portion was letting go of the timing, and the receiving was the natural result. It was a little miracle, but that’s what miracles are...the natural flow of life—not the exception.

Trust that God hears your prayers, and however He chooses to answer your ask, you know for a certainty that when you are co-creating with God, it’ll be in perfect timing and in perfect ways when you listen and let go.



Empowerment Exercise

Co-creating with God requires trust, clarity, and openness to receive. This exercise will help you take steps toward trusting God's plan for your life and partnering with Him in the process.

Think of an area of your life where you feel stuck or uncertain. Write down what you want in this area—be as specific as possible.

Ask God for what you desire, without attachment to how or when it will happen. Trust that God knows the best way to bring this into your life.

After you ask, write down the action steps you can take to move forward, knowing that God will guide your efforts. Trust that your actions will align with His will.

Finally, let go of the outcome. Release any control you feel and trust that God's timing will unfold perfectly.

Action Step: This week, focus on one specific request that you feel is in alignment with God's will for your life. Ask God clearly for it, take any action you can, and then let go of your attachment to the outcome. Trust that God is working alongside you to bring it to fruition.

Mind-Body Practice: Surrendering to God's Plan

This practice will help you release control and rest in God's timing, trusting that He is guiding you every step of the way.

1. Find a quiet, comfortable space. Close your eyes and take a few deep breaths, focusing on relaxing your body with each exhale.
2. As you breathe, repeat the affirmation: "I trust God's perfect timing for my life. I surrender control to Him."
3. Visualize yourself handing over your worries and control to God. Imagine Him taking them from your hands and filling you with peace.
4. Spend 5–10 minutes in this peaceful state, knowing that as you release control, you open yourself up to God's guidance and trust His perfect plan.
5. When you're ready, open your eyes and carry the peace of this practice with you throughout your day.

Journaling Prompt

Reflect on a time when you tried to control the outcome of a situation. How did that affect your peace and well-being?

How does trusting God with your desires and needs shift your perspective? How can you let go of your attachment to the outcome?

Write down an area in your life where you feel called to co-create with God. What specific steps can you take to invite Him into that process?

What are you doing now that will help you intentionally act in alignment with your divine design?

Week 12: Living Fully Alive



Devotional Theme: This is just the beginning.

*"I have come that they may have life, and have it to the full."
—John 10:10*

Personal Story: Rising from the Ashes into Divine Assignment

Living Fully Alive: This Is Just the Beginning

Ultimately, the abundance we seek is the abundance of the Holy Spirit who guides and protects us—sometimes without request.

John 10:10 says, “I am come that they might have life, and that they might have it more abundantly.” Jesus didn’t come just to help us survive; He came so we could live fully alive—abundantly.

For me, living fully alive meant shedding the layers of fear, guilt, and insecurity that had kept me from stepping into the fullness of who I was meant to be. It meant rising from the ashes of my past—piles and piles of ashes—and embracing the divine assignment that was uniquely mine.

Each of us has gifts and no one can deliver those gifts into the world but you because they are unique to you. When I accepted that I had a unique contribution to make, I stopped looking at my past as a series of failures and started seeing it as the foundation for my purpose.

In the economic crash of 2008, my family was nearly homeless as we had almost drained every penny from our savings account. I thought, “How could this be? I am not a poor person!” My resistance to leave home to find work and put my children in someone else’s care was holding up the next best thing God had in store for me.

I was pretty mad at God that it had come to this but I put on the best “business” clothes I had (I hadn’t worked outside the home for 15 years), faked a resume, and drove out of the driveway in search of employment that was something other than filing papers in some back office dying of boredom.

I loudly prayed, “If you have a different plan for me other than being the main influence in my children’s lives, you will show me where this job is that I’m supposed to get so I can provide for my family.”

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A little voice in the back of my head said, “Check out the gym at the end of the street.” I put the cabosh on that one because not only was I not filing papers in some back office dying of boredom, but I certainly wasn’t going to work in a place where I could possibly have some random muscleheads looking me up and down. I frantically renegotiated with God to send me somewhere else when I drove in the parking lot and saw the Help Wanted sign in the window.

This was pre-Internet, and I had no idea what the job was, but I dried my tears, swung the door open, focused on finding one person who looked like they were in charge, and shoved my resume at her, telling her I was here to apply for the position.

I was hired on the spot. What started as a daycare worker in two weeks turned into a membership sales position at the counter. And just one year later, I was certified as a personal trainer. Working with people in fitness was a gift I didn’t know I had, and after a few years, I was introduced to hormonal fat loss. I fell in love with the principles because they were a perfect match to my approach of listening to your body first and everyone else second. Helping women reduce their stress, build their confidence and have more fun was my new favorite thing.

God put me to work teaching, serving, and lifting others. When we are engaged in meaningful work putting our unique gifts to work it’s easy to see that no one delivers your perspective, with your energy, with your heart, like you can. God has a plan for all of us, and it’s up to us to get out of the way so he can work through us and we can fulfill the fullest measure of our creation, aka live fully alive.

Living fully alive isn’t about perfection; it’s about authenticity. It’s about stepping into the life God created for you, not just in the physical sense, but in your heart and spirit. It’s about embracing the abundant life that’s been waiting for you all along—through connection with God, through purpose, and through the strength that rises when we choose to live out His will.

What’s ahead of you is far greater than you can imagine, and the life God has for you is meant to be lived fully, boldly, and with confidence. Step into your divine assignment, knowing that the best is yet to come.

Empowerment Exercise

God has a purpose for each of us, and when we embrace it, we begin to live fully alive. This exercise will help you connect with your divine assignment and move forward with clarity and confidence.

Reflect on your unique gifts, talents, and passions. Write down the things that light you up and make you feel alive.

Ask yourself: What do I feel called to do in this season of life? Be specific. It could be a dream, a purpose, or a new path you are being led to explore.

Write a prayer or affirmation asking God to reveal your divine assignment clearly and guide you to take the next steps with confidence and boldness.

Action Step: This week, take one small action towards embracing your divine assignment. Whether it's reaching out to someone, learning something new, or taking a leap of faith, trust that every step will bring you closer to living fully alive.

Mind-Body Practice: Stepping into Your Divine Purpose

This practice will help you align your heart, mind, and actions with God's plan for your life, stepping fully into your divine assignment.

1. Find a quiet space where you can sit comfortably and relax. Close your eyes and take a few deep breaths, letting go of any tension in your body with each exhale.
2. Visualize yourself stepping into a new chapter of your life, one filled with purpose, passion, and alignment with God's will. See yourself walking confidently in your divine assignment.
3. As you breathe, say silently to yourself, "I am living fully alive in God's plan. I embrace my purpose with boldness and confidence."
4. Spend 5-10 minutes in this visualization, allowing yourself to feel the peace and excitement that comes from knowing you are exactly where you are meant to be.
5. When you're ready, open your eyes and carry this sense of alignment and purpose with you throughout your day.

Journaling Prompt

Reflect on a time when you felt truly alive, connected to your purpose, and aligned with God's will. What did that feel like, and how can you bring more of that into your daily life?

What is your divine assignment for this season of life? How can you step into it with confidence and clarity?

Write down any fears or doubts that are holding you back from fully embracing your purpose. What is one action you can take this week to begin to step into your divine calling?

What are you doing now that will help you intentionally act in alignment with your divine design?

Embracing Your Divine Journey



As you reflect on the journey through these 12 weeks, remember that this is just the beginning. You have explored powerful themes of healing, growth, and transformation—learning how to step into the fullness of who God created you to be. From reclaiming your worth to trusting God's perfect timing, you have learned to navigate life with greater clarity, strength, and peace.

This workbook has been designed to guide you through a process of reconnecting with your true self, shedding the layers of fear, guilt, and insecurity that have held you back, and embracing your divine purpose. You've been given the tools to cultivate emotional freedom, restore boundaries, and co-create a life with God that is filled with joy, purpose, and abundance.

As you continue your journey, remember that you are not alone. God is with you, guiding you every step of the way. Trust His timing, lean into His wisdom, and know that the best is yet to come. The gifts and purpose you carry are unique to you—no one else can fulfill the mission God has placed on your heart. As you embrace your divine assignment, you will live fully alive, confident in your identity as God's masterpiece.

Take the lessons you've learned here and apply them to your daily life. Be kind to yourself in the process. Growth is not always linear, and there will be moments of challenge, but know that these are part of the transformative journey. Every step you take brings you closer to the abundant life God has prepared for you.

Remember, this is just the beginning. You are stepping into the next chapter of your divine journey, ready to live with intention, purpose, and the unwavering presence of God. With each new day, continue to trust the process, knowing that God's plan for you is good, perfect, and unfolding exactly as it should.



ABOUT THE AUTHOR

Teresa Ford is an Empowerment Coach, author, speaker, and creator of SHE RISES—a transformational experience for powerhouse women ready to stop betraying their potential and start living fully alive!

Through her own journey of spiritual reclamation, emotional liberation, and embodied wellness, Teresa now helps women worldwide rewrite their stories, reclaim their power, and rise boldly.

To connect, collaborate, or explore what's next:



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