



Hey, I'm Connie, and I'm so glad you're here!

A couple of years ago, I dreamed about a pink chain-link fence. Throughout the night, happy voices excitedly exclaimed that it was a book and I was going to write it. The idea intrigued me—and now, here we are.

Pink Chain Link Fence is a lighthearted yet deeply impactful exploration of personal transformation. It offers a fun and doable approach to tackling life's deeper principles and serves as your guide to shifting your mindset, embracing gratitude, and taking bold, intentional steps toward a life filled with purpose, joy, and fulfillment.

Through personal stories, journal prompts, and practical tips—including the use of essential oils, which have been instrumental in upgrading my life—this book invites you to release what no longer serves you and reimagine your dreams, so you can step into the life you were meant to live. Whether you're looking for inspiration, actionable strategies, or a fresh perspective on life, I've done my best to deliver it all with humor and heart.

If you're new to transformation, seeking spiritual growth, are on a path of personal development, or just want a colorful book, this is for you.

Let's go! It's time to start upgrading your life!

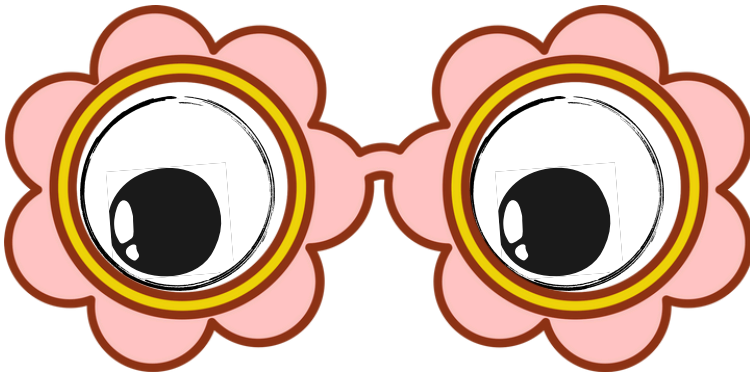
THE POWER OF A DECISION



Making a bold decision is the first step to transforming your life. Next, you must choose to let go of old habits, limiting beliefs, and a mindset of lack—because that’s what opens the door to new possibilities. Don’t be afraid to take an honest look at where you are and envision where you want to be. And remember, deciding is only the beginning.

It’s easy to feel paralyzed by fear or stuck in the comfort of familiarity, even when it no longer serves you. This type of rut is what I call an “uncomfortable comfort zone.” When you’re stuck in such a place, know that a single decision to rise—no matter how scary or uncertain—can lead to life-changing transformation. Even the smallest intentional steps forward are proof that you’re moving beyond where you’ve been and stepping into a life that fits you better.





It's time to ask yourself the tough questions:

journal

- What patterns, routines, or relationships no longer align with your vision?
- What's weighing you down or keeping you stuck in the same place?

Writing limiting beliefs on paper and burning them, or decluttering a physical space, can be powerful ways to symbolize emotional clarity and release. Begin by listing the thoughts, habits, or behaviors you need to let go of. Reflect on all areas of your life:

- Emotional: How is holding on weighing down your self-worth?
- Mental: How is negative self-talk blocking new opportunities?
- Energetic: How can clearing space raise your vibrational frequency?

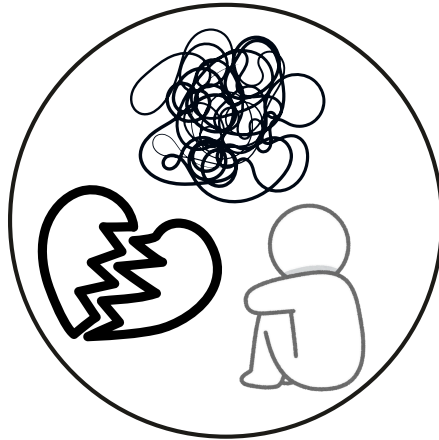
Once you've identified what's holding you back, think about the positive and empowering beliefs that will replace those old, limiting ones.

ARE YOU ADDICTED TO TOXIC RELATIONSHIPS?

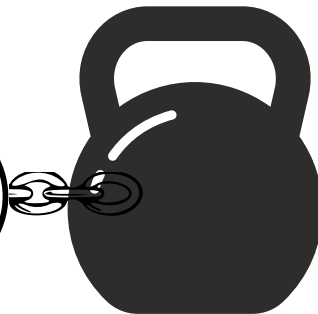


PHYSICAL ABUSE IS EASY TO CALL OUT. EMOTIONAL AND VERBAL ABUSE IS TWISTED AND HARDER TO IDENTIFY.

EMOTIONAL AND VERBAL ABUSE CAN CAUSE YOU TO FEEL GUILTY, SHAMEFUL, AND BAD ABOUT YOURSELF.



ADDICTIONS TO HARMFUL AND TOXIC RELATIONSHIPS WILL LEAVE YOU FEELING BROKEN, SAD, AND CONFUSED.



BLOOMING where you're planted means embracing your current circumstances, no matter how challenging they may seem, and making the most of what you have, and this includes dealing with irritating people.

You can't bloom if you're holding onto hatred and resentment. These heavy anchors act as taskmasters, chaining you to negativity. Love, on the other hand, is a force that lifts you higher and propels you toward growth and abundance.



When you choose to blanket challenging people with love—through forgiveness, generosity, or simple acts of kindness—you elevate your own energetic frequency and inspire positive change in those around you.

Choosing to approach difficult relationships with love and forgiveness softens adversity, allowing you to focus on opportunities for growth instead of getting tied up in anger or frustration. Choosing to love helps you meet challenges with grace and a determination to create something better.

When you pour love and intentional effort into all you do, you create an environment where growth and progress can flourish. Love nurtures growth, heals wounds, and creates beauty in every corner of your life. It transforms not only you but also the lives of everyone it touches.

The comparison trap:

Comparison is the thief of joy! Avoid falling into the comparison trap!

Looking at others' successes without knowing their full story can be discouraging. Social media often showcases the highlight reel—the polished moments—while hiding the hard work, failures, and relentless effort that happen behind the scenes. The truth is, everyone has their bad days, and most people present their best selves in public. Most people don't want their rough times and challenges on display.


Instead of comparing yourself to others, focus on your own path and celebrate your own progress, no matter how small. Each step forward—however tiny—will bring you closer to your dreams.

To do

- Put your time and energy into your own projects.
- Focus on building yourself and creating the life you want.
- See what is right with you! Build yourself up!

When you invest your time and effort into your own personal growth, you're doing more than achieving tangible results—you're shaping and building a stronger, more capable version of yourself.





Living with grace means choosing love, kindness, and forgiveness—even when it’s hard. You don’t have to do it perfectly; just strive to be Christ-like and reflect His unconditional love. Remember, even small acts of grace create ripples of transformation, touching lives in ways you may never fully see.

Who needs you to extend grace to them, and how could it change both of you?

There’s a spiritual war happening all around you, and sometimes the weight of the world feels heavy—but you are never alone. Trust in His strength, lean into His grace, and let it guide your steps. Gird up your loins and press forward, knowing that through Christ, all things are possible.



Heaven is on your side—you’ve got this!

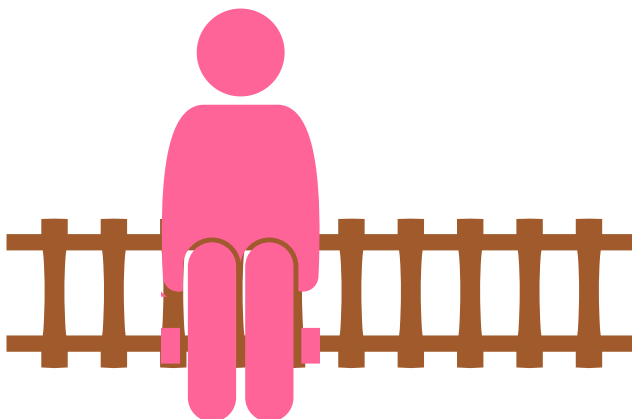


True

To be true is to live in alignment with who you truly are. It's about stripping away the masks you wear, the roles you play, and the expectations you carry to uncover the core of your being. This chapter invites you to reconnect with your authentic self, live in integrity, and embrace the freedom that comes from standing firmly in your truth.

Which leads to the question: Who are you, truly, and what do you passionately believe in? Have you taken the time to figure it out—and more importantly, are you willing to take a stand for it?

For years, I didn't know. Back then, I tried to blend in, afraid of standing out. I thought that staying neutral would make me more likable, but I was wrong. I was a fence sitter, and sitting on the fence wasn't just exhausting—it was disempowering.



Together is better!

Being at the top alone is empty. It's not nearly as much fun as sharing the view with someone who's been there with you every step of the way!

- Having someone by your side makes the journey less daunting and more enjoyable.
- Accomplishments are sweeter when celebrated with others.
- Helping others and working together creates a bond that enriches the experience.



Step into your power!

Remember the spiritual war and the voices trying to drag you down?

You weren't born to flail and sink. Shake off those disparaging voices and **BOLDLY STEP INTO YOUR God-given POWER!**


It's time to tap into what you're made of and rise up! Your beautiful life is happening right now, and you don't want to waste it. Don't look back with regrets—now is the time to make the most of every moment.

How you see yourself matters. The way you think, speak, and carry yourself shapes how you feel about yourself and how you show up in the world.

What if you treated yourself like someone truly extraordinary? Because the truth is, **YOU ARE EXTRAORDINARY!** (We all are!) It's time to see and claim the divine spark within you and start honoring yourself as the divine soul you are.


This is **YOUR LIFE**, and you have what it takes to make it spectacular—but it starts with you. Only you can love yourself enough to create a life that feels amazing inside and out.

- How can you speak to yourself and show up for yourself today in a way that honors your worth and divinity?



Balance steering your life wisely with playing full out, and when you mess up—because you will—keep your chin up and get back on your feet as quickly as possible! This is much easier to do when you know who you are and where you're going. That's why it's important to figure that out as soon as possible.

I can't go back and tell my younger self how to make her life feel great, but now I know, and that's why I'm telling you. My prayer is that I can help you steer clear of the messes I've made, while inspiring you to rise above messy situations you might already be in and create a more fulfilling future. Oh, and of course, I'm going to encourage you to make your life as fun and beautiful as you can along the way.



I've filled this book with practices I've used—and still use—to stay out of ruts and stay excited about what's ahead. These principles work, but only if you apply them. Knowing something isn't enough; it's the action that brings transformation.

When you understand foundational principles and put them into practice, life has a way of smoothing out faster after upsetting storms. It's like having a magic bullet to help you navigate challenges and keep moving forward.

This life you're living is flying by—don't waste another minute. Choose to live boldly, beautifully, and fully. Make a positive impact wherever you go, and savor your journey as you rise to the top.

You've got what it takes, and you are so worth it!