

CONNIE BOUCHER

GENUINE LIFESTYLE



A decorative border made of golden, flowing scrollwork and leaf-like patterns frames the entire page. The border is symmetrical and ornate, with intricate curves and flourishes.

Welcome!

Hey there, I'm Connie, and this is my story. And, in many ways, it's yours too.

We all have our own struggles, pain, and obstacles that hold us back. Some of us start smoother, while others face more challenges along the way. But despite our differences, we are connected in so many ways. We all deal with similar issues. We all crave love and belonging. We all long to excel and thrive.

I believe each of us wants to shine in our own way. We all yearn for that moment in the sun, however it may look for us.

And I believe, deep within us, we all have the divine potential to shine brightly. Our Creator has designed us to succeed and experience the blessings our hearts truly desire. I've learned firsthand that when we turn our hearts toward Him and invite His guidance, He helps us rise, step into our full potential, and embrace the miracles meant for us.

This is my story—a story of choosing to partner with my Heavenly Father and Savior. It's a journey of growth, transformation, and the miracles that followed. But more than that, this book is a guidebook for you—to help you build a beautiful, personal relationship with God and receive your own soul-touching miracles.

This book is designed to inspire reflection, growth, and connection. Throughout the chapters, you'll find prompts and exercises to guide you on your journey. While there's space to reflect within these pages, consider keeping a dedicated journal as your companion to this book.

STORY

Stories are the threads that bind us together—they're how we connect, learn, and heal. We all have stories worth telling, and each one is a testament to the resilience and beauty of the human spirit.

No two stories are ever the same, yet each one holds precious gifts: wisdom, growth, and opportunities to reflect. Like a hand-woven tapestry, every story is beautiful in its own way, created through both trials and triumphs.

I'm sharing my story with you, warts and all, in hopes that it will touch your heart and inspire you to embrace your own story—even the messy parts you wish you could erase. Because the beauty lies not in perfection but in the journey itself and the lessons we learn along the way. My story is deeply personal, like yours, and it carries lessons that universally apply.

I've changed the names of most of the people in my story because what I'm sharing is my experience, seen through my lens. From their perspective, the story might look very different. I've done my best to keep an open perspective and not paint anyone in an ugly light, but to simply share my journey and the lessons learned along the way.

My beginnings were ordinary—I started out in a small, tight-knit community in southern Utah, a place where everybody knew everybody, and there were only three girls my age: me, and Penny and Dot.

One day I asked Penny and Dot if I could play with them during recess, and they looked at me and said, "You're too fat" and "not cute enough" to play with us. That moment made an impact, and planted a seed that firmly took hold in me.

As I look back on my life, I can see how I've been shaped and elevated by the challenges and missteps. Stepping back from my story has allowed me to gain clarity and embrace who I truly am.

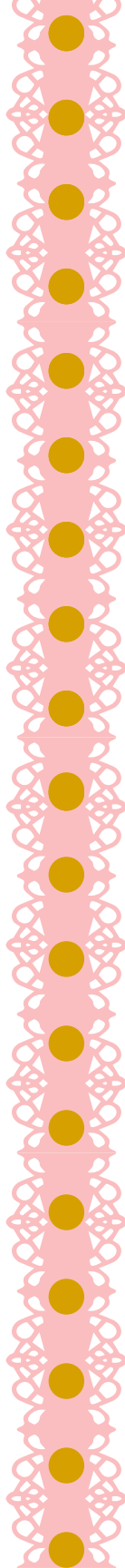
You have that same power—to shed the weight of the past and step boldly into your authentic self. Ask yourself: Who am I at my core, without the labels and perceptions others have placed on me? What would it feel like to live freely, unburdened by fear or judgment? Give yourself the grace to explore these questions fully.

After I stopped listening to everyone else's narrative and started tuning into my own heart, I felt the pull to show up as my true authentic self. My soul has always known who I am meant to become. Once I let go of the past, my path became clear, and I started honoring my real self.

Like mine, your story is your superpower. No matter where it began or how messy the middle, the ending is still unwritten! Embrace every chapter with courage, and let your journey shine as a testament to the strength and beauty within you. Your ending is what's most important!

Looking back on the rejection I felt from Penny and Dot on the playground, I realize that pivotal moment that shaped how I viewed myself for decades was important, because it led to me digging deep and uncovering the truth about who I really am. That moment on the playground wasn't about me at all; it was about the insecurities they carried and projected onto me.

I've reframed that memory. Instead of seeing myself as a rejected child, I see myself as someone who overcame feelings of low self worth and triumphed over rejection. When I think of Penny and Dot, I wrap them in love and compassion. What happened doesn't matter anymore. That's the beautiful thing about forgiveness and self-development.



Write down three labels you've carried that no longer serve you. Visualize peeling them off like old stickers, one by one, and replacing them with empowering truths. What would those truths say about who you are today? Over time, as I shed the labels placed on me, I practiced self-compassion and embraced my uniqueness—even when it felt uncomfortable. Slowly, the person I had always been reemerged—stronger, more resilient, and more radiant than ever before.

Take a moment to celebrate your authentic self. What do you love about who you are? Reflect on how far you've come and honor your journey. Acknowledge the challenges you've overcome, the small victories you've achieved, and the resilience, courage, and unique qualities that make you who you are.

For much of my life, I lived disconnected from who I truly am. I wore masks to fit in, played roles to please others, and silenced my voice out of fear of rejection. But deep down, there was always a longing to be my authentic self.

After some miserable years, I finally began to honor the yearning to show up authentically. A turning point came when I was in a group, and the facilitator turned to me and asked, "If you weren't trying to be what everyone else expects, who would you be?"

I didn't know the answer, but I realized I had to find out. The road to self-discovery and growth hasn't always been easy, but every step I've taken has brought me closer to the fullest most authentic version of myself.

Today, I'm choosing to give myself credit for doing the work, and learning the lessons along the way.

And you—your journey has taught you and made you stronger too! The person you've become is worth honoring! Celebrate who you are today!



One day my mom gave me this picture and said, "you've always known what you wanted; you were always so stubborn." She was right, I started out that way! I love that! I honor that brave little girl who was me back when I was four.



Jan 2018. I was in Hawaii just before my world got rocked a third time. Just before my husband told me he was divorcing me. I was glad I was there, so I didn't have to face anyone for a while and so the ocean could swallow and soothe some of my pain.



Nurture Yourself:

- Place your hands on your heart or belly. Close your eyes and take three deep breaths, letting your body relax with each exhale. This simple act can calm your nervous system and help you feel centered.
- Add a drop of Peppermint essential oil to your palms, rub them together, and cup them over your nose. Inhale deeply to invite a sense of peace.
- Diffuse Wild Orange and peppermint to uplift your mood and energize your spirit.
- Combine 1-2 drops of Lavender with a carrier oil and massage your feet before bed.
- Designate a small area in your home as your personal retreat—a chair by a sunny window, a corner with cozy blankets, or a spot in your garden. Use this space for quiet moments of reflection, journaling, or simply being.
- Write yourself a love note and list all the things you love about yourself. Place the note where you'll be able to see it often, like your mirror or bedside table. Let it be a daily reminder of your worth.
- Place slices of lemon, cucumber, or berries in a glass of drinking water. Hold the glass and take a moment to express gratitude for your body and the way it sustains you. Drink slowly, savoring each sip.

BODY



Our bodies are vessels for navigating this world; they're essential—we NEED them, and yet, we often mistreat them, undervalue them, and disconnect from their wisdom.

Several years ago, I started a book titled *Love Up the Body You Live In*, but life got in the way of me writing it. I couldn't understand why, because I was deeply passionate about the subject.

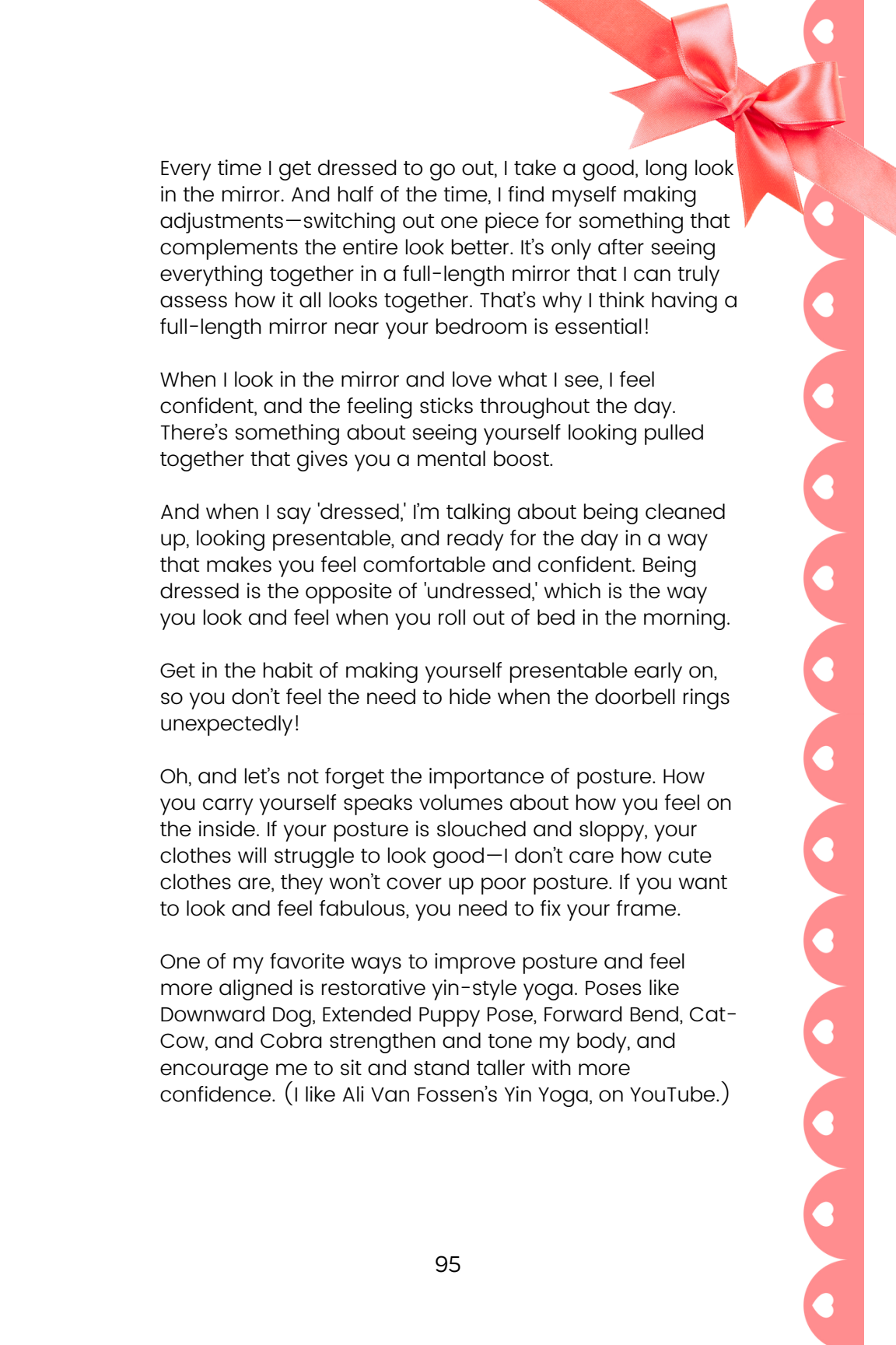
At the same time, another book, *Shining Inside Out*, was calling to me. One day, after praying about both books, I received guidance: they needed to be combined, and the time to write them was now. In an instant, the words began flowing, time opened up, and everything clicked into place.

And here we are!

Remember, I grew up believing my body was 'too fat' and not good enough. So for many years, I criticized it, picked it apart, and treated it with very little kindness and appreciation. My relationship with my body was, frankly, sad.

One day, a friend told me she was sensing that my body didn't appreciate being shamed and labeled—that it didn't like the way I had been treating it. I laughed it off. A couple of months later, she said it again, and I brushed it aside once more.

The third time she brought it up, something clicked deep within me. That day, as she spoke of my body's sadness, I felt it—I tuned into my body's disapproval and sorrow over how I had treated it. It was an eye-opening and sobering moment.



Every time I get dressed to go out, I take a good, long look in the mirror. And half of the time, I find myself making adjustments—switching out one piece for something that complements the entire look better. It's only after seeing everything together in a full-length mirror that I can truly assess how it all looks together. That's why I think having a full-length mirror near your bedroom is essential!

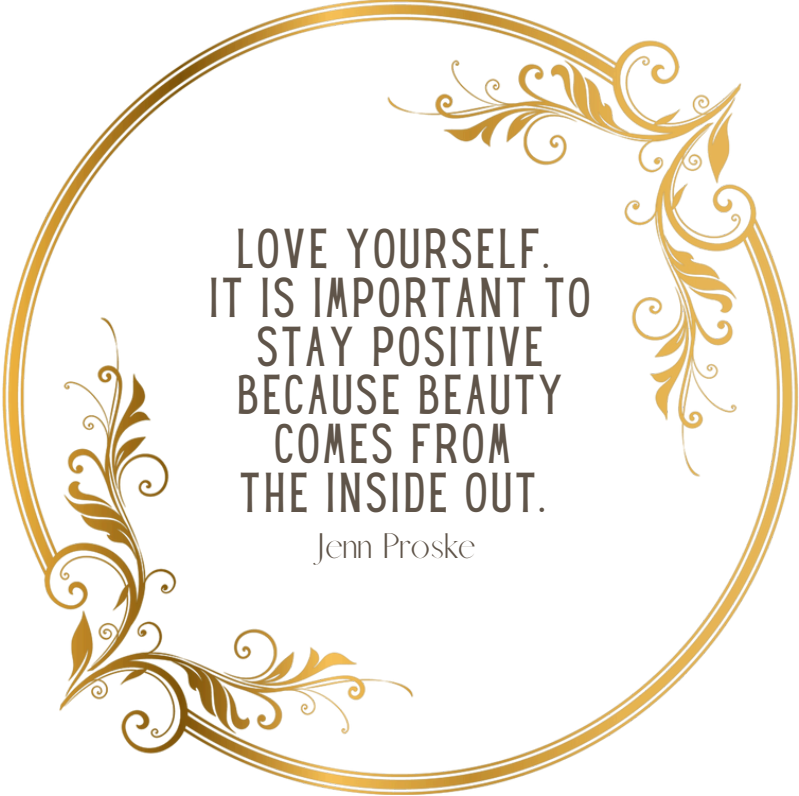
When I look in the mirror and love what I see, I feel confident, and the feeling sticks throughout the day. There's something about seeing yourself looking pulled together that gives you a mental boost.

And when I say 'dressed,' I'm talking about being cleaned up, looking presentable, and ready for the day in a way that makes you feel comfortable and confident. Being dressed is the opposite of 'undressed,' which is the way you look and feel when you roll out of bed in the morning.

Get in the habit of making yourself presentable early on, so you don't feel the need to hide when the doorbell rings unexpectedly!

Oh, and let's not forget the importance of posture. How you carry yourself speaks volumes about how you feel on the inside. If your posture is slouched and sloppy, your clothes will struggle to look good—I don't care how cute clothes are, they won't cover up poor posture. If you want to look and feel fabulous, you need to fix your frame.

One of my favorite ways to improve posture and feel more aligned is restorative yin-style yoga. Poses like Downward Dog, Extended Puppy Pose, Forward Bend, Cat-Cow, and Cobra strengthen and tone my body, and encourage me to sit and stand taller with more confidence. (I like Ali Van Fossen's Yin Yoga, on YouTube.)



LOVE YOURSELF.
IT IS IMPORTANT TO
STAY POSITIVE
BECAUSE BEAUTY
COMES FROM
THE INSIDE OUT.

Jenn Proske

Progress Tracker

Use this tracker to explore how your personal stories have shaped you and to set intentions for rewriting narratives that empower you.

I've identified one pivotal moment in my life that shaped how I see myself.

I've reframed a difficult experience, highlighting the strength and resilience it gave me.

I've written a letter to my younger self, offering encouragement and compassion.

I've acknowledged the lessons I've learned from rejection or hardship.

Write down one belief about yourself that you've carried for too long. Then, rewrite it into an empowering truth:

- Old Belief:

- New Truth:



To increase self acceptance, I will: (journal about my unique gifts, etc.)

Date completed:



To increase gratitude, I will: (write 3 things I'm grateful for daily, for a week.)

Date completed:




To reframe old stories, I will: (put a positive spin on a past event that caused me to form an incorrect belief)

Date completed:



Celebrate how far you've come! Write down one way you've grown because of your story:

Declare: "I am the author of my story. Every chapter makes me stronger and more complete."



When you feel stressed and disconnected, your inner voice telling you to unplug from the chaos of the world, and to calm yourself and reconnect with your Creator. The tools for reconnection are always available to you.

To calm your mind and center your spirit, try simple practices like breathing in pure essential oils, meditating, doing mindful breathing exercises, and praying. Being positive, expressing gratitude, showing kindness, and serving others are also powerful ways to uplift your spirit and align yourself with God's energy.

Your spirit thrives on high the vibrations of love, nature, kindness, and gratitude—all will recharge and energize you. In contrast, low and negative energies—like vulgarity, dark environments, and mockery—can deflate your spirit and leave you feeling depleted.

The world is filled with energy and when you don't have your guard up, it's easy to tap into vibes that aren't ideal. But you have the power to filter out what doesn't serve you, and protect your spirit from harmful influences. And you get to choose which energy you tune into.

After my second divorce, I felt flat and did the things I thought would bring satisfaction—therapy sessions, massages, nights out with friends, shopping for new clothes, even a vacation. These all gave me temporary relief, but the hollow dissatisfied feeling always returned.

Finally, I asked God to show me what was keeping me from feeling peace. I prayed for guidance, and little by little, He turned my heart back to Him and revealed where I had gone astray. He brought people into my life to guide me, and eventually, I found the peace and satisfaction I had been yearning for. A strong connection to God was what was missing, and strengthening my relationship with Him was the solution—it filled my gaping hole and fixed my problem!

CHOICE

Every moment presents a crossroads. The power of choice is the ultimate gift—and responsibility—we've been given. The decisions you make, both big and small, are the stepping stones to the life you're creating. What will you choose today?"

Years ago, I heard a piece of wisdom so profound that it's stayed with me ever since:


"There is a choice that you must make in everything you do. But you must always keep in mind, the choice you make makes you." – John Wooden

These words often echo in my mind, especially during moments of doubt or indecision. They serve as a powerful reminder that how we choose to spend our time and energy determines the trajectory of our lives. Every decision we make—whether it feels small or life-changing—is shaping the person we're becoming.

I've had my fair share of days wasted on things that didn't matter. You know the kind: scrolling mindlessly, avoiding responsibilities, or letting fear stop me from taking action. But each time I hear John Wooden's words, they don't let me off the hook. They nudge me to ask myself, "Is this choice moving me closer to the life I want to live, or further away from it?"

The beauty of life is that it's built one choice at a time. When we make conscious, intentional decisions, we take control of our own stories. But getting to that place of clarity and empowerment wasn't easy for me.

My journey with decision-making has been messy, filled with mistakes, and marked by a lot of trial and error.



I am deeply grateful that God repeatedly chooses to forgive me. His unwavering grace sets the perfect example, and I strive to model that same forgiveness and love in my own life.

I've made the choice to align myself with God, to obey His commandments, and to work on becoming more like Him. I want to live with Him again, and part of that journey means practicing forgiveness daily.

Forgiveness isn't always easy. Loving and forgiving others can feel like a heavy task, especially when it's hard to let go of hurt. I admit, sometimes it feels like a job. I'm constantly checking myself and often falling short. But the beauty of this life is that every day offers a fresh start—a new opportunity to try again—and for that, I am incredibly grateful.

When this life is over, I doubt I'll be focused on who wronged me.

I believe what will matter most is who I loved, who I forgave, and how well I chose to live.

The most empowering truth is that I always get to choose how I react. And for the many opportunities to practice grace and forgiveness, I am truly thankful.

Forgiveness is a choice that comes hard for some. When you or a loved one has been deeply wronged and hurt, it can feel impossible to forget.

Years ago, I read two stories that gave a clear contrast between someone who forgave and someone who didn't—and how it affected their happiness.

The first was a woman who had been kidnapped from a parking lot, taken to a hotel, violated, beaten, and then wrapped in duct tape and a sheet before being left as dead in a deserted area.

A photograph of a woman with short, wavy blonde hair, smiling broadly. She is wearing a white button-down shirt, a necklace with a large square amber pendant, and large, ornate earrings. The background is a red brick wall, slightly out of focus. The text 'NEVER REGRET ANYTHING THAT MADE YOU SMILE.' is overlaid in white, bold, sans-serif font in the upper right corner. The name 'Mark Twain' is written vertically in a smaller font to the right of the main text.

NEVER
REGRET
ANYTHING
THAT
MADE YOU
SMILE.

Mark Twain



REFRAME REGRET:

Instead of seeing regret as failure, view it as a stepping stone. Ask yourself, “What did I learn from this experience and how can it help me grow?” Shifting your focus from the mistake to the lesson can turn regret into a powerful catalyst for change.

- If you regret not pursuing a dream, reflect on what held you back and how you can take small steps toward that dream now.
- Forgiving yourself is just as important as forgiving others. Regret often comes with self-blame, but holding onto guilt doesn't serve you. Acknowledge that you did the best you could with what you knew at the time, and offer yourself grace.
- Write yourself a forgiveness letter. Start with, “I forgive myself for...” and list the things you're ready to release.
- Focus on the future—regret keeps us tied to the past, but growth happens when we focus on what's ahead. Ask yourself, “What can I do today to move forward?” Even small steps—like having a meaningful conversation or setting a new goal—can bring closure.
- Set one intentional action to turn a regret into a positive change. For example, if you regret losing touch with a friend, reach out to them with a kind note or message.
- Practice gratitude—regret often narrows our focus to what went wrong, but gratitude widens our perspective to what went right. Reflecting on the blessings in your life can help soften the sting of regret and remind you of your resilience.
- Each evening, write down three things you're grateful for, including lessons learned from past mistakes.

At times, I need a little extra help in releasing the negative energy. When that happens, I ask God to send angels to cut the cords attached to that energy. In my mind, I visualize angels coming and cutting those cords, drawing out all the dark energy, and sealing my aura with radiant light. I can feel when they've finished because I feel lighter, clearer, and most importantly, at peace.

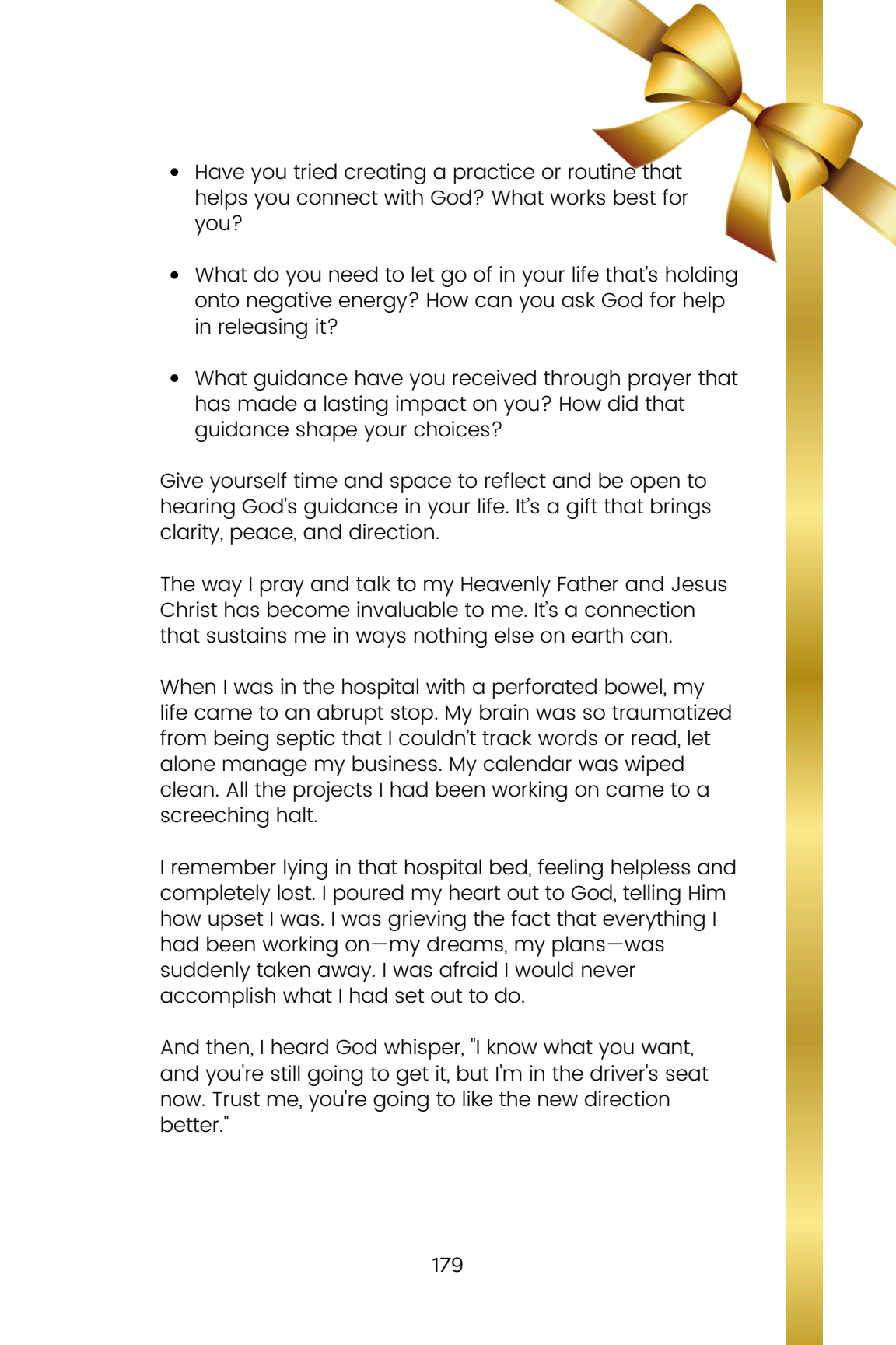
Once the negative energy is gone, I always ask God if there's something else He wants me to know. I sit quietly, listening for His answer. When I feel that I've received the guidance I need and the moment feels complete, I finish my prayer.

After a prayer like this, I always journal about the experience. I keep a prayer journal just for this purpose, to capture the insights and wisdom I've received. It's a sacred practice for me, and I like going back to read about my conversations with God. It helps me remember His voice and the guidance He's shared.

Something important I've realized through all this is that God usually doesn't speak to me when I'm caught up in the noise and commotion of the world. The most profound conversations with Him, the clearest answers, and the best guidance come when I am in a quiet, solitary space, fully tuned in, and focused on Him. It does take practice to tune out distractions and really listen for God's voice, but the peace and clarity I receive make it incredibly worth it.

Journal prompts:

- How do you feel when you're in a space of quiet and stillness? Is it easy for you to hear God's voice, or do you struggle with distractions?

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- Have you tried creating a practice or routine that helps you connect with God? What works best for you?
 - What do you need to let go of in your life that's holding onto negative energy? How can you ask God for help in releasing it?
 - What guidance have you received through prayer that has made a lasting impact on you? How did that guidance shape your choices?

Give yourself time and space to reflect and be open to hearing God's guidance in your life. It's a gift that brings clarity, peace, and direction.

The way I pray and talk to my Heavenly Father and Jesus Christ has become invaluable to me. It's a connection that sustains me in ways nothing else on earth can.

When I was in the hospital with a perforated bowel, my life came to an abrupt stop. My brain was so traumatized from being septic that I couldn't track words or read, let alone manage my business. My calendar was wiped clean. All the projects I had been working on came to a screeching halt.

I remember lying in that hospital bed, feeling helpless and completely lost. I poured my heart out to God, telling Him how upset I was. I was grieving the fact that everything I had been working on—my dreams, my plans—was suddenly taken away. I was afraid I would never accomplish what I had set out to do.

And then, I heard God whisper, "I know what you want, and you're still going to get it, but I'm in the driver's seat now. Trust me, you're going to like the new direction better."



Journal prompts:

- How solid do you feel your relationship with God is? Do you feel connected to Him in your everyday life?
- Do you KNOW that God loves you? How do you experience His love in your life?
- Do you believe that God will speak to you? If not, what's holding you back from trusting that He will?
- How willing are you to create a stronger, more meaningful relationship with God? Are there steps you can take today to invite Him in more fully?
- Do you know how to recognize God's voice? How has He spoken to you in the past, and how might He be speaking to you now?

Take a moment to reflect on where you are in your relationship with God. Whether you are feeling close or distant, know that He is always ready to meet you where you are. Your connection to Him is a lifelong journey, and it's never too late to deepen that relationship. Reach out to Him today, and listen for His voice.

With God by your side, every step is guided, and every challenge becomes an opportunity."

Take action:

Set aside 10 minutes each day this week to pray or meditate. Note how this impacts your peace of mind.



Nidhi M. Jhaveri

**THE DARKNESS YOU
INEVITABLY SUCCUMB TO IS
AFRAID OF HOW RADIANT
YOUR SOUL TRULY IS.**

BELIEF

What we believe shapes what we become. The stories you tell—about the world, about others, and about yourself—are powerful beyond measure.

I've been good friends with Patti since I was fifteen. Back then, Patti talked a lot about her dreams and what she wanted to achieve, and I thought she was unrealistic. She believed she could have what she wanted, and I couldn't see how she was going to get it.

I believed life was hard, and I didn't see a way to get what I wanted. I didn't even allow myself to dream.

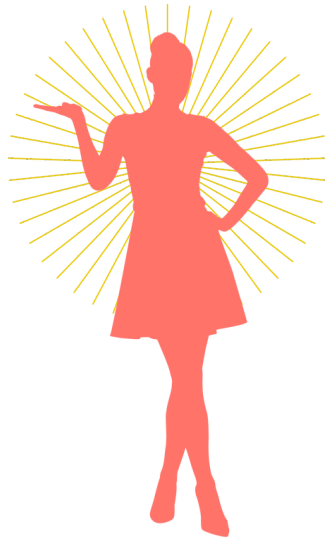
Over the years, Patti got most of the things she had talked about. I got what I expected too, which was very little. Patti's life was abundant, and mine was a constant struggle, especially when it came to money.

I used to look at Patti and feel envious. It didn't seem fair that everything worked out for her, while I was stuck in a rut.

But then I woke up, started cleaning up my act, and stopped blaming life and other people for my problems. I began to take responsibility for the life I had created and attracted.

I went deep within and discovered I had subconscious beliefs around money that kept me from attracting it. My subconscious program said people with money were greedy and selfish, and wealth was too hard to manage and would take too much work. I even believed deep down, that being poor made me a better, more humble person.

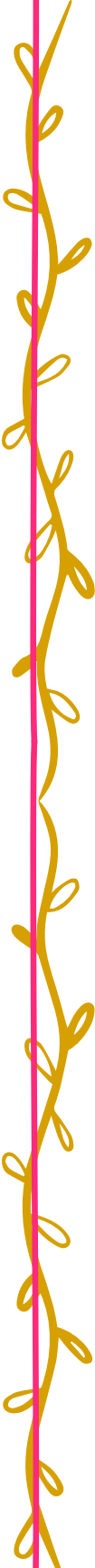
THE STORIES YOU TELL
YOURSELF ABOUT YOUR
WORTH AND POTENTIAL
DEFINE YOUR REALITY.
CHOOSE TO BELIEVE IN
YOUR STRENGTH, YOUR
DREAMS, AND THE DIVINE
PLAN FOR YOUR LIFE. LET
YOUR BELIEF IGNITE EVERY
STEP FORWARD.



Celebrate all your wins!

Make a list of actionable steps you can take to address a problem, no matter how small. Taking one step at a time can restore a sense of agency.

- State empowering declarations to rewire your brain to think more optimistically. Examples:
 - “I am capable of handling whatever comes my way.”
 - “I choose to see the good in every situation.”
 - “Today, I will focus on solutions, not problems.”
- Find the gifts in adversity. Difficult times often teach us the most about ourselves. Reflect on what challenges are teaching you and how they’re helping you grow.
- Ask yourself, “What lesson can I take from this experience?” or “How is this shaping me into a stronger, wiser version of myself?”
- Take care of your body and mind. Physical health and mental well-being are deeply connected to attitude. Exercise, nutrition, and rest all play a role in maintaining a positive outlook.
- Practice: Incorporate daily movement, eat nourishing foods, and prioritize sleep to keep your energy and mood balanced.
- Choose positivity every day. A positive attitude isn’t something that happens by chance—it’s a choice you make every day. It’s a commitment to see the light in the darkness, the opportunity in the challenge, and the beauty in the mess. That choice doesn’t mean you’ll never feel frustration, sadness, or doubt; it means you won’t let those emotions control you. You’ll acknowledge them, learn from them, and then move forward with hope.



Cultivate miracles.

- Take time each day to pray, not just for what you need, but also for the wisdom to recognize the answers when they come.
- Be present and mindful. Miracles often occur in the present moment, but we miss them when we're too distracted by worries or regrets.
- Spend a few minutes each day in mindfulness, focusing on your breath, the sounds around you, or the sensations of the moment. This practice helps you stay open to the beauty and blessings around you.
- Ask for signs. Sometimes, we need reassurance that we're on the right path. Don't be afraid to ask God for signs. They may come as a word from a friend, a passage in scripture, or even a feeling of peace.
- Say, "God, show me Your presence today in a way I will recognize." Stay open to how that sign might appear.
- Celebrate small wins. Miracles don't always look like lightning strikes. Often, they're found in small victories—a breakthrough conversation, an unexpected opportunity, or simply the strength to keep going.
- At the end of each day, reflect on one "small miracle" you experienced, and give thanks for it.
- Extend kindness and service. Miracles often flow through us to others. When you extend kindness or help someone in need, you become a vessel for grace, creating ripple effects you may never fully see.
- Perform one act of kindness each day, no matter how small. Watch how these acts transform both your life and the lives of others.

SHINING

Shining isn't about being perfect or standing in the spotlight. It's about living authentically, embracing your journey, and radiating the light of who you truly are. This is the moment to step into your brilliance.

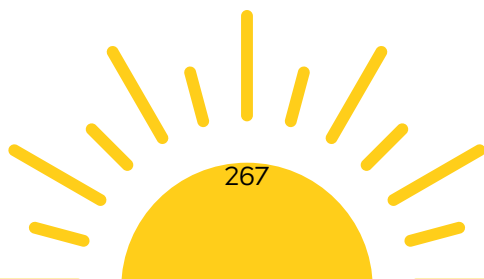
Over twenty years ago, I heard Wayne Dyer share a story about meeting his uncle, who was nearing the end of his life. His uncle, filled with regret, gave him some powerful advice: "Wayne, don't die with your music still in you."


Wayne said that moment touched him so deeply, it changed the trajectory of his life. Every decision he made after that was guided by those words. When I heard his story, it struck a chord within me too.

At the time, I was wrestling with my own questions: What is my piece? What am I here to do? I had so many self-doubts, but I knew one thing for sure—I didn't want to die with my music still in me.

I had recently learned about the concept of a universal energetic pie, one that contains a gazillion slices—a slice for every single person born on this planet. Each slice is unique, filled with purpose and potential, perfectly tailored to the person it belongs to. This divine piece is ours alone, and no one else can fulfill the mission it holds.

It's our responsibility, even our sacred calling, to discover what wonderfully unique piece is and use it. If we don't, it will go to waste. When I first learned this, it made perfect sense to me.





Since then, I have prayed often for God to reveal my piece—to show me my purpose. Over time, He has made it clear: I have a message to share with the world.

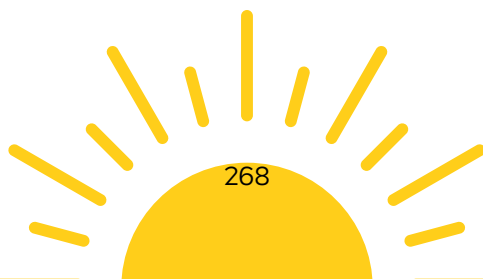
But I'll be honest—fear has held me back. I've hesitated, afraid to put myself out there and truly share what God has placed on my heart. Looking back, I realize I could have accomplished so much more by now if I hadn't let perfectionism and criticism discourage me. For far too long, I allowed those two showstoppers to weigh me down, keeping me from living up to my God-given potential and sharing my message.

Perfectionism is the false belief that something isn't good enough unless it's absolutely flawless. Criticism, on the other hand, is the belief that imperfect efforts are unworthy and laughable.

Criticism often takes the form of mocking someone or finding fault in a mean-spirited way, focusing on perceived "lack." Both perfectionism and criticism are rooted in pride, and people in an elitist state often use them as a shield to hide behind. These are two of Satan's most effective tools, especially against those who aren't enticed by his more obvious vices.

I've fallen for these lies before. I've doubted my work, believing it wasn't good enough. I've been critical of my own efforts, afraid of being laughed at by others who thrive on criticism. And unfortunately, my fears have been validated.

When I was writing my first book, I shared it with someone I trusted, and she laughed at me, and asked, 'Who do you think is going to read it?' Another person told me I wasn't educated or qualified enough to write a book and said no one would take me seriously.





YOUR TURN

Self Reflection:

- What unique gifts or talents do you have that the world needs? How can you begin sharing them more openly?
- Reflect on a moment when you felt you were truly “shining.” What contributed to that feeling?
- What fears or beliefs are holding you back from embracing your full potential? How can you release them?
- Write about someone who inspires you to live authentically. What can you learn from their example?
- Imagine your future self fully living out your purpose. What does that look like, and how does it feel?
- Reflect on how perfectionism or fear of criticism has affected your decisions. What can you do to overcome these barriers?
- Write about a time when you turned a failure into a stepping stone. How did it help you grow?
- What would you tell someone else who feels afraid to share their light? How can you apply that advice to yourself?

You've got this!


Oh, my friend, your story is a masterpiece in progress, uniquely designed to shape the amazing person you are becoming. Every trial, every triumph, every tear, and every smile has a purpose.

Keep your chin up and own your journey as you boldly walk into the next chapter of your life. Remember, you have the power to turn even the hardest moments into something beautiful!

And, just look at you SHINE! ❤️



I'm cheering you on!



WE SPEND SO
MUCH TIME
STARING INTO THE
DARKNESS THAT
WE FORGET THAT
ALL THAT SHINES
ABOVE US ALSO
SHINES WITHIN US.

Tyler Knott Gregson