Sit In & Show Out

Topics Discussed

- Trust & Faith
- Owning your Emotions
- Identifying Value in Self
- Shift

"An ultimate guide on personal development and self worth series to help heal emotional wounds."

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Dedication

The gift that keeps giving, To my daughter.

You will be so much better than me, braver and stronger than me, because as long as I live, I will guide you in a way that even when I am no longer, you would be in tune with your intuition, hopefully like mummy.

To everyone who has inspired my journey to finding self and everyone currently on that journey and to motherhood that helps you look within.

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Welcome Note

This is for everyone trying to become a healthier version of themselves. If you've come across this book, I'm glad it found you. Healing can be hard, but becoming whole again is so possible if you just look within you and identify that your existence is far greater than your current situation.

We'll walk through these journeys together. I love you.

Didi

Shift

A "shift" is a slight change in position, direction, or tendency. In the context of life's circumstances, a shift can be for the better, but in many instances, it takes an unpleasant turn, forcing one to look inward rather than at external forces.

In my case, I went through a divorce that left me distorted. This came after a series of heartbreaks while I was still hopeful for love and building my own family, especially since I was raised in a single-parent household. The experience broke me on so many levels. I questioned myself, my worth, and my principles. However, it also opened a portal for me to truly connect with myself on a deeper level.

While a shift is tough and varies for individuals, one thing I took from it was growth, regardless of how difficult the beginning was. This growth touched every aspect of my existence: emotionally, mentally, spiritually, financially, and physically. It required deep reflection on how I had lived, my patterns, and my choices, and a re-evaluation of my core values.

A shift requires you to find yourself in honesty and forgiveness, challenging you to step into a newer, better, and whole version of yourself. It allows you to test your surroundings and even redefine existing relationships, which can be an unpleasant process of losing people but also gaining new people and opportunities that align with who you have become. It's a bittersweet experience: having to leave behind the familiar while welcoming the true you in all your essence.

Anyone reading this has likely come to understand the scariest realities of growth, expectations, and betrayals. Most importantly, you understand the necessity of defining your values, nurturing your relationships, and living intentionally. You realize that the trajectory of your life is shaped by every decision and action you take daily, both big and small. Intentionality and self-awareness are paramount.

Asking reflective questions helped me identify myself better:

* Who am I?
* What are my strengths and weaknesses?
* What is this period teaching me?
* How can I be better moving forward?

On a journey of self-discovery, it's important to preserve yourself. In that self-preservation, I found God. I knew I didn't want to be the person the pain tried to make me believe I was, because of how sunken I was in my trials. I knew I couldn't do it alone, so I asked God to fill my heart with trust in His word to carry me through. In abundance, I found ease, peace, and light. God preserved me to serve a purpose bigger than any pain I felt—a purpose of healing, breaking generational cycles, and changing lives and stories by speaking about my journey.

To truly find yourself in a shift, you must find your identity in God and have confidence in your path to grow past difficulties. Be grounded in yourself and love in wholeness, far and free from ego or expectations, truly embracing people in their entirety.

Self Worth Series

Don't overprotect your heart from the awareness of the hurt you go through; allow yourself to love and be loved. Read more, dance more, sing louder, have fun, and keep your spark lit. Emotional maturity is being honest with yourself and being truthful about the parts you played in your own suffering, even if it hurts. Learning to be patient with yourself through it all is paramount.

Didi

Rejection

It's okay to feel hurt when people you love unconditionally judge you or your decisions during a shift in your life. It's true that most times, people's judgment of you says more about them than it does about you. That realization should strengthen your spirit, as it's not always about you or an indication that you are the problem. People's judgments of things and life scenarios result from their personal journeys, understandings, and life experiences.

Remain authentic and whole on the course of your life's journey, and know yourself well enough for the judgment of others not to affect what you think of yourself. Remain whole and pray for discernment in your decisions about the company you keep.

The spiritual lesson about judgment is to learn to stay true to your path and be as kind as your conscience and conviction permit, for your maker and not for any human. This is especially true if your path is designed for selfless fulfillment. Do not let the hurt of a situation steal the essence you were made for. It's beautiful to go through a hard time and come out with your heart intact; you see and live differently. And now, you live for the glorification of God and not to please man.

Still a lover.

Most people describe my "hard girl" front as my true nature, but maybe it's just a front to hide how delicate my heart is. I cry when I'm happy, I cry when I'm sad, I cry when I experience an act of kindness, I cry when

watching movies, and I cry when I have a fallout with the people I care about.

I feel things so strongly that I can sense the energy around me. That's why I'm extremely happy around those who are, and sad around those who feel so. I absorb these feelings and could even cry with you for no reason.

I strongly believe in love. Even when treated with unfairness, the answer for me is still love. Sometimes I go crazy too, but I wear my heart on my sleeve because I suck at hiding my feelings. I will always come around to make peace, even when the other person is at fault. For many years, I considered that a weakness, but the older I get, the more I understand that it has been my strength over the years. Understanding that it is a strength to love over and over again, even after being hurt repeatedly in a world so cold, where vindictive hearts seek vengeance and try to rob you of your kindness and empathy. Still, you give love without a price, but with discernment. That's the closest to the purest of love shown to us by God—never allowing the coldness of the world to quench the fire in my heart and still holding on to good values.

Some days it gets exhausting, and I'm tempted to give in. Most days, I fail at this.
Some days I want to be as cold as the world has been to me, but still, I fail.
Some days I don't want to care anymore, and most days, I still fail.

Now I understand that this incredibly large heart of mine is a gift. And what shall it profit me to lose the purpose for which it was created? God knew I was capable of giving it out so freely. Instead of letting my cup overrun, I pour into empty glasses with so much fulfillment, knowing I will get it back—maybe not through the same vessels (this can be very heartbreaking, but I've learned and am still learning to deal with that).

I realize that my aim is that when my time is finally over in this world, more than monetary values and touching lives, I am remembered for showing love and kindness, for being a source of joy, hope, faith, and belief in my maker. More than words, I want to show people that the grace of God is upon all souls who believe in it. The world will try to change you, but never forget your purpose. All you need is to ask God for clarity, mercy on your path, and ease through the storm.

It's heartbreaking to go through rejection in whatever form it comes. Chances are it leaves you feeling betrayed, not just by people but even by your own self.

Betrayal Trauma

This happens when someone you trust deeply, like a family member, close friend, or partner, betrays you. This deep sense of betrayal can affect your sense of trust and even safety, leaving you with more emotional scars than you might admit. It doesn't just hurt; it changes how you view trust, relationships, and even yourself. It shows up with you being:
* Confused
* Afraid of vulnerability
* Anxious
* Distrustful, even when you haven't been given a reason to be
* Emotionally numb
* Full of self-doubt

Ways I Tried to Overcome That:

- Embrace the messiness of healing. (It's okay to take steps back to process)
- Challenge your negative beliefs about trust. Start small by allowing yourself to trust yourself first, and then take baby steps with others.
- Forgive yourself and learn to let go of the situation. It's okay to take your time; healing isn't linear.
- Celebrate the progress you've made in being able to open up to someone and set healthy boundaries.
- Take things slow.

Self Worth Series

You are losing people and parts of yourself that you have identified with for too long. Embrace the growth. See the lessons in the depth of the problem. Stop drowning in the pain.

Didi

Expectation vs Reality

Sometimes, we have expectations of the things God should bless us with, solely because we've been good and followed the books, whether or not we put in the effort. This is very unrealistic sometimes because I've realized that no matter how much you think your star shines, you must labor. You cannot expect great things just because you prayed for them if you didn't put in an effort to prepare for your walk down that path.

Life experiences will sometimes come when you're not ready. For some, this will put you in a place where you mostly feel pain and dissatisfaction with your own expectations of how you thought your life should have played out. You may fear not being strong enough to achieve the things you truly want, which affects your ability to trust yourself because you feel like you won't get it right again.

The first thing is to heal at your own pace. It's okay to get hurt, and most importantly, be intentional enough not to put yourself through such pain again. Healing also means not projecting your fears onto the decisions you make or the meaningful interactions you would usually have. Take a break if you need to—be it from work, family, or friends—but be careful not to shield yourself from the people who make an effort to be in your life.

Premature healing will only drain you more than whatever hurt you in the first place because we learn every day in life, and sometimes that means falling too. Everything you do and who you are is connected to all of the stories in your journey.

The first step is forgiving yourself and making a conscious effort to apply the lessons so you don't carry so much weight. Otherwise, you might end up enjoying solitude to the point where you become starved of the things that once made you happy or the motivation to put in the effort you ordinarily would. Do not lose your essence because of the guard you have built on pain. You might find yourself suddenly mad at everything and everyone because you think things aren't the way you had expected, forgetting God's promises and His timing, which is undisclosed to anyone.

Solitude can become the only thing that is soul-satisfying because you think whatever state you find yourself in was mapped by your own decisions. You end up drowning so much in the awareness of your pain that you forget to live, all while trying not to be a burden. This is the worst way to recover because you will find yourself sinking even more and not admitting you need help. This is common for people who are used to being everyone else's support system.

Here are some steps to take:

* Forgive yourself.
* Communicate with God.
* Take breaks if you have to.
* Take time to re-strategize. Find out what you're doing wrong, and if there's anything, make a conscious effort to amend it.
* Find energies that match your happiness.
* Learn to see the lessons rather than holding onto the failure or hurt.
* Cultivate emotional independence. It saves you from constantly explaining situations.
* Understand that sometimes you have to fall to find your faith. God hears you.

Reach for success regardless, and put in the work and effort that's required. You can only attain success when your heart is at peace, happy, and whole again; this gives room for productivity and work.

Normalize total forgiveness and not holding on to bitterness. Find the good in everything and remember that you attract what you are, which should also encourage you to build character and integrity. Relief comes from the conscious effort to *"be"* —the effort to change and the effort to keep pushing yourself to reach your maximum potential.

Do it with integrity and humility, smiling and giving thanks even on your hardest days, knowing that each day you are closer to what's truly destined for you. Putting God first has been a major source of strength for me from within, on days when I feel my best and on days when I don't.

You aren't broken; you're learning to heal in your own way, and remember, healing isn't linear.

Didi 🌹

Grieving

It's hard, no matter how you look at it. However, one thing I've learned in the process is to sit with my emotions and not run from them. This means not just identifying what you feel, but understanding why you feel it and what it might be masking.

It's discomforting to feel these emotions, but it's important not to judge them or try to find ease in things like love, rebounds, money, sex, or habits. Instead, you can find ways to minimize their impact.

It's paramount that during this period, you **take care of yourself.** Understand the message this season holds and how it's impacting who you are, and who you're meant to become. Embrace the realities of it, and bear in mind that real healing starts when you stop trying to rewrite the past.

Finally, **stop feeling guilty** for the ways your emotions played out, especially when you didn't even know yourself well enough to name the feeling.

Keep going, it gets easier. Chase experiences, not people. Be more intentional about your circle and how you invest your time and energy. If your friends are so different and can't or don't accept you, don't force yourself to fit in. Your people will find you on your journey to being your most authentic self.

Didi 🌹

Owning Your Emotions Without Guilt

Managing my emotions and reactions has been one of the toughest, yet most valuable, journeys in my personal growth. Some days I want to pick my battles, and other days I want to snap. Regardless, I've been doing great at staying grounded.

What if you weren't too sensitive? What if you simply required that you be treated better, and that meant others also looking within themselves—a journey they weren't solid enough to walk through yet? Sometimes, we're just not in the same season, no matter how perfect you think a situation could get. And that's also okay.

I've learned that emotional awareness is so profound. It will ultimately lead you to acknowledging your triggers, understanding why, and putting in the necessary work. That awareness helps you develop yourself emotionally and intelligently enough to not be pushed out of character.

As a professional liminal seeker, I can categorically tell you that what's on the other side of your courage to remain on course is beyond what you can imagine, in all the best ways. Character development (with realistic check-ins and accountability), alongside confidence in self and truth, is one of the most underrated forms of protection. It's all about understanding your journey.

Learning to say no, and not feeling guilty for your boundaries and enforcing them where they matter, is a major part of your growth. Every decision you make that concerns you is that serious. Feel your emotions, and create boundaries without feeling guilty.

Didi

Letting Go of Control

They say uncertainty is reality. We truly cannot control the outcome of every situation. I once read that "high intentions and low attachments" is a mindset crucial for survival as we pursue our purpose, and it's a philosophy I've been embracing.

I've been learning to detatch and let go of trying to control outcomes, especially those beyond my influence. It's about releasing my "kung fu grip" on needing and wanting life to go exactly as I envision. Instead, I'm rerouting my focus to how things feel and truly are, as opposed to just how they look. It's like jumping into a river and simply letting it take you, seeking beauty in your current surroundings while resisting the urge to fight the current. This isn't about being docile, but accepting that nothing feels permanent.

Try not to bottle up bad experiences, or cling to pain, anger, or those things you can't take back or control. Instead, focus on what fills you positively. It takes a level of honesty and accountability to understand why, and to choose to remain grounded in it. Even in pain, there will be countless opportunities to feel better. It's up to you to hold onto those reasons to feel better and consciously embrace the good, not just for yourself, but for the health of your soul. Your actions in directing what concerns you reflect what you feed your soul and what truly matters most to you. Your journey is orchestrated by your soul; it shouldn't be easily penetrated.

Letting go of what you can't control and what no longer serves you ultimately serves you. Embrace growth when it comes. Understand the purpose of your fresh starts, and drop old habits that don't serve your mind, discipline, and goals. Hold onto what makes your soul smile and aligns with you from within, no matter how long it takes. When you can't find that specific purpose, your passion will always lead you.

Self Worth Series

And when you're in a better space, **you'll increase your capacity to hold space for the people you love**. So, take your time and heal. Find what makes your heart spark.

Didi

Healing Loudly

I'm incredibly grateful now for the gift that was once a heartache. It took me four years to process, feel confident about it, write about it, and share it.

Failed relationships can feel like the greatest setbacks in life, especially for those who love with their whole being. If that relationship was a marriage, you might almost feel like your life is over. Then, the perception of others sets in, and before you know it, you're living in fear of telling your truth because of the shame you feel, as if you've failed.

I believe the relationships we nurture, and how they end, can truly uproot whatever self-confidence we've struggled to gain over the years. The ending changes us, whether we realize it or not. But if you look closely, that relationship had been screaming for you to pay attention to your own foundation the entire time—your fears, your insecurities, your hopes, expectations, and frustrations.

I can confidently say that this year, I finally found my way back home to myself. I'm not lost, not unsure, not unsafe. This is the year joy became easier to feel and to give without holding back or uncertainty. More than anything, I'm prioritizing peace, nurturing my heart, my thoughts, my expressions, and ensuring I'm in the right frame of mind and space to truly nurture everything I say I love.

After years of believing that love was somehow indefinitely out of my reach, and years of conflict with my inner self and healing my inner child,

I've finally come to understand myself. I've remembered who I was, embracing my journey and all that I truly am, unapologetically.

Breaking free from things that no longer serve you isn't betrayal; it's self-preservation. You are absolutely allowed to choose your peace. Redefine loyalty on your own terms, my love. True loyalty is mutual, respectful, and free of fear. Toxic loyalty will keep you stuck in cycles, drained, and leave you second-guessing yourself.

More often than not, you have to check in with yourself. Are those patterns traced back to how you were raised or shaped by your childhood experiences? The part of you that holds your childhood memories, wounds, and unmet needs can manifest in different ways, situations, and relationships as we adult. That part requires you to question yourself: your patterns, your anger, your hopes, and parental expectations.

Filling that void comes from answering those questions, and dedicating effort to healing your roots. This not only helps you do better as a person, but also in love, friendships, and even your relationship with money. (Yes, really!)

My Path to Healing: Nurturing My Inner Child

Healing your inner child is the pathway to becoming who you were always meant to be. Daily, I uphold intentional practices to nurture that girl, and here's how:

- *Practicing gratitude and self-kindness:* I engage in gratitude journaling and speak to myself with kindness, giving myself grace to unlock new levels of growth.
- *Building faith and knowing God:* This has been the best decision of my life.
- *Identifying problems and triggers:* I work on creating healthy ways to comfort myself and fill voids.
- *Loving authentically:* I've opened my heart and learned to love from a place of authenticity and wholeness, rather than need or possession. Understanding that authenticity is the highest form of love—free from ego, just rawness—is key. When you grasp this, you understand love itself.
- *Embracing creativity:* I express my creativity by doing things I enjoyed as a kid (you can even add "the painter" to my descriptions!).
- *Making intentional choices:* I identified my values and now honor them in my decisions.
- *Regulating emotions and staying grounded in self-awareness:* As I read somewhere, "Your aura is a reflection of your mind," and I want mine to feel like soul candy you can almost taste! 😂

- ***Building positive habits and shedding negative ones:*** I've cultivated new habits that resonate with my journey positively and dropped old, negative ones.
- ***Reclaiming my power:*** I stopped feeling sorry for myself (only you can save yourself!), let my personality shine through regardless of how it looked, and upgraded my mindset to match my purpose.
- ***Navigating parental expectations:*** I've learned to approach their decisions with more openness and understanding, while also questioning things I thought could have been better. I worked on what I could, let go of what I couldn't, and started to live for me.
- ***Admitting wrongs and communicating clearly:*** I've committed to being more disciplined and accountable with both my emotions and finances.
- ***Embracing vulnerability:*** I stopped defending my insecurities and learned to be more honest with myself.
- ***Celebrating myself:*** I applaud myself and celebrate my wins, big and small, creating a sense of self-trust and worth.

Self Worth Series

Acknowledging when you are wrong, without blaming external forces, isn't weakness. Learn to let things go, stay rooted in your light, and things will gracefully unfold.

Didi

Trust Starts With You

The truth about trust is, it starts with you! When you are true to your own words and when you stand firm in yourself, your words, and your goals, and then follow through with them, you begin to recognize and believe in your own capacity.

This is when you start to attract trustworthy souls too. You become a magnet for individuals willing to share their deepest truths and journeys with you, because you exemplify trustworthiness. You earn trust when you honor yourself and your commitments, staying faithful to your own path.

As someone who used to mold her feelings to align with others' perspectives and lacked self-trust in making certain decisions, I can tell you this: How can anyone trust you if you don't trust yourself? How can they if you don't honor your own intuition and have a mind of your own?

If you ask me, to earn trust, you have to learn to trust yourself first. Honor your inner voice, even when it doesn't make sense to others but you

Trust your intuition, even when it doesn't align with someone else's logic. Be easy with yourself in your liminal phase; the new you needs your mind to tune in gracefully.

Didi

Finding Value In Self

Over time, I've accepted that writing, listening, and reading have become my strengths and also my outlets. I've come to understand that writing has profoundly helped me heal, express myself, and rediscover who I am. On this path, I've learned to change the way I talk to myself and about myself. Now, it's time to change how I listen and how I act.

I once believed that self-confidence primarily stemmed from how you perceive yourself physically (and while that plays a role, of course, in how confident you feel in your appearance). However, I now understand that you can only build self-confidence by being confident in your own words and the promises you make to yourself. It's about honoring your commitments to yourself and trusting your everyday decisions to build a purposeful life. How can my word be my bond with the outside world but not with myself?

I used to struggle with promising myself I'd never be treated in a particular way, and I failed many times, sometimes cutting deeper than before. I've repeatedly broken my own spirit with the things I allowed. However, recognizing this is a vital step toward growth and change. What about being firm on those intentions and boundaries that are necessary for your growth?

Some people might say it's not a big deal to fail at choosing what's right for you. But here's how I see it: Imagine if you had a partner (of any kind) who constantly made promises they didn't keep. You'd start to lose trust in them, right? The same applies to your relationship with yourself, which is the most important one and affects all others. If I can't trust myself, then

cannot be confident in my word and intentions, and that truly diminishes self-worth.

I'm simply striving to reach a place where if I set a standard or a goal for myself, I have absolutely no doubt that I'll see it through because I've grown to be committed to myself and the promises I make, with genuine enthusiasm. Honestly, the more life I experience, the more my values change. I find joy in the simplest things and am stripping myself of external things I once thought made me whole, beautiful, and worthy. I played those roles in some cases, never accepting the truth that I am those things with or without the extras.

It has been quite a journey to reach this belief, especially when you spend the majority of your life seeing yourself in the opposite light without even realizing it. I've let go and truly embraced this new version of me that sometimes feels scary until it doesn't anymore. So, as my fears and traumas continue to fade away, I'll keep getting used to this bold, high-vibrating girl—this girl who is self-regulating her emotions and maintaining her energy without being affected by anyone else's. You simply can't tell me what to do.

It took a lot to get here. It took me, my broken story, finding God, and truly finding my confidence in His word. When we pray, we build capacity that qualifies us for greater glory. That hurt that pushed you here is the start of a beautifully curated life in God's love for you.

Reflective Questions for Self-Trust

For anyone else who struggles with keeping promises to themselves, here are some reflective questions I ask myself:

* Can you trust yourself to do the things you say you would and follow through?
* Can you trust yourself to comfort and soothe yourself without relapsing into old habits to feel good?
* Can you trust yourself to get through situations, enough to create and stand firm on your boundaries?
* Do you trust yourself to lead you to creating a life of wholeness, success, and honoring commitments to yourself?

It's not that your emotions are complicated; it's the thoughts you hold about them. Reflect on how you feel about them and why.

Living Your Values

Your best accessory is your self-respect and your ability to take yourself seriously. Your life is a reflection of small habits, your values, and your standards. This includes the things you are willing to tolerate, which sets the

tone for how you are treated.

Discipline in all aspects of your life—from financial to relational, and even sexual—should be intentional and respectful, helping you live in your fullest potential. Honor your commitments to yourself, especially those that will sharpen your mindset and help you grow positively, building a reputable personality you can truly bank on.

* Who do you want to be known for?
* Are your daily life choices helping you get closer to your dream life and goals?
* What are your key values?
* What would you want to be remembered for?

Self Worth Series

When you start being true to yourself, you don't just attract trust; you become its embodiment. This is because you are whole and you trust yourself to lead you right, before anyone else.

Didi

Rebirth

Gently shedding old layers of yourself until you recognize the magnificence that's been waiting to emerge all along... this is rising into a life that's better lived, with greater purpose and clarity. It's about surrendering all that you are, letting it rise to the surface, and being fully expressed.

Too often, doing you and not pleasing the world is associated with being "bad," "rebellious," or "loose." But what makes you think that conforming to what you've been molded into by society or parental guidance is any better? Or are you simply amazed at how well someone can be an authentic version of themselves in a world that says no and dares you not to be? We should say "thank you" to beings like us, because you don't just find them everywhere, especially not here!

I'm going to continue to exist without guilt about how my story has been lived or told. You don't have the capacity to tell me how to be, heal, feel, or act. Why? Because every pit I fell into was on a path others paved, because I was too scared, uncertain, full of doubt, or lacked confidence in the decisions I made for myself, not grounded in the values I knew deep down were right.

More than ever, I am very confident in my path, and unapologetically so. I'm not shrinking any part of my being or entity to fit anyone else. No more people-pleasing to feel loved or whole. I've learned to welcome even the parts of me that aren't so beautiful. They all coexist, and those who truly love you wouldn't highlight your flaws to exist in your world. Naturally, you learn to make compromises because of how effortlessly you've been l

oved, flaws and all.

Finding my confidence in God and truly rooting for myself was all I truly needed to explore all I've been created to be.

Redefining Loyalty and Embracing Change
Breaking free isn't betrayal; it's you preserving yourself, and you are absolutely allowed to choose your peace. Redefine loyalty on your own terms, my love. True loyalty is mutual, respectful, and free of fear. Toxic loyalty will keep you stuck in cycles, drained, and leave you second-guessing yourself.

When you change yourself, you change your perception. You see things you never saw before, and those things you saw before will never look the same. When you change for yourself, you sometimes change everything around you. Some goodbyes can be painful, but because you have grown too big, or hope to grow better, you have to embrace change. And that also requires growing out of spaces that don't foster that growth.

When you change yourself, it often changes the people in your life. While this can come with painful goodbyes, looking at the bigger picture and understanding time and season will bring you more fulfillment. When you change yourself for good, you heal your lineage. You heal your world and create safe spaces for every good thing that's on the other side of your fears—for everything that supports who you've become. For you, your offspring, and those you love, it all comes from a place of wholeness.

Embrace change when it comes. Don't force or shrink yourself to remain in the familiar.

Self Worth Series

Forgive the old version of you to make room for the new you with no baggage. What's meant for you will stay, and what's not will find its way. **Stay on course**.

Didi

Bloom

Flourishing is more than just a word; it's a profound state of being. It signifies:

* Rapid and excessive growth: A period of intense development.
* A state or time of beauty, freshness, and vigor: Embracing vitality and renewal.
* A state or time of high development or achievements: Reaching new pinnacles in your journey.
* To mature into the achievements of one's potential, flourishing: Fully realizing and expressing who you are meant to be.
* To shine out, to glow: Radiating your inner light.
* To appear unexpectedly in remarkable qualities/quantities: Manifesting extraordinary aspects of yourself.

In this season, it is imperative to start seeing yourself the way the spirit sees you. Do not cling to the things that have broken you, as they can hinder your true growth. Sometimes, you must be broken to be evenly distributed, and the old you must perish for the new you to be born.

Remember, on your new path, there is a consequence for every action and every approach you take in life, whether good or bad. Let your lessons fuel you, and allow your intuitions to guide you. All of these things would be impossible without faith.

Lead in your light, but this time, be mindful of who is giving you the directions.

Overextending yourself isn't kindness. The opinion of anyone about you choosing yourself isn't a reflection of your worth. Do the things you know are best for you.

Didi

30 Days Self Reflective Prompts

Day 1 What was a major turning point in your life?	**Day 2** What changed your perspective about life?	**Day 3** What's something you now love about yourself that you once didn't?	**Day 4** What are your greatest strengths?	**Day 5** What small habits can help you become your ideal self?
Day 6 What fears are stopping you from pursuing your dreams?	**Day 7** What 3 things could you achieve if you fully believed in yourself?	**Day 8** How can you show up for yourself like you do for others?	**Day 9** What have you fought to overcome that you're proud of?	**Day 10** Do you express gratitude for how far you've come? Reflect.
Day 11 What self-limitations do you need to challenge?	**Day 12** What's something about yourself you love but rarely mention?	**Day 13** How has your self-perception evolved over time?	**Day 14** What does 'purposeful living' mean to you?	**Day 15** What does self-love look like in this season of your life?
Day 16 If you could comfort your inner child, what would you say?	**Day 17** How can you show up for yourself authentically, guilt-free?	**Day 18** What beliefs about yourself no longer serve you?	**Day 19** How do you speak to yourself when you fail, and how can you improve that?	**Day 20** What personal boundaries do you need for your well-being?
Day 21 When do you feel most aligned with your values? How can you feel that more?	**Day 22** What parts of yourself have you neglected? How will you nurture them?	**Day 23** Do you embrace your wholeness even if it defies others' expectations?	**Day 24** What moments make you feel closer to God? How can you improve that connection?	**Day 25** What distractions have kept you from being your best? How are you conquering them?
Day 26 What inspired your journey of self-discovery and living purposefully?	**Day 27** What are your 3 major goals? Are your daily actions aligned?	**Day 28** How can you step out of your comfort zone to grow?	**Day 29** What does your most fulfilled self look like? Describe them.	**Day 30** What does wholeness mean to you, and how can you live from that place daily?

THANK YOU!

Thank you for reading.
Thank you for reviewing.
Thank you to the buddy intimate readers.
Thank you for making these worth it

About Me

My name is Hadiza Shuaibu, a Civil Servant with the Ministry of Youth and Sports from Kogi State (Bassa-Nge tribe, Makira, Lokoja).

I bring over six years of practical experience in Human Resources and youth development, focusing on personal development and self-actualization strategies. My background in International Relations and Strategic Studies fuels my commitment to counseling, development, and process improvement.

I'm passionate about empowering youth to overcome limitations through career advice and positive content, a dedication rooted in my student days. I'm committed to education, mentorship, and continuous learning, always seeking new ways to enhance my knowledge and relational skills.

My goal is to inspire resilience and joy, encouraging others to find purpose and achieve their most fulfilling lives—emotionally, physically, and financially.