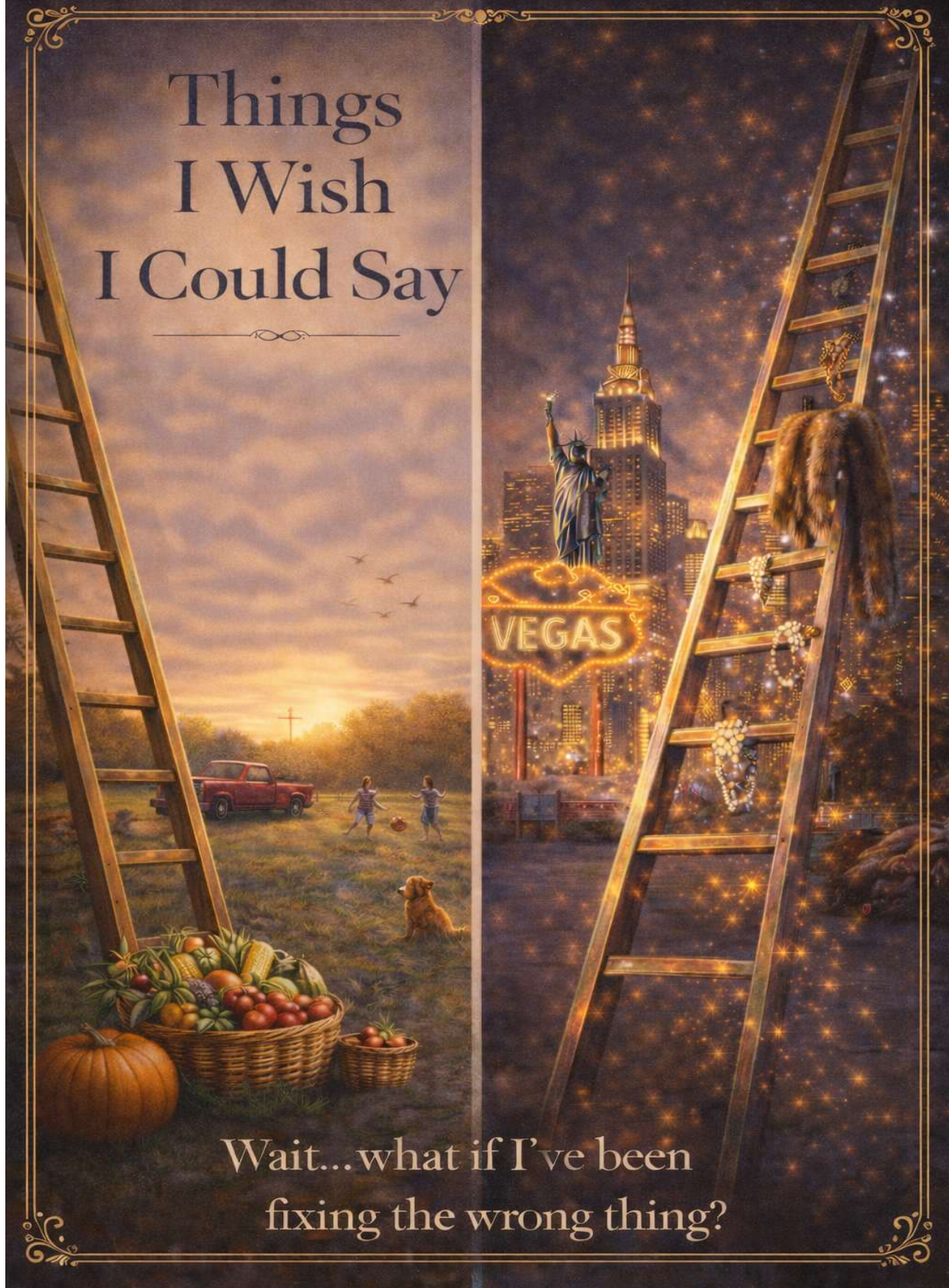


# Things I Wish I Could Say



Wait...what if I've been  
fixing the wrong thing?



# Things I Wish I Could Say

*“And who knows whether you have come  
for such a time as this?”*

— **Esther 4:14**





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Miss Bess

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Verses are presented in sequence for study and reflection.

Emphasis is added where noted.

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## **VERSION**

Version 1.0 — Prepared for print and digital distribution, 2026



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**THIS BOOK IS FOR YOU,**

I wanted you to have this because

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You don't need to read this all at once.  
You don't need to agree with everything.

I just hope you'll read this knowing  
**you are seen, valued, and not alone.**

With love,

... because some things are easier to give than to say.



## DEDICATION

**This book series is dedicated to Jesus —**

who meets us right where we are in our emptiness  
and fills us with purpose we never could have planned.

To the One who took me  
from feeling forgotten  
to feeling fully alive.

To the One who taught me  
that perspective changes everything —  
and that surrender is not loss,  
but freedom.

To the One who patiently walked with me  
from loneliness  
into joy, meaning,  
and a life worth giving away.

Every page.

Every lesson.

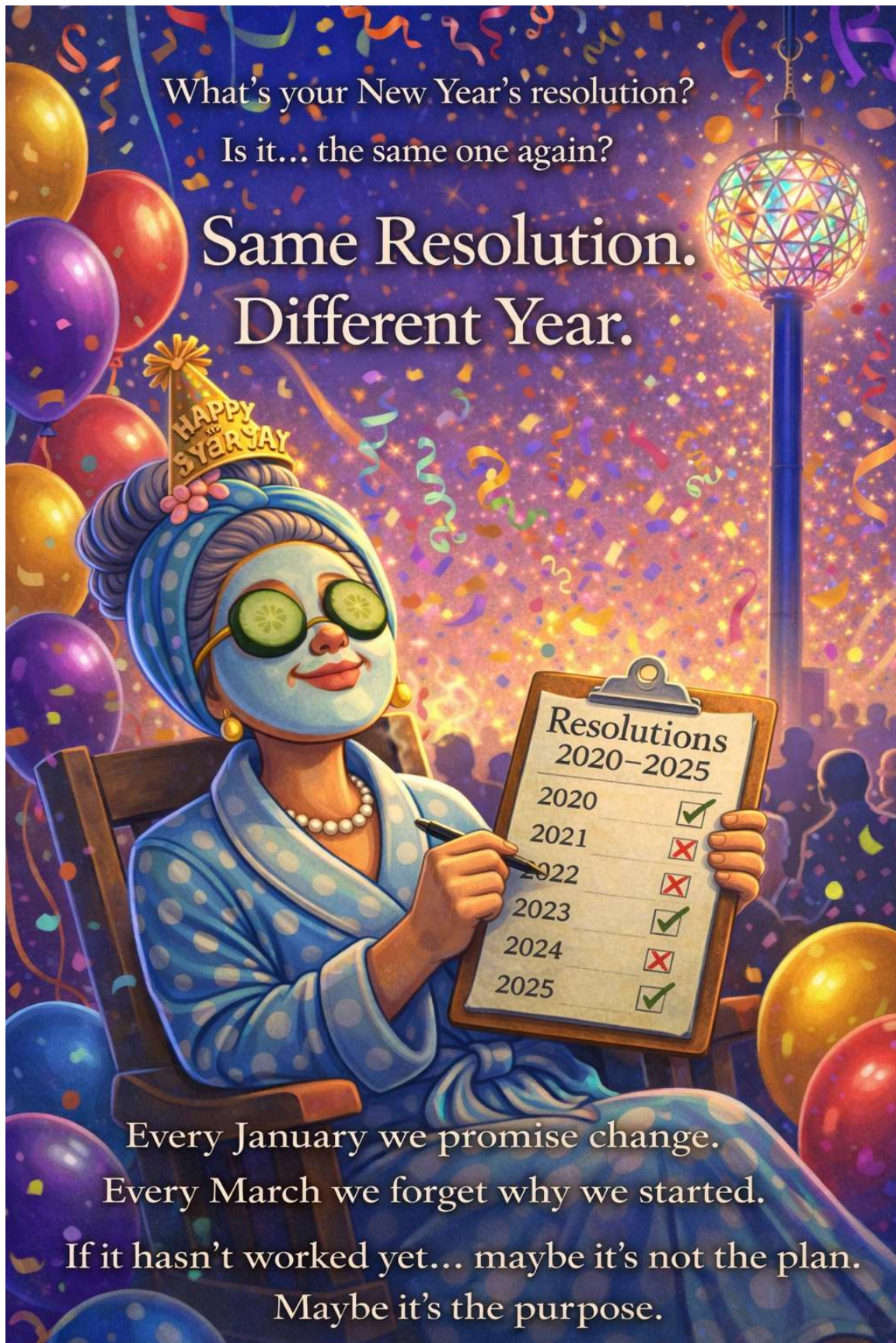
Every hard-earned truth  
belongs to You.

Thank You for this journey —  
and for reminding me that  
when we are willing,  
You are faithful  
to lead us all the way.

What's your New Year's resolution?

Is it... the same one again?

## Same Resolution. Different Year.



Every January we promise change.

Every March we forget why we started.

If it hasn't worked yet... maybe it's not the plan.

Maybe it's the purpose.

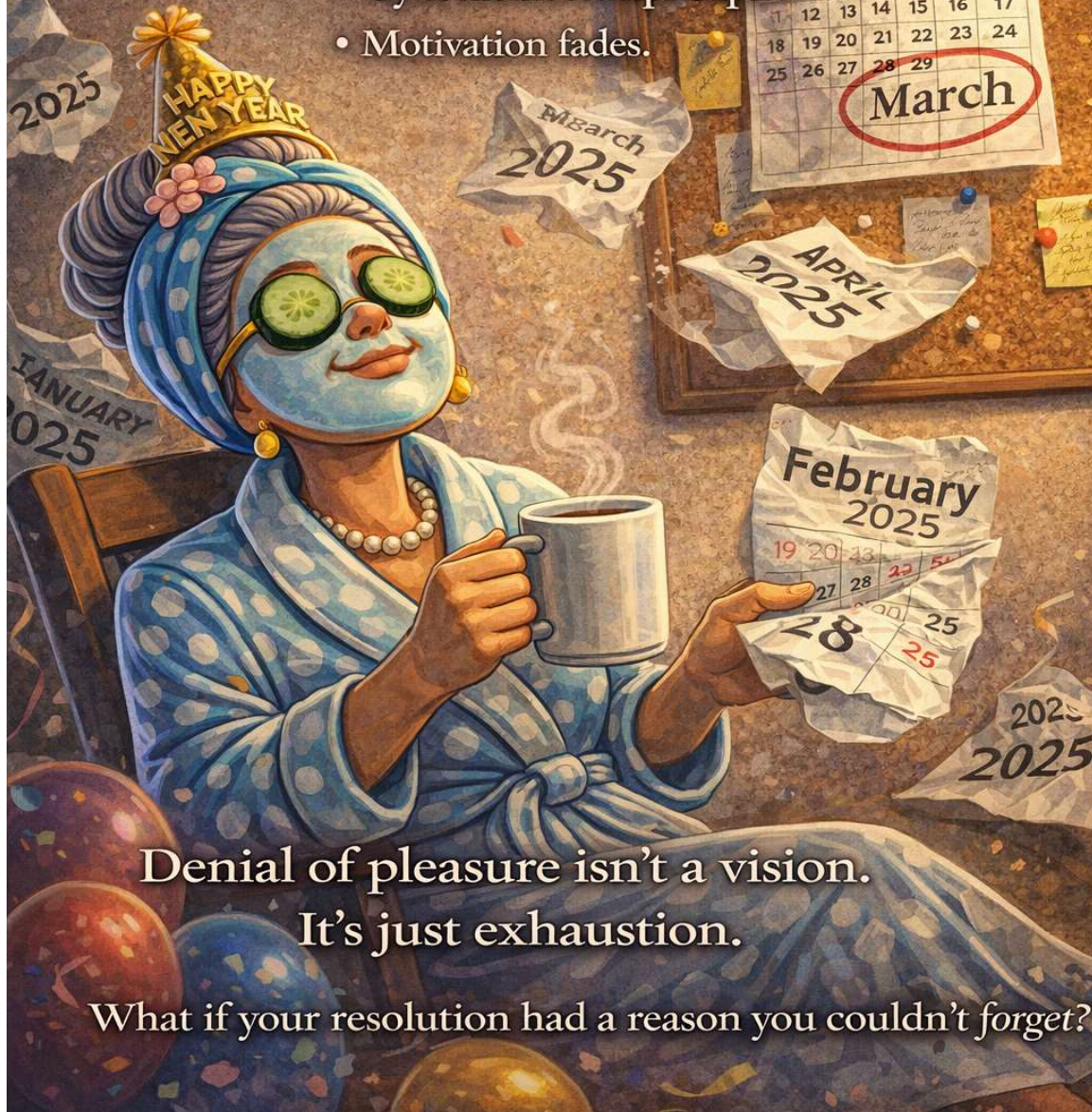


What's your New Year's resolution?

Is it... the same one again?

## Why Most Resolutions Die by March.

- Diets fail.
- Gym memberships expire.
- Motivation fades.







# Welcome

You don't need to arrive prepared.

You don't need to know what you're looking for.

You don't need to read this the "right" way.

This book is meant to be opened, not conquered.

Read what meets you.

Leave what doesn't — for now.

You're welcome here.

That's enough to begin.

## HOW TO USE THIS BOOK

Now listen, friend...

This book isn't a race,  
and it sure isn't a test.

You don't need to read it in order.

You don't need to finish it.

And you don't need to agree with every word to be welcome here.

Some folks will read one page and feel done for the day.

Some will skip around.

Some will underline half of it  
and argue with the other half.

Bless it — all of that counts.

This book works best when you let it slow you down.

When you pause instead of powering through.

When you notice which parts tug at you...

and which ones you're not ready for yet.

If something fits, keep it.  
If it doesn't, leave it right where it is.

God's not offended by honesty —  
He does His best work there.

You may find pages meant for you now...  
and pages meant for later...  
and a few you'll recognize as meant for someone else entirely.

That's okay too.

This isn't about fixing your whole life.  
It's about choosing one thing more wisely than before.  
One moment.  
One relationship.  
One small, faithful step.

So read gently.  
Read honestly.  
And don't rush past the quiet parts —  
they're usually the ones doing the most work.

I'm glad you're here.  
Take your time.

— **Miss Bess**

## **PART 1**

# **WHY YOU'RE STILL HERE**

Perspective, legacy, and quiet orientation



This is a quiet place to pause...  
before choosing  
a friend,  
a partner,  
a mate,  
or a direction.

These pages aren't here to hand you a checklist  
or demand perfection from anybody.

They're here to slow you down long enough  
to listen.

To notice alignment.

To protect dignity.

To practice discernment.

So we don't settle out of fear.

And we don't outrun wisdom  
just because silence makes us fidget.

---

### **A Miss Bess–Style Whisper**

You don't need to be perfect.

Bless it — nobody is.

You just need to be honest  
about what truly matters...  
and willing to grow toward it,  
one small, faithful step at a time.





# GROW A LEGACY — FOR MEN

What you know matters more than you think.

---

## YOU'RE STILL NEEDED

### If You're Still Here, You're Still Useful

Most men don't say this out loud, but many of them feel it:

*"The world moved on without me."*

New technology.

New rules.

New language.

And somewhere along the way, experience stopped being valued the way it once was.

But survival teaches things no classroom can.

If you've made it through layoffs, loss, hard work, disappointment, responsibility, failure, regret — and still got up the next day — that wasn't luck. That was formation.

The truth is, young men are drowning in information and starving for wisdom.

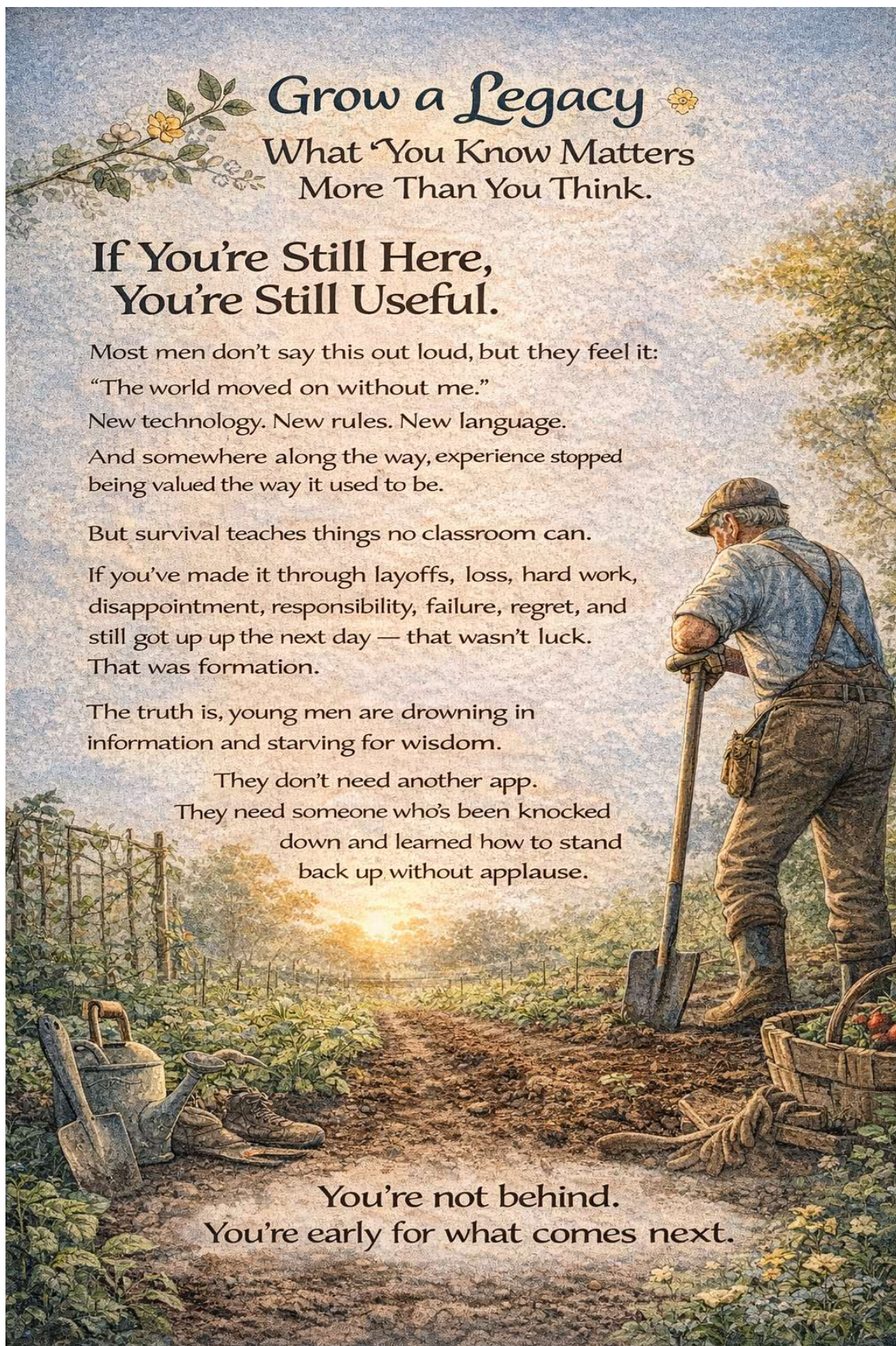
They don't need another app.

They need someone who's been knocked down and learned how to stand back up without applause.

You're not behind.

You're early for what comes next.





## Grow a Legacy 🌻

What 'You Know Matters  
More Than You Think.

### If You're Still Here, You're Still Useful.

Most men don't say this out loud, but they feel it:

"The world moved on without me."

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You're not behind.  
You're early for what comes next.



# GROW A LEGACY — FOR MEN

What you know matters more than you think.

---

## WHAT YOUNG MEN ARE MISSING

### Things Nobody Is Teaching Them Anymore

Young men today are expected to “figure it out,” but nobody actually shows them how.

They’re told to be confident — without competence.

Independent — without skills.

Strong — without structure.

They’re praised for swagger and punished for uncertainty.

They’re handed opinions instead of instruction.

And when they struggle — when the weight shows — they’re shamed for it, as if confusion were a character flaw instead of a predictable outcome of being left alone too soon.

Here’s what many of them don’t have:

- **A man who shows them how to work with their hands and take pride in it**

Not because manual labor is superior — but because effort teaches humility, patience, and cause-and-effect. There is something grounding about finishing a task you can see and touch. About learning that skill comes from repetition, not talent. Many young men have never had anyone slow down beside them and say, *“Watch this. Now you try. I’ll stay here while you do.”*

- **Someone who teaches them how to fix things instead of replacing everything**

Not just appliances — but mistakes. Relationships. Habits. The reflex to discard instead of repair gets learned early. So does the quiet belief that

what's broken is disposable. No one shows them that most things fail because they need attention, not abandonment.

- **A model for handling frustration without rage or retreat**

They've seen anger explode or disappear — but rarely resolve. No one has demonstrated what it looks like to pause, breathe, name the problem, and stay present. Without that model, frustration feels dangerous, and danger demands either force or escape.

- **An example of how to keep your word even when it costs you**

Promises today are often flexible, conditional, or quietly forgotten. Young men notice that. They learn quickly whether integrity is ornamental or operational. Few have watched someone choose the harder right over the easier out — and explain why it mattered.

- **Someone who teaches discipline without humiliation**

Correction doesn't have to crush dignity to work. But many only experienced discipline as embarrassment, sarcasm, or threat. Without a steady hand that corrects while preserving worth, discipline becomes something to fear — not something that forms.

- **A man who shows them how to speak clearly, look people in the eye, and stand their ground without being disrespectful**

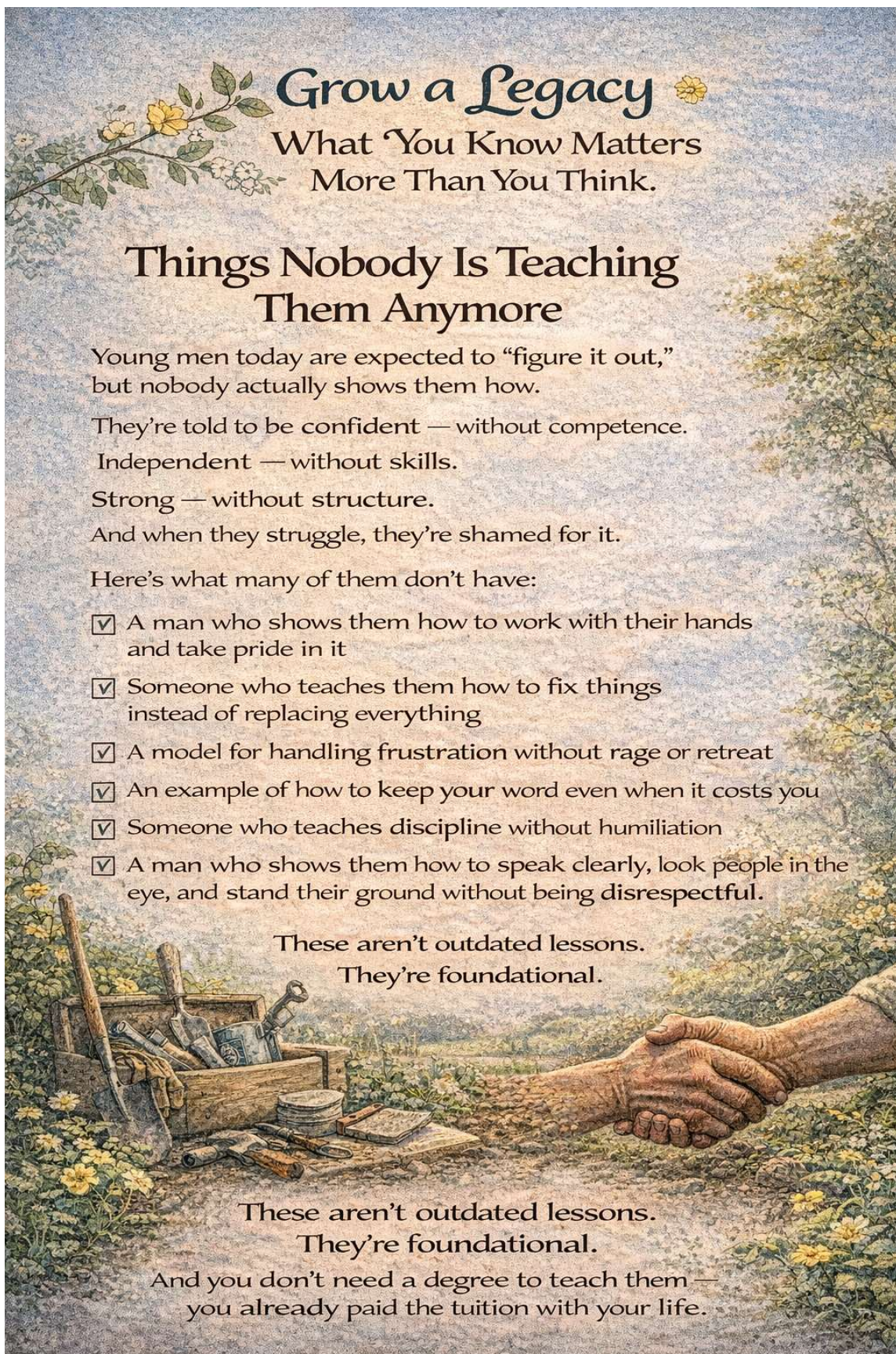
Strength doesn't require volume. Confidence doesn't require cruelty. But if no one ever modeled calm firmness, young men are left choosing between silence and aggression — because no one showed them a third way.

These aren't outdated lessons.

They're foundational.

And you don't need a degree to teach them —  
you already paid the tuition with your life.





# Grow a Legacy 🌼

What You Know Matters  
More Than You Think.

## Things Nobody Is Teaching Them Anymore

Young men today are expected to “figure it out,”  
but nobody actually shows them how.

They’re told to be confident — without competence.

Independent — without skills.

Strong — without structure.

And when they struggle, they’re shamed for it.

Here’s what many of them don’t have:

- ✓ A man who shows them how to work with their hands  
and take pride in it
- ✓ Someone who teaches them how to fix things  
instead of replacing everything
- ✓ A model for handling frustration without rage or retreat
- ✓ An example of how to keep your word even when it costs you
- ✓ Someone who teaches discipline without humiliation
- ✓ A man who shows them how to speak clearly, look people in the  
eye, and stand their ground without being disrespectful.

These aren’t outdated lessons.  
They’re foundational.

These aren’t outdated lessons.  
They’re foundational.

And you don’t need a degree to teach them —  
you already paid the tuition with your life.







# GROW A LEGACY — FOR MEN

What you know matters more than you think.

---

## WHY MENTORING MATTERS (FOR BOTH OF YOU)

### This Isn't Charity. It's Transfer.

A lot of men hesitate when the word *mentor* comes up.

It sounds official. Heavy. Like something you're only allowed to do if your life is clean, impressive, and Instagram-ready.

Most men quietly think:

- *I don't have it all together.*
- *I made too many mistakes.*
- *I wouldn't even know where to start.*
- *Who would actually listen to me?*

But mentoring was never about perfection.

It was always about **proximity**.

Young men don't need heroes.

They need anchors.

They need someone close enough to watch how disappointment is handled.

How responsibility is carried when no one is clapping.

How decisions are made when there's no clear win.

And here's the part almost nobody says out loud:

Mentoring doesn't just stabilize *them*.

It **revives you**.

Men weren't built to drift.

They were built to **build, teach, protect, and pass things on**.

When that instinct has nowhere to land, it turns inward.

Energy becomes restlessness.

Wisdom becomes regret.

Strength turns into frustration with no outlet.

Mentoring gives direction back to what life has already taught you.

When you invest in someone younger:

- Your experience becomes **purpose** instead of memory
- Your mistakes become **instruction** instead of shame
- Your endurance becomes **permission** for someone else to keep going

You don't have to lecture.

You don't have to fix their life.

You don't even have to have answers ready.

Sometimes mentoring looks like:

- Letting someone work beside you without rushing them
- Saying, *"That didn't work when I tried it either"*
- Admitting where you misjudged something — and what it cost
- Showing up consistently enough that trust doesn't feel like a risk

You don't lose relevance by giving it away.

You finally **use** it.

And here's the quiet truth underneath it all:

When a man realizes his life still has something to hand forward,  
he stops measuring himself by what he no longer is  
and starts standing in who he's become.

That's leadership.

Not dominance. Not control.

**Presence. Direction. Continuity.**





# Grow a Legacy

What You Know Matters  
More Than You Think.

## This Isn't Charity. It's Transfer.

A lot of men hesitate to mentor because they think:

"I don't have it all together."

"I made too many mistakes."

"Who would listen to me?"

But mentoring isn't about perfection.  
It's about proximity.

Young men don't need heroes.  
They need anchors.

And here's the part no one talks about:

Mentoring doesn't just stabilize them —  
it revives you.

Men weren't built to drift.

We were built to build, teach, protect,  
and pass things on.

When you invest in someone younger:

- ☑ Your experience becomes purpose instead of memory
- ☑ Your mistakes become instruction instead of regret
- ☑ Your time gains meaning again.



When you teach a man to build,  
you help him stand.

You don't lose relevance by giving it away.  
You finally use it.





# GROW A LEGACY — FOR MEN

What you know matters more than you think.

---

## HOW TO START (NO EXCUSES LEFT)

**Keep It Simple. Keep It Real. Keep It Going.**

You don't need to start a program.

You don't need a title.

You don't need permission.

And you definitely don't need to be impressive.

You don't need a room full of people.

You don't need a curriculum.

You don't need to have your whole life figured out.

You need **three things** — and you probably already have them.

### One skill

Not something fancy.

Something real.

Something you learned because you had to.

Maybe it's:

- Basic auto care — how to check oil, change a tire, notice when something's wrong
- Carpentry — measuring twice, fixing instead of discarding, learning patience through hands
- Cooking real food — not surviving on junk, but feeding a body with intention
- Budgeting — living within limits without panic or shame

- Gardening — tending something that doesn't rush and doesn't lie
- Problem-solving — staying with frustration long enough to understand it
- Work ethic — showing up when it's boring, finishing when it's hard

It doesn't have to be perfect.

It just has to be **honest**.

### **One young man**

You don't need to go looking far.

He's probably already nearby.

It might be:

- A son who needs direction more than lectures
- A grandson who needs patience more than correction
- A neighbor kid who's never watched a man work without anger
- A young man at church who's drifting and doesn't know how to say it

You don't have to rescue him.

You don't have to diagnose him.

You don't have to fix his future.

You just have to **let him see how a man stands when no one is watching**.

### **One hour**

Not intense.

Not heroic.

Not life-altering in a single afternoon.

Just **consistent**.

An hour where:

- You show up when you said you would

- You work alongside him instead of performing for him
- You let silence teach when words aren't needed
- You don't rush the process or fill the gaps with noise

That's how seeds grow.

Quietly. Repeatedly. Without fanfare.

You don't need to motivate.

You don't need to impress.

Just **be there**.

---

## THE HARD TRUTH

If older men don't pass this on,  
young men don't just lose skills —  
they lose **identity**.

And when identity collapses, everything else follows.

Confusion turns into anger.

Anger turns into withdrawal or destruction.

And eventually someone else steps in to shape what should have been  
formed at home, in community, in relationship.

You don't have to fix the world.

You don't have to reverse a generation.

You just have to **plant where you stand**.

That's how repair actually begins.

Quiet.

Close.

Hand to hand.





# Grow a Legacy

What You Know Matters  
More Than You Think.

**Keep It Simple. Keep It Real. Keep It Going.**

You don't need to start a program.  
You don't need permission.  
You don't need to be impressive.  
You need one skill, one young man,  
and one consistent hour.

## **1** PICK ONE SKILL

- ☒ Basic auto care
- ☒ Carpentry
- ☒ Cooking real food
- ☒ Budgeting
- ☒ Gardening
- ☒ Problem-solving
- ☒ Work ethic

## **2** PICK ONE YOUNG MAN

- ☒ A son who needs direction
- ☒ A grandson who needs patience
- ☒ A neighbor kid with no male model
- ☒ A young man at church who's drifting

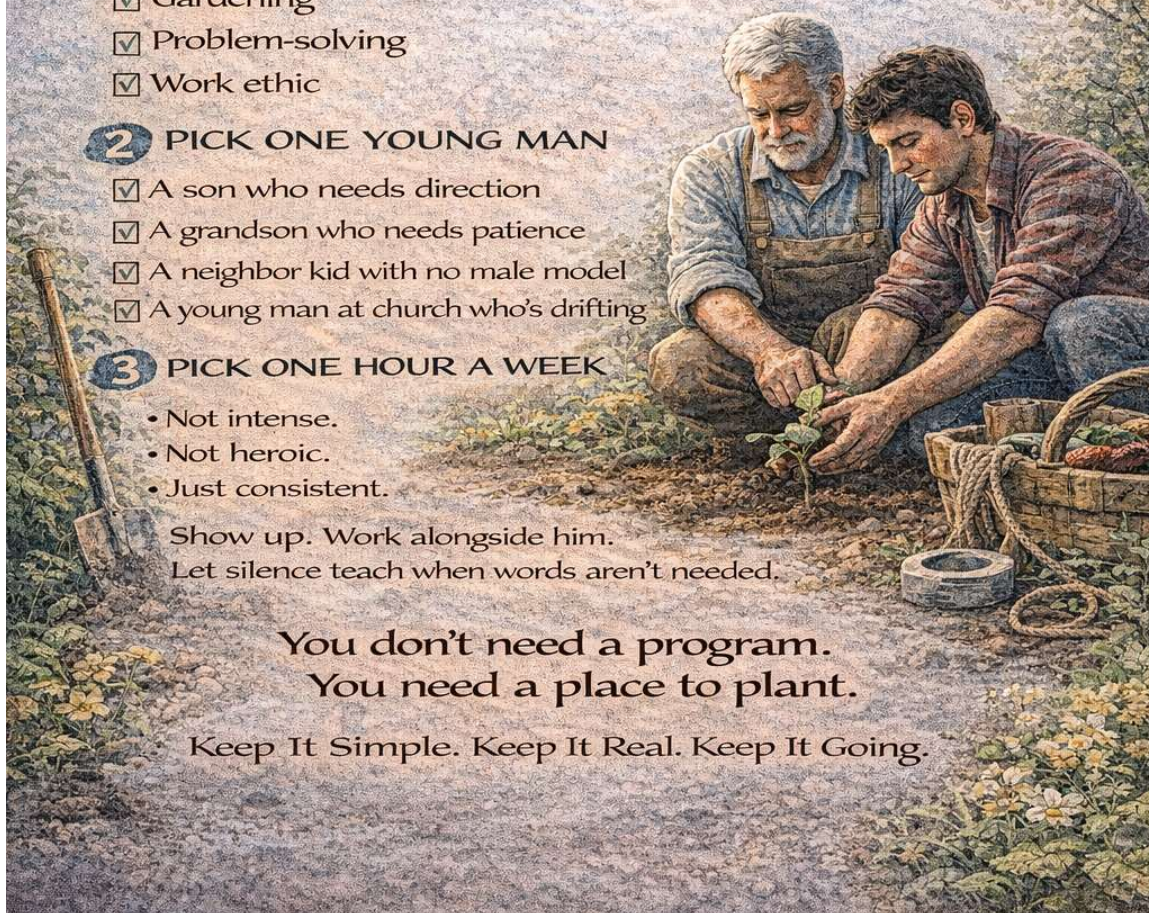
## **3** PICK ONE HOUR A WEEK

- Not intense.
- Not heroic.
- Just consistent.

Show up. Work alongside him.  
Let silence teach when words aren't needed.

**You don't need a program.  
You need a place to plant.**

**Keep It Simple. Keep It Real. Keep It Going.**





## A LETTER FROM MISS BESS

### Why This Book Exists — Part 1

Well hello, friend.

I don't know what brought you to these pages,  
but I'm glad you're here.

This isn't a book I set out to write.  
It grew out of seasons that asked more of me than I expected—  
seasons where I felt unseen, unsure,  
and quietly wondered whether my life still had purpose  
now that so much had already been spent.

What I learned is this:  
purpose doesn't disappear when seasons change.  
It often just waits for perspective to catch up.

For a long time, I kept asking God what I was supposed to *do*.  
It wasn't until I finally asked who I was meant to *be*  
that things began to shift.

Not all at once.

Not dramatically.

But steadily—

like doors opening I hadn't noticed because I never thought  
they were meant for me.

These pages hold words I wish I had spoken sooner.

To people I loved.

To people I lost.

And to myself.

They're about choosing wisely when fear is loud.  
About not settling simply because it feels safer.  
About recognizing the value of time  
and deciding to use it with intention.

And about passing along what has been learned  
before it quietly slips away.

You don't need to read this quickly.

You don't need to agree with everything here.

And you certainly don't need to have your life figured out.

Read gently.

Read honestly.

Take what steadies you  
and leave the rest for now.

This book will wait.

— **Miss Bess**

## A LETTER FROM MISS BESS

Where This Book Is Pointing – part 2

If you take nothing else from these pages,  
I hope you hold on to this one thing:

**Your life has value.**

Not because it turned out perfectly—  
but because you lived it.

And because along the way,  
you gathered experience, wisdom,  
and a few hard-earned lessons  
someone else may need  
just to make it through their own season.

This book isn't about fixing yourself.  
Lord knows, we'd all be worn out  
if that were the assignment.

It's about noticing what truly matters—  
and choosing to invest there  
before another year quietly slips past us.

Some of these pages may stir memories.  
Some may nudge you a little.  
Some might just sit with you quietly for a while.

That's just fine.

God has a gentle way of taking us  
only as far as we're willing to go—  
no farther, and no faster.  
He's not in a hurry,  
even when we are.

And sometimes the bravest thing we can do  
is slow down,  
take an honest look at our lives,  
and ask Him,

“What comes next?”

I’m honored you’re here.  
And I truly hope these words meet you  
right where you are—  
not where you think you should be.

With love,

**Miss Bess**

## **PART 2**

# **WISDOM PASSED HAND TO HAND**

Men making men and women teaching women



# MEN MAKING MEN

## “If My Son Were Listening”

(Man-to-Man. No Pulpit. No Performance.)

---

### IF MY SON WERE LISTENING...

Nobody ever sat us down and explained this.

Not clearly.

Not calmly.

Not without pressure or shame tangled up in it.

Most men don't fail because they don't care.

They fail because no one ever showed them how.

Not in speeches.

Not in lectures.

In life.

If my son were listening, I wouldn't call him out.

I wouldn't line him up.

I wouldn't try to sound impressive.

I'd stand next to him.

Hand him a plate.

Give him something real to do with his hands.

And I'd say what I learned the hard way —

not because I got it right,

but because I lived long enough to see what didn't work.

I wouldn't rush it.

I wouldn't soften it.

I wouldn't turn it into a performance.

I'd let the truth land at the pace it needs.

Because this isn't advice.

It's not theory.

It's not something you Google or argue about.

It's passed-down wisdom.

The kind you only get

when someone who's been knocked down

stands close enough to say,

"You don't have to learn this the hard way like I did."

And then stays.



The background is a detailed oil painting of a group of men at a barbecue. In the foreground, a man in a grey t-shirt and a baseball cap is cooking burgers on a large black grill. To his left, an older man with a grey beard and a blue polo shirt stands holding a beer, looking towards the grill. Another man in a cap stands behind him. In the background, other people are visible, and an American flag is partially seen on the right. The scene is set outdoors with trees and a warm, golden light, suggesting late afternoon or sunset. The text is overlaid on the upper half of the image.

# MEN MAKING MEN

MAN-TO-MAN. NO PULPIT. NO PERFORMANCE.

## If My Son Were Listening...

Nobody ever sat us down and explained this.

Most men don't fail because they don't care.  
They fail because no one ever **SHOWED THEM HOW.**

Not in words.  
In life.

If my son were listening,  
I wouldn't lecture him.  
I'd stand next to him.  
Hand him a plate.  
And say what I learned  
the hard way.

This isn't advice.  
It's passed-down wisdom.

**This isn't advice.  
It's passed-down wisdom.**





# MEN MAKING MEN

(Man-to-Man. No Pulpit. No Performance.)

---

## WORK & RESPONSIBILITY

### About Work

Work isn't just about money.

Money is just the receipt.

Work is where a man learns how to carry responsibility  
without turning bitter,  
without blaming the world,  
without needing applause to keep going.

If my son were listening, I wouldn't talk about careers first.  
I'd talk about **how** he works.

I'd tell him to show up early —  
not to impress anyone,  
but because preparation is a form of respect.  
For the work.  
For the people counting on him.  
For the man he's becoming.

I'd tell him to finish what he starts,  
especially when no one is watching.  
Character doesn't show up on the easy days.  
It shows up when quitting would be convenient  
and nobody would blame you for it.

I'd warn him about chasing easy money.  
Easy money teaches shortcuts.  
Shortcuts hollow a man out.  
Competence takes longer,

but it gives you something solid to stand on  
when everything else shakes.

I'd tell him pride doesn't come from being noticed.  
It comes from doing something well  
and knowing — quietly —  
that you didn't cut corners.

Because a man who can work,  
who knows how to carry responsibility without resentment,  
can survive a lot of storms.

Jobs come and go.  
Titles change.  
Paychecks rise and fall.

But the man who knows how to work  
is never completely lost.





# MEN MAKING MEN

MAN-TO-MAN. NO PULPIT. NO PERFORMANCE.

## About Work

Nobody ever sat us down and explained this.

Work isn't just about money.  
It's about learning how to carry  
responsibility without complaining.

If my son were listening, I'd tell him:

- ☑ Show up early — not to impress,  
but to prepare
- ☑ Finish what you start,  
even when no one's watching
- ☑ Don't chase easy money;  
chase competence.
- ☑ Pride comes from doing  
something well, not being  
noticed

A man who can work  
can survive a lot of storms.

A man who can work  
can survive a lot of storms.





# MEN MAKING MEN

(Man-to-Man. No Pulpit. No Performance.)

---

## CHARACTER & WORD

### About Integrity

If my son were listening, I'd say this plainly—  
your word is still your bond,  
even if the world acts like it's optional now.

A man doesn't need many words.  
He needs **true** ones.

Say less.  
But when you speak, mean it enough to live with the cost.

Do what you promised—  
not because someone is watching,  
not because it's convenient,  
but because your name is attached to it.

Don't explain your way out of responsibility.  
Explanations might save face,  
but they erode trust.  
And once trust goes,  
everything else follows it out the door.

When you mess up—and you will—  
own it quickly.  
Not dramatically.  
Not defensively.  
Just honestly.



Most men are surprised to learn this:  
respect comes back faster  
when excuses leave first.

Integrity doesn't make much noise.  
It doesn't need to.

Strength isn't loud.  
It's reliable.

And the man who can be counted on  
will never lack for ground to stand on.



# MEN MAKING MEN

MAN-TO-MAN. NO PULPIT. NO PERFORMANCE.

## About Integrity

If my son were listening, I'd say this clearly:

Your word is still your bond —  
— even if the world  
pretends it isn't.

That means:

- ☑ Say less, but mean what you say;
- ☑ Do what you promised, even when it costs you;
- ☑ Don't explain your way out of responsibility;
- ☑ Own mistakes fast — respect comes back quicker than you think.

Strength isn't loud.  
It's reliable.



# MEN MAKING MEN

(Man-to-Man. No Pulpit. No Performance.)

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## WOMEN & RELATIONSHIPS

### About Women

If my son were listening, I'd tell him this:

Women are not something to conquer.  
They're someone to protect and understand.

Not because they're weak—  
but because strength is proven by what it **chooses not to exploit**.

Learn how to listen without trying to fix.  
Not every problem is an invitation for solutions.  
Sometimes presence is the protection.

Don't confuse attention with respect.  
Attention is easy.  
Respect costs restraint, patience, and consistency over time.

Control your impulses.  
That's strength.  
Any man can follow desire.  
A disciplined man chooses timing, honor, and responsibility.

Be the kind of man she can trust  
when life gets heavy—  
when fear shows up,  
when disappointment settles in,  
when she's tired of being strong.

That kind of trust isn't built with words.  
It's built with patterns.

With how you speak when you're frustrated.  
With what you do when no one is impressed.  
With whether your presence makes things steadier—or harder.

The way you treat women  
doesn't just affect them.

It shapes the man you become.

And the man you become  
is something you'll have to live with  
long after the moment passes.





# MEN MAKING MEN

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## About Women

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- ☑ Don't confuse attention with respect
- ☑ Control your impulses — that's strength
- ☑ Be the kind of man she can trust when life gets hard

The way you treat women  
shapes the man you become.





# MEN MAKING MEN

(Man-to-Man. No Pulpit. No Performance.)

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## ANGER, FAILURE, & SELF-CONTROL

About Losing — and Getting Back Up

If my son were listening, I'd tell him this first:

You're going to fail.

You're going to mess things up.

That's not a flaw in your character — that's part of being human.

What matters isn't whether you fall.

It's what you do *after* you realize you have.

Anger will visit you.

Sometimes it will feel justified.

Sometimes it will feel righteous.

But anger is a terrible decision-maker.

Pause before you react.

Not because you're weak —

but because strength knows when to wait.

Walking away when you're heated isn't quitting.

It's choosing not to let a moment cost you  
your reputation, your relationships,  
or your future.

Fix what you broke.

Not with excuses.

Not with explanations.

With ownership.

Most men don't lose respect because they failed.  
They lose it because they refused to clean up the damage.

Don't let anger choose your words.  
Don't let pride decide your timing.  
Don't let embarrassment turn into cruelty.

Self-control isn't silence forever.  
It's restraint until clarity returns.

Sometimes the strongest thing you can do  
is say nothing,  
step back,  
and come back when you can speak without leaving wreckage behind.

Control is strength.  
Not domination.  
Not intimidation.  
Control.

And silence — when chosen, not forced —  
is often wisdom doing its quiet work.

---

## **APOLOGY, REPAIR, & MAKING THINGS RIGHT**

### **About Owning What You Did — and Staying**

If my son were listening, I'd tell him this:

An apology isn't a sentence you say.  
It's a posture you take.

"Sorry" only matters  
if it's followed by changed behavior.  
Anything else is just noise.

Don't apologize to get out of trouble.  
Don't apologize to end the conversation.  
And don't apologize if you're still defending yourself in your head.

A real apology starts with ownership —  
no qualifiers,  
no "but,"  
no explanations meant to soften the blow.

"I was wrong."  
"I hurt you."  
"I see it now."

That's enough to begin.

Repair takes longer than damage.  
That's not unfair — that's reality.

Sometimes trust doesn't come back quickly.  
Sometimes it doesn't come back at all.  
And that doesn't mean your apology failed.

Making things right isn't about controlling the outcome.  
It's about taking responsibility for your part  
and letting the other person decide what comes next.

If you broke something, help rebuild it.  
If you can't rebuild it, don't resent the loss.  
That's part of the cost of growing up.

Don't demand forgiveness.  
Don't rush healing.  
And don't disappear because you're uncomfortable.

Staying matters.

A man who can stand in the aftermath of his mistakes  
without becoming defensive, bitter, or cruel

is a man others learn to trust again —  
sometimes slowly,  
sometimes quietly,  
sometimes in ways he won't notice right away.

Repair isn't dramatic.  
It's consistent.

You show up differently.  
You speak more carefully.  
You listen longer than feels fair.  
You let actions carry the weight words can't anymore.

That's how things are made right —  
not perfectly,  
but honestly.

And sometimes, even when the relationship doesn't return,  
*you* still do.

You walk away changed.  
More aware.  
More grounded.  
Less dangerous to the people you love.

That's not failure.  
That's formation.

---

*A good man isn't the one who never breaks things.  
He's the one who doesn't run when it's time to repair.*





# MEN MAKING MEN

MAN-TO-MAN. NO PULPIT. NO PERFORMANCE.

## About What Guides You

Every man follows something.  
Even when he says he doesn't.

If my son were listening, I'd say:

- ☑ Choose a compass, not a crowd
- ☑ Build your life on something solid
- ☑ Do the right thing when no one's checking
- ☑ Humility will take you farther than ego

Strong men don't drift.  
They decide.

## MEN MAKING MEN

MAN-TO-MAN-NO PULPIT, NO PERFORMANCE.





# MEN MAKING MEN

(Man-to-Man. No Pulpit. No Performance.)

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## FAITH (IMPLIED, NOT PREACHY)

About What Guides You When No One's Watching

Every man follows something.  
Even the ones who swear they don't.

Some follow comfort.  
Some follow approval.  
Some follow anger, money, pleasure, or the need to be right.

If my son were listening, I wouldn't start with God-talk.  
I'd start with direction.

Because the truth is —  
you're already being led.

The question isn't *whether* you follow.  
It's *what* gets the final say when things get hard.

When pressure hits.  
When temptation shows up.  
When no one's clapping.  
When doing the right thing costs more than doing the easy thing.

Faith isn't about knowing the right words.  
It's about deciding who you answer to  
when shortcuts are available.

I'd tell him this:

Choose a compass — not a crowd.  
Crowds shift. Convictions don't.

Build your life on something that doesn't change its mind  
when culture does.

Something that holds steady  
when your feelings don't.

Do the right thing when no one's checking.  
That's where faith actually lives —  
not in public,  
not in arguments,  
but in private decisions that shape your character over time.

Humility will take you farther than ego ever will.  
Ego wants control.  
Faith learns restraint.

A man of faith isn't loud about it.  
He's consistent.

He keeps his word.  
He owns his failures.  
He doesn't need to dominate to lead.  
He doesn't need applause to stay steady.

Faith shows up in how you treat people who can't give you anything back.  
In how you handle power when you have it.  
In how you respond when life knocks you flat  
and you still choose not to become bitter.

Strong men don't drift.  
They decide —  
sometimes quietly,  
sometimes painfully,  
often long before anyone else notices.

And when a man knows what guides him,  
others feel safer around him —  
because his life isn't being steered by impulse.

That's leadership.

Not preaching.

Not posturing.

Just a man who knows where he's going  
and refuses to pretend otherwise.

*You don't have to say what you believe.  
Live it long enough, and people will know.*





# MEN MAKING MEN

MAN-TO-MAN. NO PULPIT. NO PERFORMANCE.

## About Losing and Getting Back Up

You're going to fail.

You're going to mess things up.

That doesn't disqualify you.

What matters is what you do next.

- ✓ Pause before reacting
- ✓ Walk away when you're heated
- ✓ Fix what you broke
- ✓ Don't let anger make decisions for you

Control is strength.

Silence is sometimes wisdom.



# MEN MAKING MEN

(Man-to-Man. No Pulpit. No Performance.)

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## LEGACY

### About What You Leave Behind

One day, someone will live with the results of your choices.

Not in theory.

In real life.

Your children will carry what you modeled.

Your wife will live with what you protected — or didn't.

Your community will reflect what you were willing to show up for.

Legacy isn't something you plan at the end.

It's something you build every ordinary day.

If my son were listening, I wouldn't talk about being remembered.

I'd talk about being *present*.

Because absence leaves a louder mark than failure ever will.

I'd tell him this:

Be there.

Not perfectly.

Not heroically.

Just consistently.

Stay when things get uncomfortable.

Don't vanish when conflict shows up.

Don't check out when responsibility gets heavy.

Build something that lasts —

a habit,

a skill,  
a relationship,  
a place where people feel steadier because you're in it.

Legacy isn't about being impressive.  
It's about being dependable.

Leave people better than you found them.  
Not because you fixed everything —  
but because your presence didn't make life harder.

That's what men are for.  
Not to dominate.  
Not to disappear.  
But to stand in the gap long enough  
that others don't have to face life alone.

---

## **MEN'S MENTORING**

### **How This Actually Happens (Without Burning Yourself Out)**

Mentoring doesn't start with a program.  
It starts with noticing.

You don't need permission.  
You don't need a title.  
You don't need to be impressive or put together.

You need willingness.

Most men never step into mentoring because they think it requires speeches,  
structure, or certainty.  
It doesn't.

It requires **showing up the same way, more than once.**

One skill you already know.  
Something you learned by doing — not reading.



One young man who needs steadiness more than advice.

A son.

A grandson.

A neighbor kid.

A quiet guy at church who doesn't quite fit.

One consistent window of time.

Not intense.

Not dramatic.

Just reliable.

Work alongside him.

Let silence do some of the teaching.

Answer questions honestly when they come —  
and don't panic when they don't.

This isn't charity.

It's transfer.

When you pass something on:

- Your experience becomes purpose instead of memory
- Your mistakes become instruction instead of regret
- Your life gains weight again

Men weren't built to drift.

We were built to build, teach, protect, and pass things on.

And if older men don't do this,  
young men don't just lose skills —  
they lose identity.

You don't have to fix the world.

You don't have to reach everyone.

You just have to plant where you stand  
and stay long enough  
for something to take root.

---

*You don't need to raise a generation.  
You just need to raise one man well.*





## About What You Leave Behind

One day, someone will live with the results of your choices.

Your kids.

Your wife.

Your community.

If my son were listening:

- ☒ Be present
- ☒ Build something that lasts
- ☒ Don't disappear when things get hard
- ☒ Leave people better than you found them

That's what men are for.



## **1 PICK ONE SKILL**

**Something you already know how to do.**

- ☐ Basic auto care
- ☐ Carpentry or home repairs
- ☐ Cooking real food
- ☐ Budgeting and money basics
- ☐ Gardening or yard work
- ☐ Problem-solving
- ☐ Work ethic
- ☐ Showing up on time and prepared
- ☐ Fixing what's broken instead of replacing it

If you learned it the hard way,  
it's worth passing on.

---

## **2 PICK ONE YOUNG MAN**

**Someone close enough to notice.**

- ☐ A son who needs direction
- ☐ A grandson who needs patience
- ☐ A neighbor kid with no male role model
- ☐ A young man at church who's drifting
- ☐ Someone who keeps showing up but seems lost

You don't have to fix him.

You don't have to save him.

You just have to be present.

---

### **3 PICK ONE CONSISTENT HOUR**

**Not intense. Not heroic. Just faithful.**

- ☐ Once a week
- ☐ Same day if possible
- ☐ No rushing
- ☐ No lecturing
- ☐ Work side-by-side

Let the work do the talking.

Silence often teaches more than speeches.

---

### **IMPORTANT REMINDERS**

*(Read this before you talk yourself out of it.)*

- ☐ You don't need to have it all together
- ☐ You don't need perfect words
- ☐ You don't need to hide your mistakes
- ☐ You don't need to impress anyone

Young men don't need heroes.

They need anchors.

---

### **FINAL LINE**

*If you're still here,  
you're still needed.*





# MEN'S MENTORING CHECKLIST

MAN-TO-MAN, NO PULPIT, NO PERFORMANCE.

Simple. Real. Sustainable.

## 1 PICK ONE SKILL

*Something you already know how to do.*

- ☐ Basic auto care
- ☐ Carpentry or home repairs
- ☐ Cooking real food
- ☐ Budgeting and money basics
- ☐ Gardening or yard work
- ☐ Problem-solving
- ☐ Work ethic
- ☐ Showing up on time and prepared
- ☐ Fixing what's broken instead of replacing it

*If you learned it the hard way,  
it's worth passing on.*

## 2 PICK ONE YOUNG MAN

*Someone close enough to notice.*

- ☐ A son who needs direction
- ☐ A grandson who needs patience.
- ☐ A neighbor kid with **NO MALE ROLE MODEL**
- ☐ A young man at church who's drifting

*You don't have to fix him.*

*You just have to be present.*

## 3 PICK ONE CONSISTENT HOUR

*Not intense. Not heroic. Just faithful.*

- ☐ Once a week
  - ☐ Same day if possible
  - ☐ No lecturing
  - ☐ Work side-byside
- Silence teaches more than speeches.

### IMPORTANT REMINDERS

*(Read this before you talk yourself out out it.)*

- ☒ You don't need to have it all together
- ☒ You don't need perfect words
- ☒ You don't need to hide your mistakes
- ☒ You don't need to impress anyone

*If you're still here, you're still needed.*

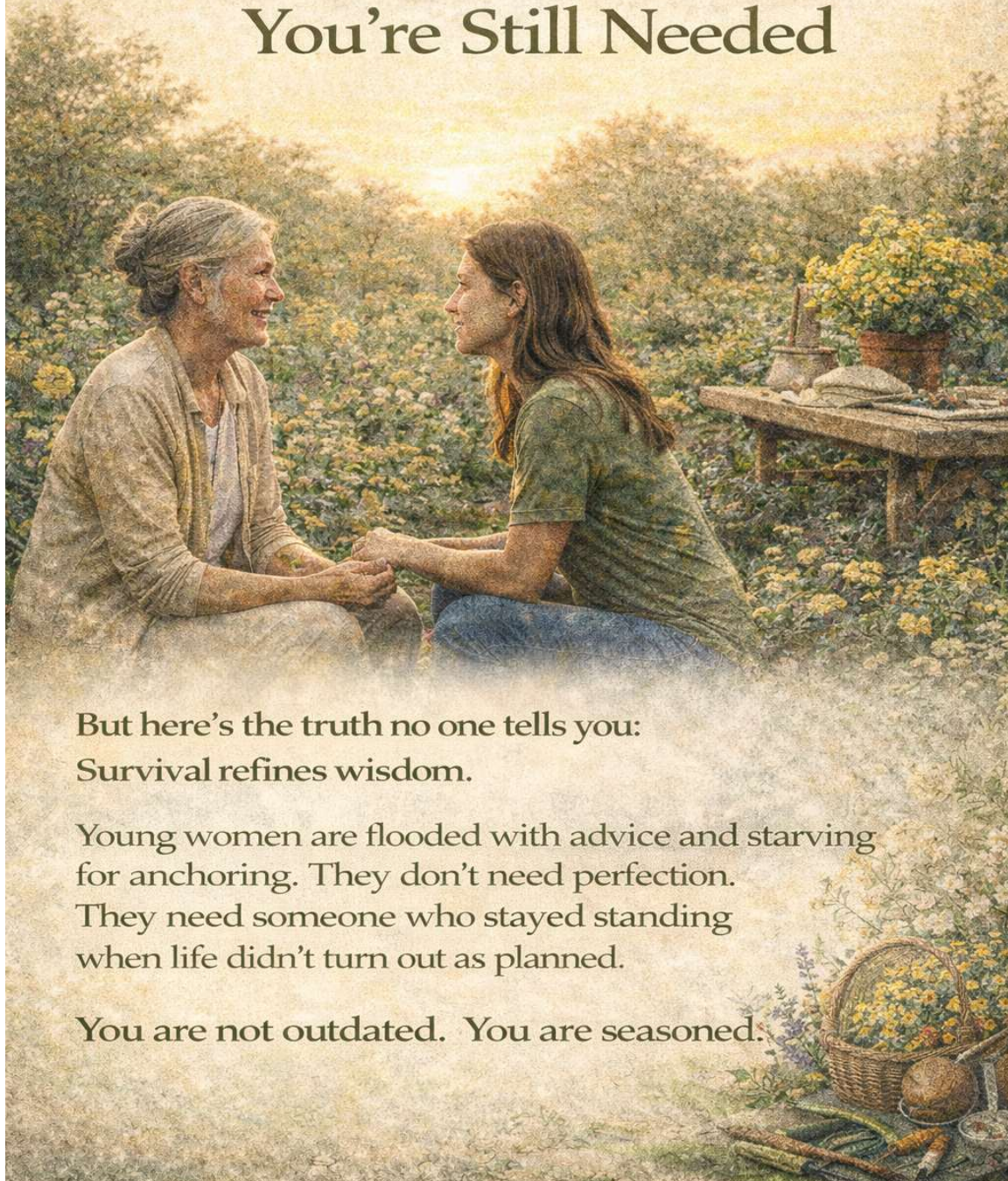
# **WOMEN TEACHING WOMEN**





## WOMEN TEACHING WOMEN

# If You're Still Here, You're Still Needed



But here's the truth no one tells you:  
Survival refines wisdom.

Young women are flooded with advice and starving  
for anchoring. They don't need perfection.  
They need someone who stayed standing  
when life didn't turn out as planned.

You are not outdated. You are seasoned.

# WOMEN TEACHING WOMEN

*(If She Were Listening)*

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## YOU STILL MATTER

### If You're Still Here, You're Still Needed

Many women don't say this out loud,  
but they feel it deeply:

"I've already done my part."

"My best years are behind me."

"The world doesn't need what I carry anymore."

But here's the truth no one says clearly enough:

Survival refines wisdom.

If you've lived through marriage or the loss of it.

If you've carried children — or longed for them.

If you've poured yourself into caregiving, work, family, church, community.

If you've endured disappointment, unmet dreams, regret, exhaustion —  
and still learned how to love —

that didn't happen by accident.

That was formation.

You didn't just make it through.

You learned discernment.

You learned restraint.

You learned what matters — and what doesn't survive pressure.

Young women today are flooded with advice  
and starving for **anchoring**.

They don't need someone flawless.

They don't need someone loud.

They don't need another voice telling them how to optimize their lives.

They need someone who stayed standing  
when life didn't turn out as planned.

Someone who knows the difference  
between endurance and erasure.

Between giving and disappearing.

Between love that costs too much  
and love that tells the truth.

You are not outdated.

You are not irrelevant.

You are not behind.

You are seasoned.

And seasoning only comes from time, heat, and staying present  
long enough for wisdom to settle.

What you carry matters.

Who you are now matters.

And the world is quieter — and poorer — when women like you believe  
otherwise.



# WOMEN TEACHING WOMEN

*(If She Were Listening)*

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## WHAT YOUNG WOMEN ARE MISSING

### Things Nobody Is Teaching Them Anymore

Young women today are told to *be strong* —  
but no one shows them how to stay soft  
without breaking themselves open.

They're told to *know their worth* —  
but not how worth is built quietly,  
day after day,  
through choices no one applauds.

They're encouraged to chase independence —  
without guidance on intimacy,  
on boundaries that protect rather than isolate,  
on endurance that doesn't harden the heart.

They are handed language,  
but not formation.

Here's what many of them don't have:

A woman who teaches them how to love  
without losing themselves in the process.

Someone who models patience  
when emotions run high —  
who doesn't panic at intensity  
or confuse feelings with failure.

An example of strength  
that doesn't need attention to be real.

Strength that holds steady,  
that doesn't perform,  
that doesn't announce itself.

A guide for handling disappointment  
without becoming bitter —  
for grieving honestly  
without letting grief define the future.

A woman who shows them how to care for others  
*and* themselves —  
without guilt,  
without apology,  
without disappearing.

Someone who teaches dignity, discretion, and discernment —  
how to speak when it matters,  
how to wait when it's wise,  
how to choose carefully  
even when everything feels urgent.

These aren't old-fashioned lessons.  
They aren't cultural preferences.  
They're **foundational**.

And most women didn't learn them from a book.

They learned them by living.  
By staying when it would've been easier to leave.  
By loving when it cost more than expected.  
By discovering — slowly —  
what holds and what doesn't.

That kind of wisdom can't be Googled.  
It has to be witnessed.

And when it's missing,  
young women don't just feel confused —  
they feel untethered.

This is why your presence matters.  
Not because you have everything figured out —  
but because you've lived long enough  
to know what doesn't last  
and what quietly does.

---

*You don't have to teach everything.*  
*You just have to be visible.*



## WOMEN TEACHING WOMEN

# What Young Women Are Missing

*Things Nobody Is Teaching Them Anymore*

Young women are told to “be strong”—  
but not how to stay soft without breaking.

They’re told to “know their worth”—  
but not how to build it quietly, daily, faithfully.

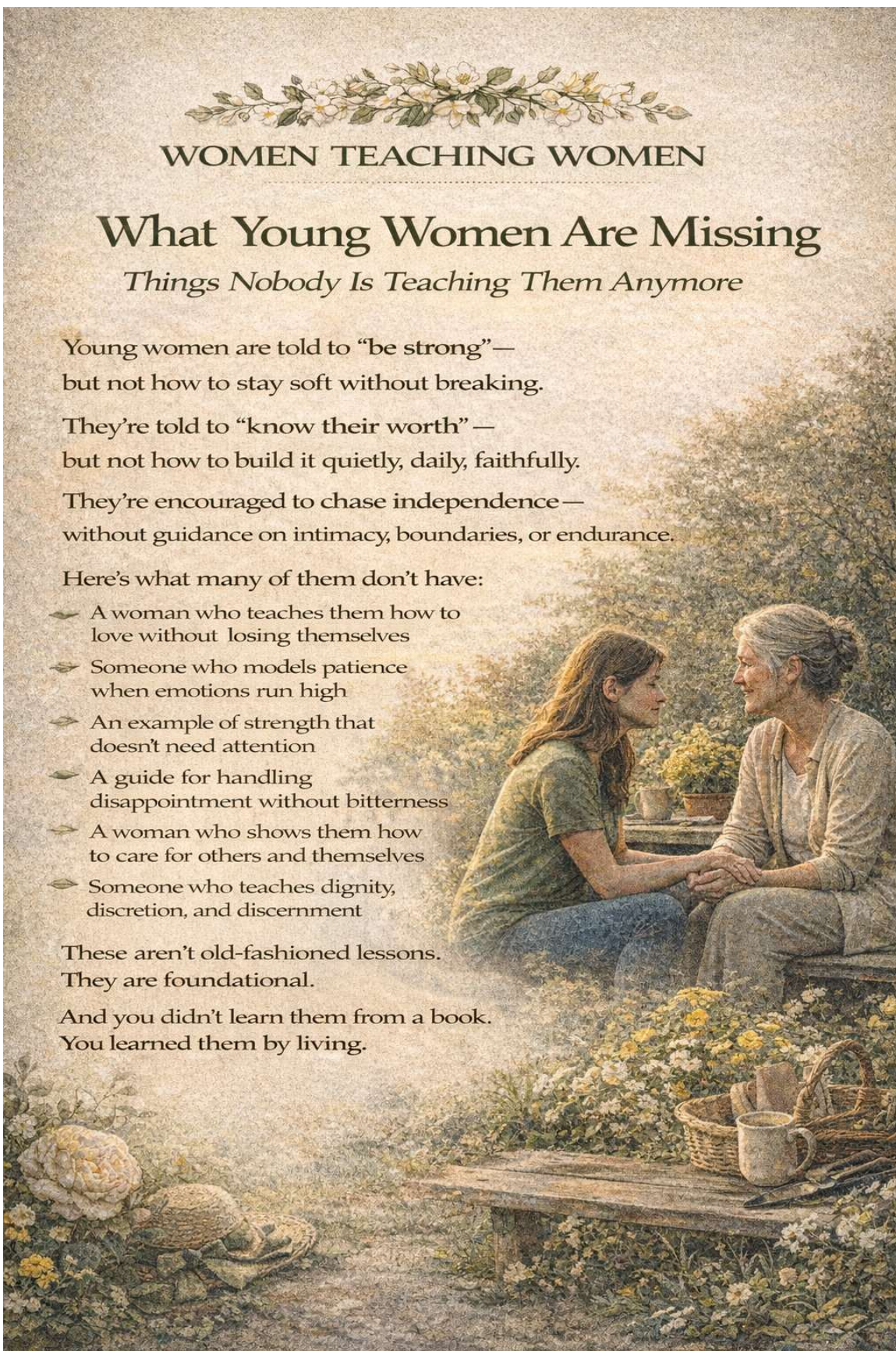
They’re encouraged to chase independence—  
without guidance on intimacy, boundaries, or endurance.

Here’s what many of them don’t have:

- A woman who teaches them how to love without losing themselves
- Someone who models patience when emotions run high
- An example of strength that doesn’t need attention
- A guide for handling disappointment without bitterness
- A woman who shows them how to care for others and themselves
- Someone who teaches dignity, discretion, and discernment

These aren’t old-fashioned lessons.  
They are foundational.

And you didn’t learn them from a book.  
You learned them by living.





# WOMEN TEACHING WOMEN

*(If She Were Listening)*

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## WHY MENTORING MATTERS (FOR BOTH OF YOU)

### **This Isn't Fixing. It's Fellowship.**

Many women hesitate to mentor because of the stories they tell themselves:

"I don't have the answers."

"I made too many mistakes."

"I don't want to impose."

But mentoring was never about having it all together.

It's about showing up *whole* —

not polished,

not perfected,

just honest about what you've lived.

Young women don't need saviors.

They don't need someone to rescue them, correct them, or mold them into something else.

They need safe mirrors.

Someone who reflects back:

"You're not crazy for feeling this."

"You're not weak for struggling here."

"You're not behind — you're learning."

Mentoring isn't fixing.

It's fellowship.

It's sitting beside someone long enough  
for truth to surface without fear.

And here's the part no one says often enough:

Mentoring doesn't drain you —  
it restores you.

When you invest in someone younger:  
your pain becomes purpose,  
your story becomes guidance instead of memory,  
your presence becomes a gift again.

Things that once felt heavy  
start to feel useful.  
Not because the pain disappears —  
but because it no longer feels wasted.

Women were made to nurture, yes.  
But they were also made to transfer wisdom.

To notice patterns.  
To name danger quietly.  
To recognize when something looks fine on the surface  
but won't hold under pressure.

You don't disappear when you give that away.  
You don't lose yourself.

You multiply.

And in that multiplication,  
both of you become steadier —  
not because life gets easier,  
but because no one is walking alone anymore.

---

## **HOW TO MENTOR WITHOUT LOSING YOURSELF**

### **About Staying Whole While Giving**

Mentoring doesn't mean emptying yourself out.  
It doesn't mean fixing someone else's life.  
And it doesn't mean taking responsibility for outcomes that were never yours to carry.

If my daughter were listening,  
if my younger self were sitting nearby,  
I would say this quietly:

You are allowed to give **from fullness**, not depletion.

You don't have to be endlessly available to be faithful.  
You don't have to answer every call, every question, every crisis.  
Availability that costs you your peace eventually stops being loving.

Boundaries are not distance.  
They are clarity.

They tell the truth about what you can offer —  
and what you cannot.

Mentoring works best when it stays human-sized.  
When it fits inside real life.  
When it doesn't require you to disappear in order for someone else to grow.

You are not meant to absorb someone else's pain.  
You are meant to sit beside it.

You can listen without carrying.  
You can care without rescuing.  
You can stay present without becoming responsible for their choices.

If something begins to feel heavy in your body,  
pay attention.

That's often wisdom, not selfishness.

Mentoring is not urgency.  
It's rhythm.

A cup of coffee.

A walk.

A shared task.

A conversation that doesn't rush toward answers.

You don't need to give everything.

You just need to give **what is yours to give**.

And here's something women rarely hear:

You are allowed to stop.

You are allowed to pause.

You are allowed to say, "I can't hold this right now."

Doing so doesn't make you less faithful.

It makes you honest.

The goal of mentoring is not dependence.

It's steadiness.

Not that someone clings to you —

but that they learn how to stand.

And when mentoring is done this way —

with truth, restraint, and care —

it doesn't hollow you out.

It roots you.

You stay yourself.

You stay grounded.

You stay whole.

And the wisdom you offer

lands where it belongs —

not as weight,

but as gift.





## WOMEN TEACHING WOMEN

# Why Mentoring Matters (For Both of You)

*This Isn't Fixing. It's Fellowship.*

Many women hesitate to mentor because they think:

- "I don't have the answers."
- "I made too many mistakes."
- "I don't want to impose."

But mentoring isn't about having it all together.  
It's about showing up whole.

Young women don't need saviors.  
They need safe mirrors.

And here's what no one talks about enough:

- Mentoring doesn't drain you —  
it restores you.
- When you invest in someone younger.
- Your pain becomes purpose
- Your story becomes guidance,  
not just memory.
- A guide for handling  
disappointment  
without bitterness.
- A woman who shows them  
how to care for others and  
themselves

Someone who teaches dignity,  
discretion, and discernment

Women were made to nurture, yes —  
but also to transfer wisdom.

You don't disappear when you give it away.  
You multiply.





# WOMEN TEACHING WOMEN

*(If She Were Listening)*

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## HOW TO START (WITHOUT OVERWHELM)

**Keep It Gentle. Keep It Real. Keep It Consistent.**

You don't need a program.

You don't need a title.

You don't need to be impressive.

And you don't need to fix anyone.

Most women stop before they start  
because they think mentoring has to be big,  
official,  
or perfectly planned.

It doesn't.

It just needs to be human-sized.

You need three things —  
and you already have them.

---

## One strength

Not everything you know.

Just one thing you can offer without strain.

Maybe it's listening well  
and not rushing to correct.

Maybe it's cooking real food  
and making space at the table.

Maybe it's teaching practical life skills  
that no one ever bothered to explain.

Maybe it's helping someone calm their body  
when emotions run high.

Maybe it's modeling faithfulness  
in ordinary, unglamorous routines.

Maybe it's showing how to handle conflict  
without drama, avoidance, or cruelty.

If it's something you learned slowly,  
it's worth sharing.

---

### **One young woman**

Someone close enough to notice.

A daughter who isn't sure who she's becoming.

A granddaughter who needs reassurance more than advice.

A neighbor who feels unseen but keeps showing up.

A young woman at church who's quietly drifting  
and hoping someone notices.

You don't have to save her.

You just have to stay.

---

### **One rhythm**

Not pressure.

Not intensity.

Just consistency.

Coffee once a week.

Cooking together.

Walking and talking — or sitting quietly without rushing.  
Doing something ordinary side by side  
so conversation can come when it's ready.

This isn't about urgency.  
It's about availability.

No pressure to have answers.  
No pressure to say the right thing.  
No pressure to be needed.

Trust grows in steady places.  
Wisdom transfers slowly.  
And relationships deepen when they aren't forced.

You don't have to change her life.  
You just have to make it a little safer  
to become who she already is.

That's how it starts.  
And that's how it lasts.





## WOMEN TEACHING WOMEN

### How to Start (Without Overwhelm)

*Keep It Gentle. Keep It Real. Keep It Consistent.*

You don't need a program.

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You don't need to fix anyone.

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- Mentoring doesn't drain you — it restores you.

When you invest in someone younger:

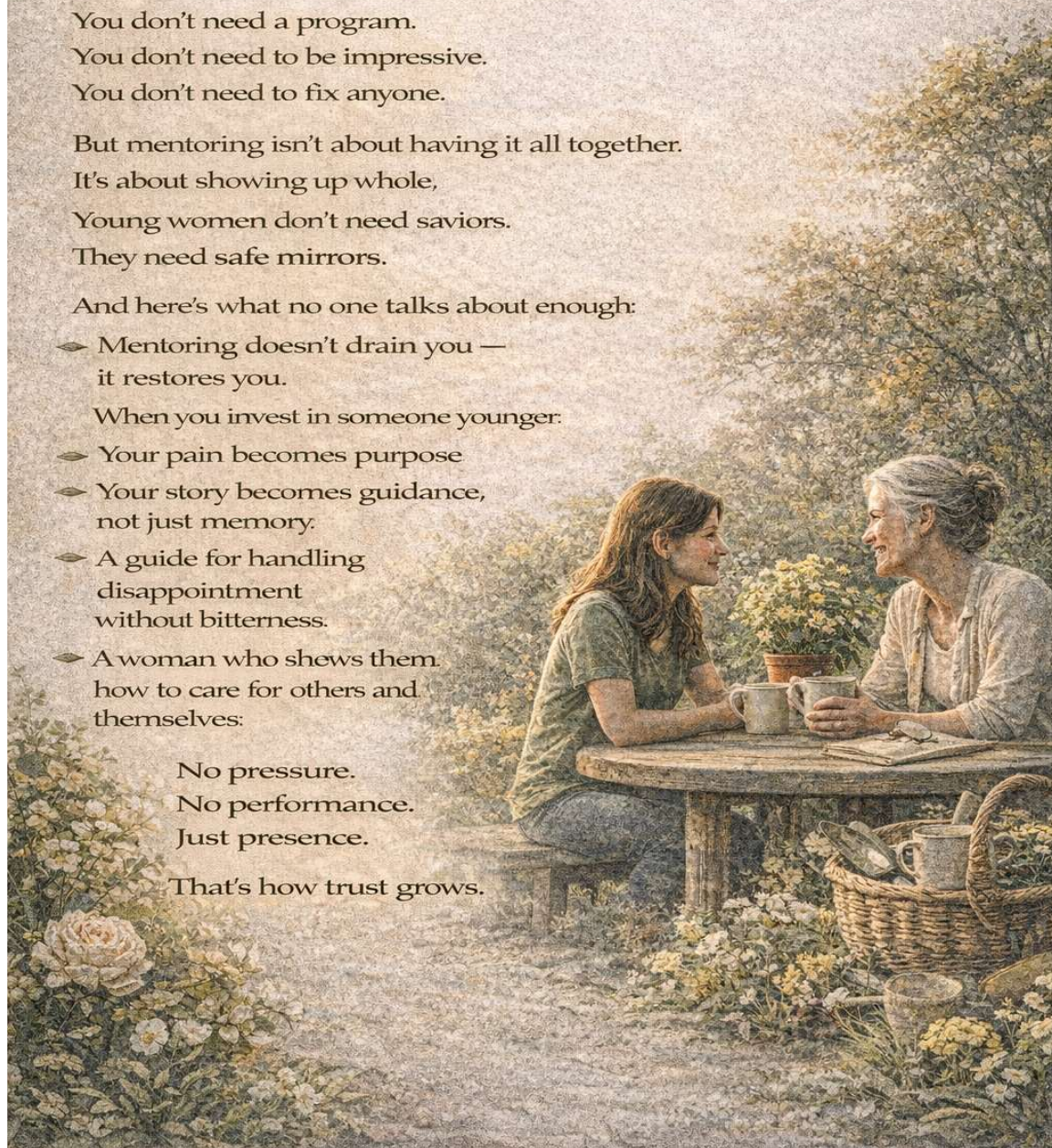
- Your pain becomes purpose
- Your story becomes guidance, not just memory.
- A guide for handling disappointment without bitterness.
- A woman who shows them how to care for others and themselves:

No pressure.

No performance.

Just presence.

That's how trust grows.



# WOMEN TEACHING WOMEN

*(If She Were Listening)*

---

## WOMEN & IDENTITY

### About Who She's Becoming

If she were listening,  
she would need to hear this first:

You don't have to be loud to be strong.  
You don't have to be perfect to be loved.  
You don't have to rush to prove anything to anyone.

Strength doesn't announce itself.  
It steadies.  
It endures.  
It knows when to speak — and when not to.

Teach her that character matters more than attention.  
That being seen isn't the same as being known.  
And that the approval of a crowd  
has never been a reliable compass.

Teach her that boundaries are not rejection.  
They are clarity.  
They protect what is tender  
and make room for what is real.

Teach her that waiting is not weakness.  
That discernment often looks like restraint.  
That some doors close not because she isn't worthy,  
but because they would cost her too much.

Teach her that comparison quietly steals peace.  
It distorts vision.

It breeds urgency where patience is needed.  
And it turns becoming into a competition  
no one actually wins.

Teach her that dignity is built  
when no one is watching.  
In private decisions.  
In quiet consistency.  
In choosing integrity even when it goes unnoticed.

A woman's sense of self  
shapes every relationship she enters.  
What she tolerates.  
What she chases.  
What she believes she deserves.

Help her see clearly.  
Not who the world tells her to be —  
but who she is becoming  
when she chooses truth over performance  
and steadiness over approval.

That kind of vision  
doesn't just change her life.

It steadies everyone who comes near her.

---

## **WOMEN & VOICE**

### **About Speaking Without Shrinking or Hardening**

If she were listening,  
this is what she would need to know:

Your voice does not exist to keep the peace at any cost.  
And it does not exist to overpower a room.

It exists to tell the truth —  
with clarity,  
with restraint,  
and without apology for its existence.

Many women learned early  
that being agreeable kept them safe.  
That silence avoided conflict.  
That swallowing words was the price of belonging.

Others learned the opposite —  
that the only way to be heard  
was to be sharp, loud, or relentless.

Neither is freedom.

Teach her that she doesn't have to disappear  
to be loving.  
And she doesn't have to harden  
to be taken seriously.

Teach her that her voice can be steady  
without being harsh.  
Clear without being cruel.  
Firm without being defensive.

Help her learn the difference  
between explaining herself  
and standing her ground.

She does not owe everyone access to her thoughts.  
But she does owe herself honesty.

Teach her that speaking the truth  
will sometimes make things awkward.  
Sometimes uneven.  
Sometimes quiet for a moment.

That doesn't mean she was wrong.  
It means something real just entered the room.

Teach her to notice how her body responds  
when she silences herself too often.

The tightness.

The fatigue.

The quiet resentment.

That's wisdom knocking.

A woman who learns to speak with integrity  
doesn't need to rehearse every sentence.

She doesn't panic when misunderstood.

She trusts that clarity, over time,  
finds its way home.

Her voice becomes a place people can stand —  
not a weapon,  
not a plea,  
but a presence.

And when she speaks this way,  
she teaches others how to listen.

Not because she demands it —  
but because truth, spoken whole,  
has weight.





## WOMEN TEACHING WOMEN

### About Who She's Becoming

*If she were listening, she'd need to hear this:*

You don't have to be loud to be strong.  
You don't have to be perfect to be loved.  
You don't have to rush to prove yourself.

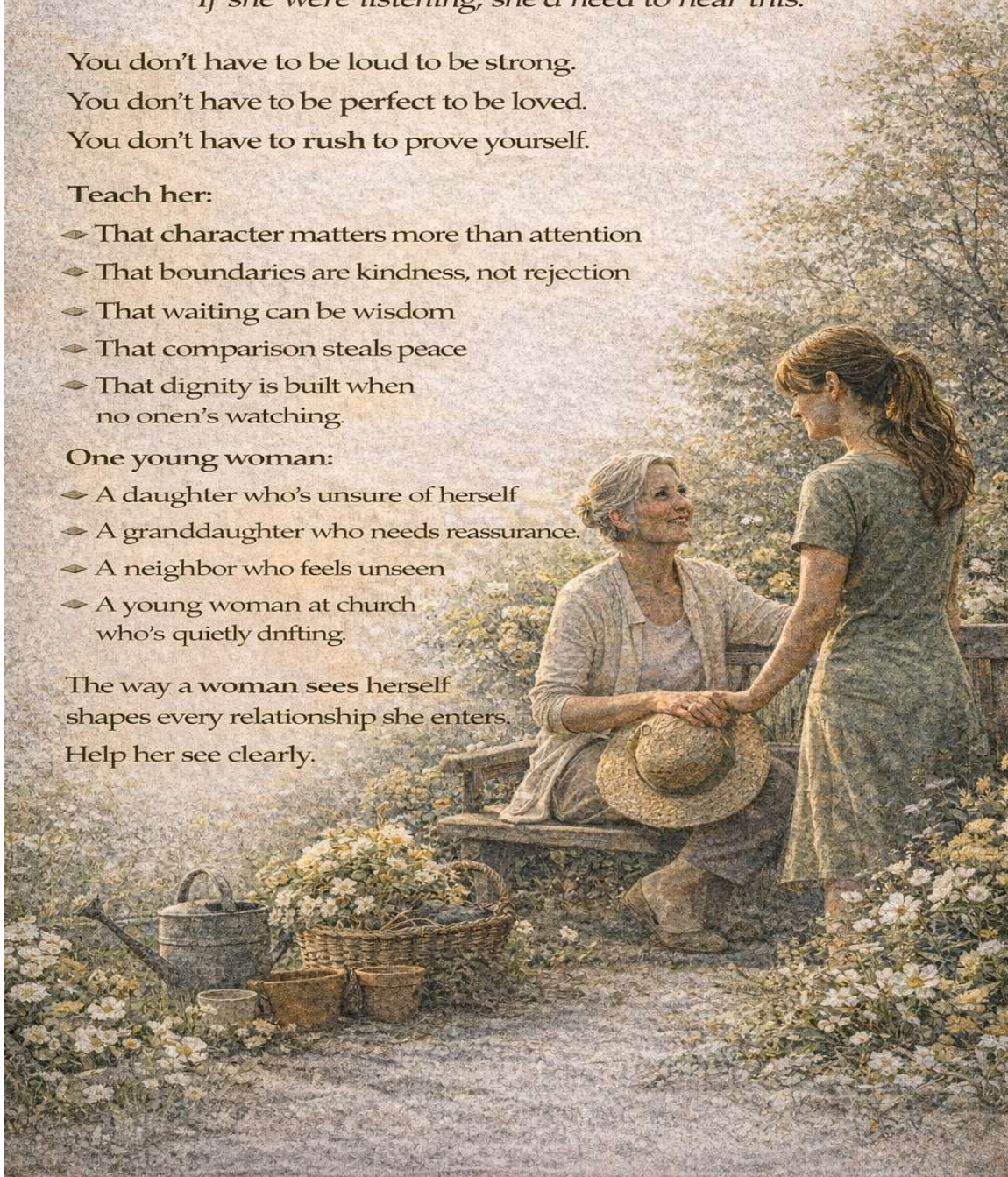
Teach her:

- That character matters more than attention
- That boundaries are kindness, not rejection
- That waiting can be wisdom
- That comparison steals peace
- That dignity is built when no one's watching.

One young woman:

- A daughter who's unsure of herself
- A granddaughter who needs reassurance.
- A neighbor who feels unseen
- A young woman at church who's quietly drifting.

The way a woman sees herself  
shapes every relationship she enters.  
Help her see clearly.







## WOMEN TEACHING WOMEN

### About What Holds You Steady

*Every woman leans on something.  
Even when she says she doesn't.*

If she were listening, she'd need to see:

- ☛ A woman who chooses truth over trends
- ☛ Someone who stays anchored when emotions surge
- ☛ A life built on steadiness, not chaos
- ☛ Integrity lived quietly

Faith doesn't have to be loud to be real.

It shows up in consistency.

Strong women don't drift.

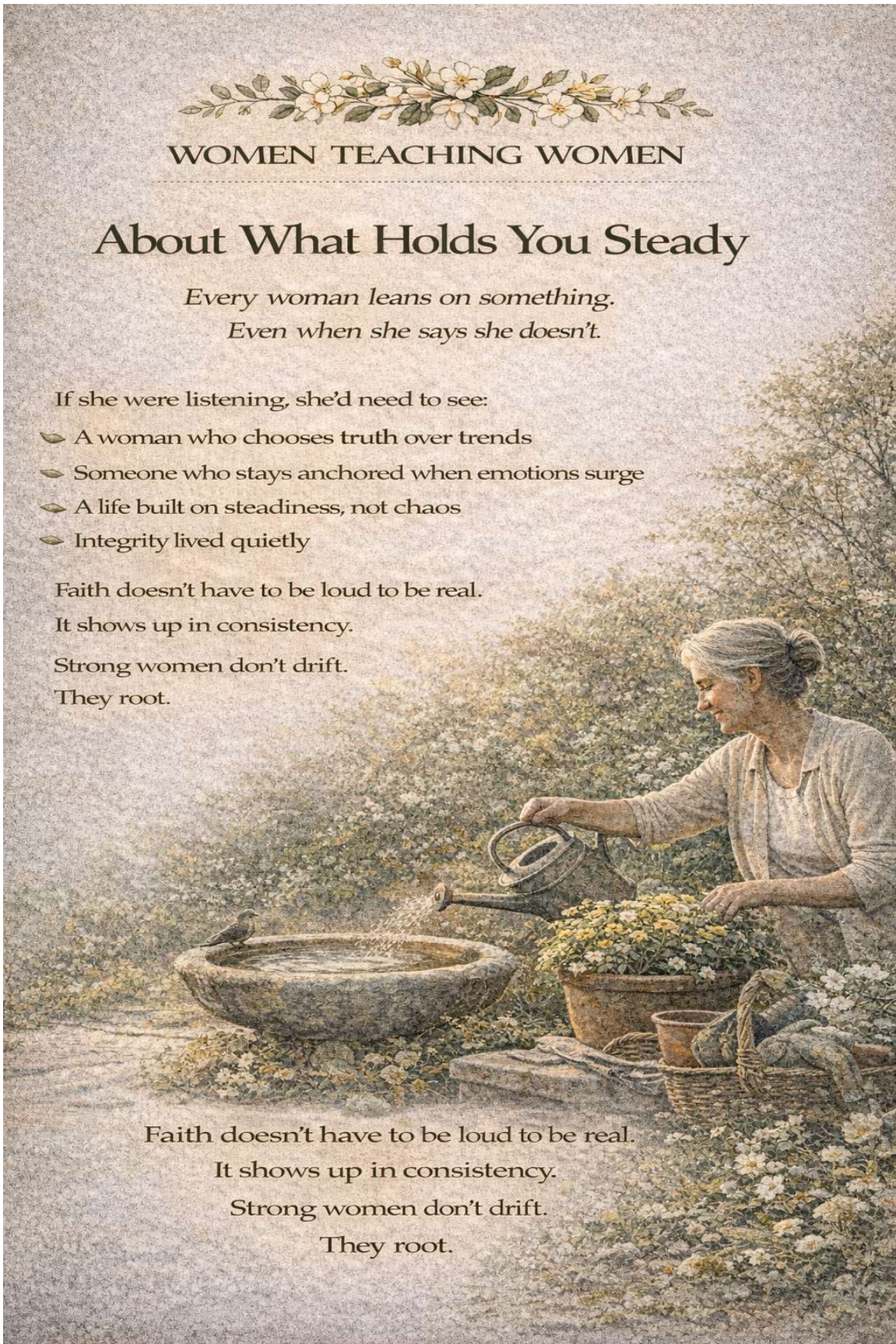
They root.

Faith doesn't have to be loud to be real.

It shows up in consistency.

Strong women don't drift.

They root.



# WOMEN TEACHING WOMEN

*(If She Were Listening)*

---

## **FAITH (IMPLIED, NOT PUSHED)**

### **About What Holds You Steady**

Every woman leans on something.  
Even when she says she doesn't.

Pressure reveals it.  
Loss exposes it.  
Time proves it.

If she were listening,  
she wouldn't need a sermon.  
She would need a witness.

Someone who chooses truth  
when trends would be easier.  
Someone who doesn't change convictions  
every time the cultural weather shifts.

She would need to see a woman  
who stays anchored  
when emotions surge —  
who feels deeply  
but doesn't let feelings run the house.

She would need to observe a life  
built on steadiness, not chaos.  
One that doesn't thrive on drama, urgency, or outrage —  
but on daily faithfulness  
that doesn't ask for attention.

Faith like that isn't loud.  
It doesn't announce itself.  
It doesn't demand agreement.  
  
It shows up in consistency.  
In obedience when no one is watching.  
In choosing what is right  
even when it costs comfort or applause.  
  
Integrity lived quietly  
teaches more than words ever could.  
  
Strong women don't drift.  
They root.  
  
They root in truth.  
They root in obedience.  
They root in something deeper  
than mood, moment, or approval.  
  
And over time,  
that rootedness becomes shelter —  
not just for themselves,  
but for anyone close enough  
to feel its steadiness.

---

## **WOMEN & HOME**

### **About What She Tends and Why It Matters**

If she were listening,  
she would need to hear this without embarrassment  
and without anyone making it smaller than it is:  
  
Tending a home is not lesser work.  
It is formative work.

Home is where values are rehearsed daily.  
Where habits are formed without speeches.  
Where children learn what love sounds like  
long before they understand what love means.

A woman who tends her household well  
is not retreating from the world.  
She is shaping the people who will enter it.

Following does not mean disappearing.  
It means aligning yourself  
with something greater than impulse or ego.

When a woman chooses order over chaos,  
presence over distraction,  
faithfulness over applause,  
she is leading in the way Scripture has always honored —  
by stabilizing what others depend on.

Children don't need perfection.  
They need consistency.  
They need a place where truth is practiced,  
where forgiveness is modeled,  
where discipline is firm but not humiliating,  
and where love does not feel conditional.

A home tended with care becomes refuge.  
A home tended with wisdom becomes formation.

This doesn't mean a woman's life is confined to walls.  
It means her influence runs deeper than noise.  
What she nurtures quietly  
often outlasts what others build loudly.

Good women do not follow blindly.  
They follow wisely.



They choose where to plant their strength  
so that others can grow upright.

And when a woman understands the weight of this calling,  
she stops apologizing for it.

She knows that what she tends today  
will shape tomorrow —  
in ways no platform ever could.

# WOMEN TEACHING WOMEN

*(If She Were Listening)*

---

## LEGACY

### ***About What You Leave Behind***

One day, someone will live with the fruit of your choices—  
your children,  
your grandchildren,  
your home,  
your community.

Long after words are forgotten,  
what you tended will remain.

If she were listening, she would need to see this lived:

- Be present — not perfect
- Speak life — especially when it's easier to withdraw
- Stay when it's uncomfortable
- Leave people steadier than you found them

This is not about control.  
It's about cultivation.

That is the quiet legacy women carry—  
to steady what grows,  
to guard what is tender,  
and to leave behind a place where others can stand.

---

## **WOMEN & STEWARDSHIP**

*About What You Allow to Take Root*

Stewardship isn't about control.

It's about attention.

What you allow near you  
shapes what grows around you.

Homes are not neutral spaces.

Neither are conversations.

Neither are relationships, habits, or patterns we excuse because we're tired.

A woman doesn't just manage a household.

She tends an atmosphere.

If she were listening, she would need to know this:

- You don't have to host everything that knocks
- Not every influence deserves a seat at the table
- Peace is protected through discernment, not avoidance
- What you allow repeatedly becomes what your home learns to live with
- Stewardship often looks like quiet subtraction

Good women are not passive.

They are selective.

They notice when something disturbs the spirit of a place.

They pay attention to what drains rather than nourishes.

They understand that love does not require access to everything.

A well-tended home is not loud.

It doesn't perform.

It feels steady.

And children learn long before they are taught.

They learn what is welcomed.

They learn what is tolerated.  
They learn what is gently refused.  
Stewardship is not about fear.  
It's about faithfulness.  
About guarding what has been entrusted  
without hardening the heart.  
What you invite into your home matters.  
What you keep out matters too.  
Not because you are unkind—  
but because you are careful.  
That is stewardship.  
And it is holy work.

---

### **A Miss Bess Porch Whisper**

You don't have to explain  
why something doesn't belong.  
You're allowed to say no  
without making a speech.  
You're allowed to protect the quiet  
without apologizing for it.  
Some doors stay closed  
not because you're afraid—  
but because you finally learned  
what peace feels like  
when it's not being interrupted.  
Tending a home isn't about perfection.  
It's about paying attention.



And if you're still here,  
still noticing,  
still choosing with care—

you're doing the work  
exactly as it was meant to be done.

Sit a minute.  
The porch is safe.



## WOMEN TEACHING WOMEN

### About What You Leave Behind

*One day, someone will live with the  
fruit of your choices:*

- ✧ Your children.
- ✧ Your grandchildren.
- ✧ Your community.

If she were listening:

- ✧ Be present
- ✧ Speak life
- ✧ Stay when it's uncomfortable
- ✧ Leave people steadier than you found them

That's what women are for.

Faith doesn't have to be loud to be real.  
It shows up in consistency.  
Strong women don't drift.  
They root.



## WOMEN TEACHING WOMEN

### A Gentle Mentoring Checklist

*(Presence over perfection)*

---

#### START HERE — A QUIET RESET

You don't need to fix anyone.

You don't need the right words.

You don't need to have everything figured out.

You are not being asked to lead from the front —  
only to walk beside someone for a while.

Mentoring starts with **availability**, not authority.

---

#### STEP 1 — WHAT DO YOU ALREADY CARRY?

*(Circle or check what feels true — not what sounds impressive)*

- ☐ I listen well without rushing to correct
- ☐ I know how to love people through hard seasons
- ☐ I've learned patience through disappointment
- ☐ I've learned boundaries the hard way
- ☐ I know how to create a peaceful environment
- ☐ I've learned how to forgive — or am still learning
- ☐ I know how to stay steady when emotions rise
- ☐ I've lived long enough to know what *doesn't* matter

You don't need to teach everything.

One lived lesson is enough.

---

## STEP 2 — WHO COULD YOU WALK WITH?

*(Not who needs fixing — who needs company)*

- ☐ A daughter
- ☐ A granddaughter
- ☐ A niece
- ☐ A neighbor
- ☐ A young woman at church
- ☐ A coworker
- ☐ Someone who feels unseen or unsure

**Name (optional):** \_\_\_\_\_

Mentoring grows best where there is trust, not pressure.

---

## STEP 3 — HOW COULD YOU SHOW UP?

*(Choose one rhythm — keep it simple)*

- ☐ Coffee once a week
- ☐ Cooking a meal together
- ☐ Walking and talking
- ☐ Sitting and listening
- ☐ Doing something practical side-by-side
- ☐ Occasional check-in texts
- ☐ Being available when needed

**Chosen rhythm:** \_\_\_\_\_

Consistency builds safety.

Safety builds growth.

---



## STEP 4 — WHAT DO YOU WANT HER TO KNOW?

*(You don't need to say all of this — just live it)*

- ☐ She doesn't need to rush her life
- ☐ She doesn't need to earn love
- ☐ Boundaries are wisdom, not rejection
- ☐ Strength can be quiet
- ☐ Comparison steals peace
- ☐ Character matters more than attention
- ☐ Faithfulness over flash lasts longer

Most lessons are absorbed, not announced.

---

## STEP 5 — A NOTE FOR YOU

*(Read this slowly)*

You are not too old.

You are not behind.

You are not irrelevant.

Your story still carries weight —  
and someone is steadied just by being near you.

---

## OPTIONAL CLOSING REFLECTION

*(No pressure — no guilt)*

**What would it look like to give this year away — gently, faithfully,  
relationally?**

---

---

---



# WOMEN TEACHING WOMEN

## A Gentle Mentoring Checklist

*(Presence over perfection)*

### START HERE — A QUIET RESET

- You don't need to fix anyone.
- You don't need the right words.
- You don't need to have everything figured out.
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- ☐ I've learned patience through disappointment
- ☐ I've learned boundaries the hard way.
- ☐ I know how to create a peaceful environment
- ☐ I've learned how to forgive — or am still learning
- ☐ I know how to stay steady when emotions rise

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- ☐ A granddaughter
- ☐ Someone who feels unseen or unsure.
- ☐ A niece

Name (optional): \_\_\_\_\_

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- ☐ Doing something practical side by side
- ☐ Walking and talking
- ☐ Being available when needed

Chosen rhythm: \_\_\_\_\_

### OPTIONAL CLOSING REFLECTION

*(No pressure — no guilt)*

What would it look like to give this year away — gently, faithfully, relationally?

\_\_\_\_\_

## IMPORTANT REMINDERS

(Read this when doubt starts talking.)

- ☐ You are not too late
- ☐ You are not too much
- ☐ You are not responsible for outcomes
- ☐ You are only responsible for presence

You don't have to be her answer.

You just have to be *available*  
when questions surface.

Growth doesn't need an audience.  
It needs safety.

---

## A Porch Whisper

You don't mentor by fixing.  
You mentor by staying.

By not flinching when stories get heavy.  
By not rushing her to conclusions.  
By letting silence do its quiet work.

Some women change because of advice.  
Most change because someone stayed long enough  
for truth to feel survivable.

If you open your life just a little,  
make room at the table,  
leave the light on—

that is enough.

And if you're still here,  
still willing,  
still choosing presence—

you are exactly the kind of woman  
this world needs more of.

Sit a minute.

You're doing holy work.

## **PART 3**

# **REFLECTIONS AND RESOLUTIONS**

What To Focus On





# THE EMBARRASSED LIST

## *Miss Bess' Gentle New Year Reality Check*

*(No grades. No sharing. No judgment.)*

---

Now listen...

This ain't about being perfect.

It's about being honest *before* another year sneaks by.

### **“BLESS YOUR HEART... WHY DID I SPEND SO MUCH TIME ON THAT?”**

*(Circle, underline, or add your own — no writing required if you don't want to.)*

Some things just **feel important in the moment...**

and real silly in hindsight.

- ☐ Endless scrolling
- ☐ Being busy just to feel busy
- ☐ Worrying about things I couldn't fix anyway
- ☐ Arguing just to be “right”
- ☐ Chasing approval from people who forgot my name
- ☐ Comfort over courage
- ☐ Noise instead of stillness
- ☐ “I'll get to it later” (again)

Miss Bess note:

*If you laughed a little... that's your answer.*

**“IF I’M BEING HONEST... I WISH I’D DONE MORE OF THIS”**

*(You don’t have to do all of them. One counts.)*

- ☐ Prayed first instead of last
- ☐ Sat still long enough to listen
- ☐ Read Scripture without rushing
- ☐ Loved people when it was inconvenient
- ☐ Rested without feeling guilty
- ☐ Trusted God instead of micromanaging
- ☐ Said yes to what mattered
- ☐ Said no to what didn’t

Miss Bess whisper:

*Faithfulness ain’t flashy — but it lasts.*

## THE “WELL... THERE IT IS” MOMENT

Now don't overthink this.

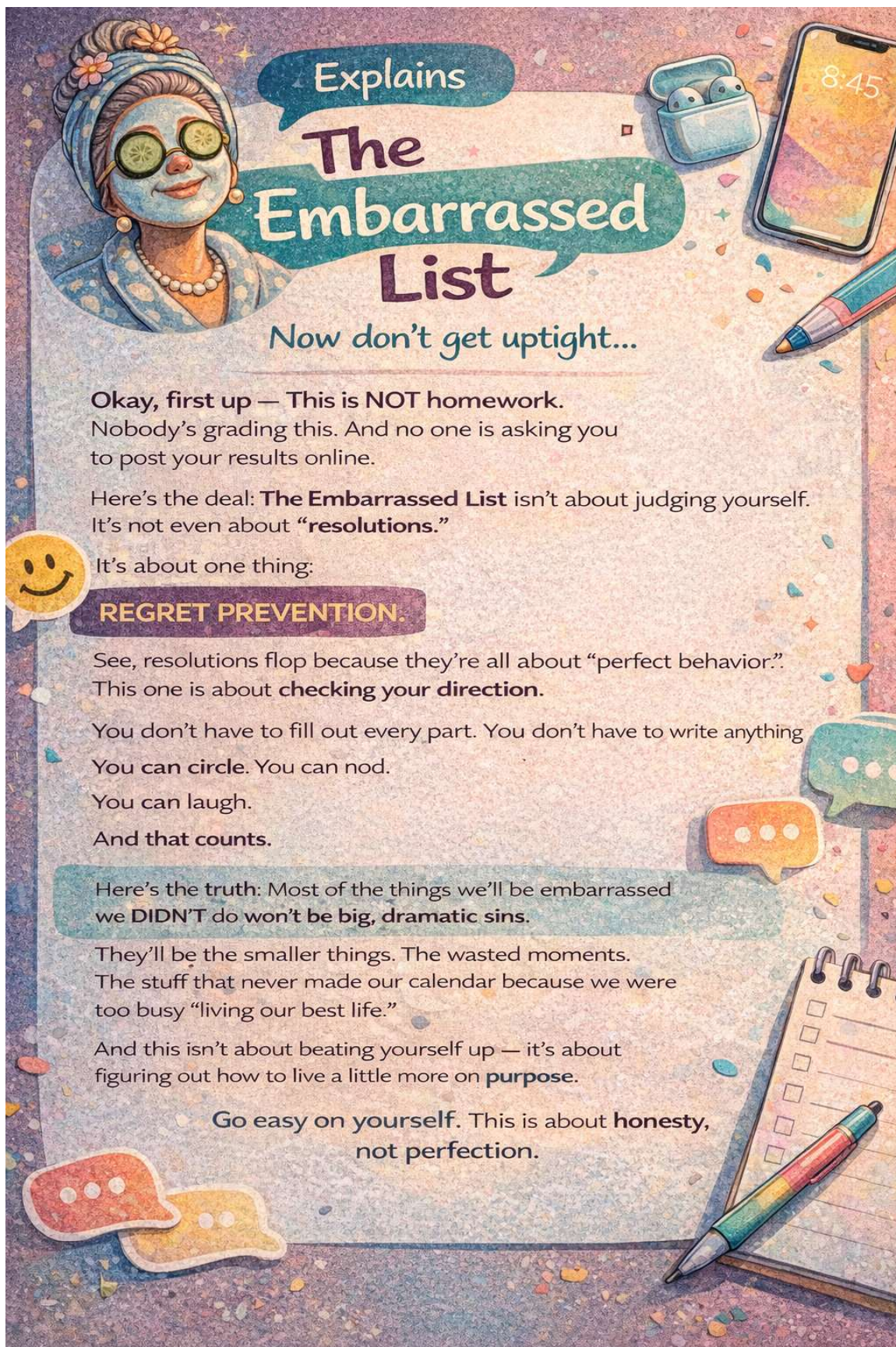
If **one thing** changed this year — just one —  
which would make you feel more at peace?

I might need to let go of:  
*(circle one or add your own)*

Control  
Distraction  
Fear  
Approval  
Busyness  
Comfort

I might need to lean into:  
*(circle one or add your own)*

Trust  
Obedience  
Stillness  
Courage  
Love  
Truth



Explains

# The Embarrassed List

Now don't get uptight...

Okay, first up — This is NOT homework.

Nobody's grading this. And no one is asking you to post your results online.

Here's the deal: **The Embarrassed List** isn't about judging yourself. It's not even about "resolutions."

It's about one thing:

## REGRET PREVENTION.

See, resolutions flop because they're all about "perfect behavior." This one is about **checking your direction**.

You don't have to fill out every part. You don't have to write anything

You can circle. You can nod.

You can laugh.

And that counts.

Here's the truth: Most of the things we'll be embarrassed we **DIDN'T** do won't be big, dramatic sins.

They'll be the smaller things. The wasted moments. The stuff that never made our calendar because we were too busy "living our best life."

And this isn't about beating yourself up — it's about figuring out how to live a little more on **purpose**.

Go easy on yourself. This is about **honesty**, not perfection.





# THE EMBARRASSED LIST

A Reality Check for the Real World (No Judging)

This ain't a "pile-on." No grades. No test.

(Just circle, skim, or laugh and say, "That's way too true.")



## "WHAT WAS I EVEN DOING WITH MY TIME..."

(Circle what fits, add your own, or skip this part completely if you want.)

- ☐ Endless scrolling 📱
- ☐ Overcommitting to stuff that didn't really matter 📅
- ☐ Letting relationships drift instead of investing 🤝
- ☐ Having a perfectly good idea and never acting on it 💡
- ☐ Always waiting for "later" ⌚
- ☐ Staying comfortable instead of doing something hard 🎮
- ☐ Half-listening to God because I "needed more time to think" 📖
- ☐ Or let's be honest: .....



## WHAT DO I WISH I'D DONE MORE OF?

(Pick a couple—no pressure.)

- ☐ Prayed first instead of last 🙏
- ☐ Spent more time listening
- ☐ Read Scripture without racing through it 📖
- ☐ Loved people who were (let's be honest here) hard to love 😬
- ☐ Done something that made a difference (even without being noticed).
- ☐ Been brave when I felt way safer playing it cool 📄
- ☐ Said yes to what mattered and no to... whatever this was: 📎



## WAIT... SO... WHAT DO I REALLY WANT THIS YEAR?

- ☐ I need to stop wasting so much time on: .....
- ☐ I want to be more faithful about:  
Control • Distraction • Fear • Approval • Busyness

People might be harder on you. God  
is more patient. Take a deep breath.  
Let's go from here.



# Miss Bess Explains The Embarrassed List

Now don't get nervous...

Alright, listen.

This is not a test.

There will be no grading.

And nobody is asking you to post your answers on the internet.

This little worksheet isn't about being hard on yourself—  
it's about being *honest* with yourself.

Most New Year's resolutions fail because they're about behavior.

This one is about *direction*.

You don't have to fill in every part.

You don't even have to write anything if you don't want to.

You can circle.

You can nod.

You can laugh and say, "Well...  
that hit a little close to home."

That still *counts*.

Sometimes the things we'll regret  
most aren't the big, dramatic  
mistakes.

They're the quiet ones.

The time we wasted.

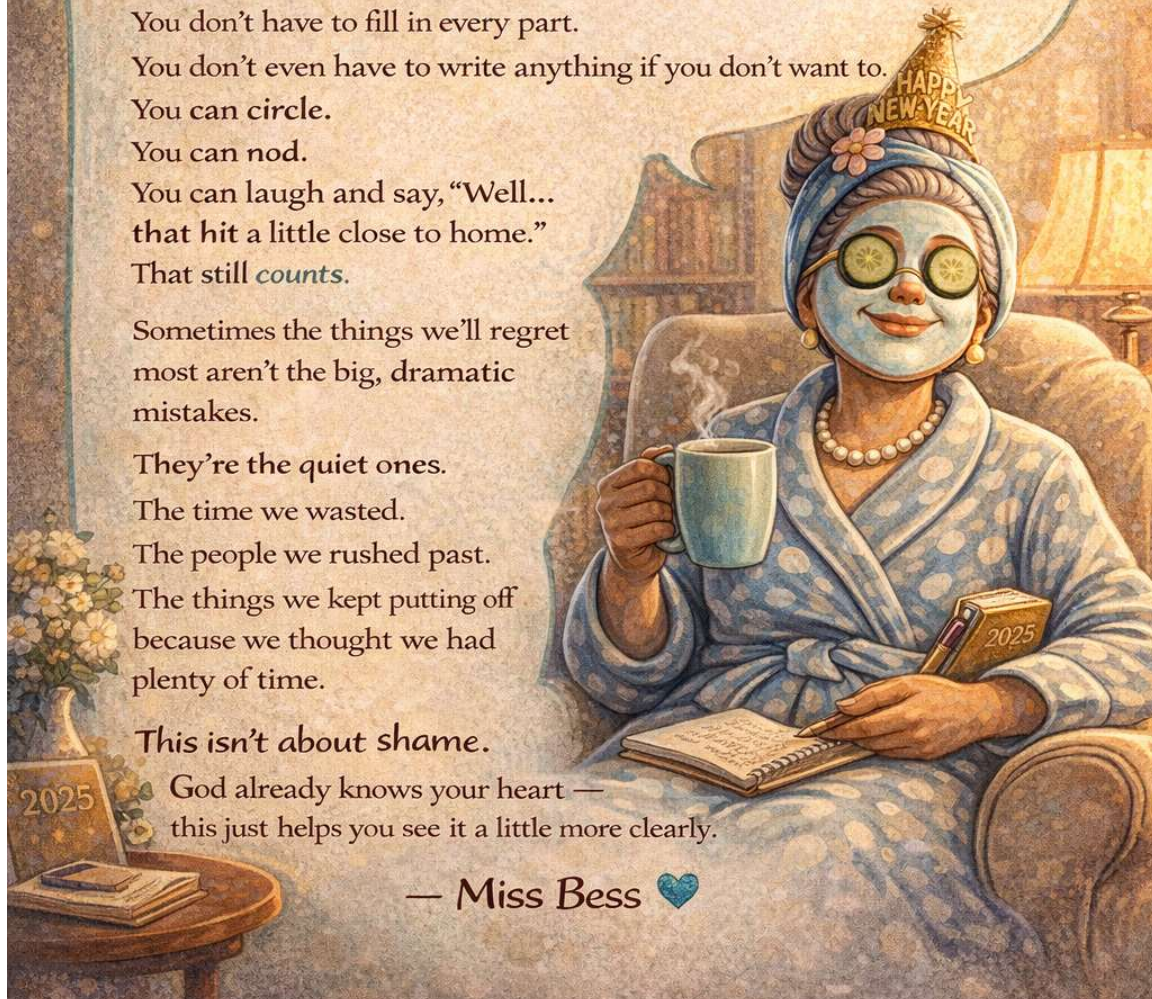
The people we rushed past.

The things we kept putting off  
because we thought we had  
plenty of time.

This isn't about shame.

God already knows your heart —  
this just helps you see it a little more clearly.

— Miss Bess ♥





# Miss Bess Explains The Embarrassed List

A gentle New Year reality check



## PART 1 – Bless Your Heart... Why Did I Spend So Much Time On That?

Miss Bess:

No one is grading this, and  
you ain't sharing if you don't want to.

(Circle what fits, add your own, or skip this!)

Some things just feel important in the moment...

- ☐ Endless scrolling
- ☐ Being busy just to feel busy
- ☐ Worrying about things I couldn't fix anyway
- ☐ Arguing just to be "right"
- ☐ Chasing approval from people who forgot my name
- ☐ Comfort over courage
- ☐ "I'll get to it later" (again)

Miss Bess note: If you laughed  
a little... that's your answer.



## PART 2 – If I'm Being Honest... I Wish I'd Done More of This

(Pick a couple—one is better than zero.)

- ☐ Prayed first instead of last
- ☐ Sat still long enough to listen
- ☐ Read Scripture without rushing
- ☐ Loved people when it was inconvenient
- ☐ Rested without feeling guilty
- ☐ Trusted God instead of micromanaging
- ☐ Said yes to what mattered
- ☐ Said no to what didn't



## Well... There It Is.

If ONE thing changed this year—that's it—  
what would bring you some peace?

This year, I want to stop wasting time on:  
Control • Distraction • Fear • Approval • Busyness

This year, I want to be more faithful with:  
Trust • Fruth • Courage • Love • Stillness

Maybe the problem wasn't discipline.  
Maybe it was distraction.





Explains

# The LEGACY List

It's not too late to make a difference.

Alright now.

Let's set the record straight.

Nobody is counting you out in the Kingdom of God.

You ain't too old.

And God didn't forget your name just because your phone did.

This list is to remind you of your influence.

It's to make sure you know you **still matter**.

The world needs your wisdom and your warmth—  
Whether it offers a trophy for that or not.

So take your time with this.

Open your heart—

Don't count your lessons too short.

Bet the farm on God's faithfulness  
over your feelings.

And while young folks may be the headline now...

Hall of Famers like you?

You finish well.



Keep on going. Keep on loving.

The best stories take a **lifetime**.

— Miss Bess ♥

Keep on going. Keep on loving.

The best stories take a lifetime.







# The LEGACY List

It's not too late to make a difference.



## Why This List Matters

You're not done yet. You still "matter",

Somebody younger is learning from you. They might be watching from a distance. They might not even realize what they're learning — but that doesn't mean they're not.

### ⚡ WHAT YOU REMIND THE REST OF US

- ☐ Wisdom is gathered, not googled. ✨
- ☐ Faith isn't a trend — it's a foundation. 📖
- ☐ Answers evolve, but truth endures. 🕒
- ☐ You can be for people without being of this world 🌍
- ☐ The time you spend on people outlasts what you spend on projects.
- ☐ The way you finished your race matters more than how other people started theirs.
- ☐ Or let's be honest: .....



### 🕒 OLD TIMERS HAVE SECRETS

(You and I both know it.)

- ☐ There is honor in humility. 🙇
- ☐ Kindness makes ripples. 🌊
- ☐ Gratitude can light the darkest days. 🕯️
- ☐ God deserves faith — whether we understand His timetable or not.
- ☐ History may repeat itself, but so does grace.
- ☐ Love is spelled T.I.M.E. 🕒
- ☐ When you pray, the answer is never "just words."

Or, I'd add my own: .....

## My Legacy for the Next Chapter:

I want to live in a way that says,  
"God can be trusted...  
Even at the finish line."







## CALENDAR REFLECTION SPREAD

---

Before the Year Begins... or as soon as you can.

This is **not** a planner.

It's a **priority reset**.

### ON THE LEFT — THE PAUSE Before You Fill the Calendar...

Before the year fills up,  
pause.

Breathe life in.  
Breathe life out.

Busyness will come on its own.  
What matters needs to be chosen.

Ask yourself:

- What deserves space on my calendar this year?  
\_\_\_\_\_
- What keeps pulling my attention away from what matters?  
\_\_\_\_\_
- What would I regret *not* making time for?  
\_\_\_\_\_

You don't need to do more.

You need to do what's meaningful — on purpose.

---

## ON THE RIGHT — THE CHOOSING

What Deserves Time This Year...

This year, I want to make room for:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

These distractions tend to derail me:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

One small change I can make before the year starts:

- \_\_\_\_\_

*Faithfulness beats intention when the calendar fills up.*

# ONE-YEAR FOCUS PAGE

If I Only Did One Thing Well...

This page is not about ambition.

It's about **faithfulness**.

You don't need a long list.

You don't need to overhaul your life.

You need **one steady focus** that reflects what matters most.

---

## BEFORE YOU WRITE ANYTHING, READ THIS:

Most years don't fall apart because of bad intentions.

They fall apart because of **too many good ones**.

This page exists to protect you  
from overcommitting  
and underliving.

---

## THIS YEAR, I WANT TO FOCUS ON:

(Choose **one** — not ten.)

---

---

*(Something realistic. Something meaningful. Something you can return to  
when life gets busy.)*

---

**THIS MATTERS TO ME BECAUSE:**

---

---

---

---

**ONE SMALL WAY I CAN HONOR THIS FOCUS EACH WEEK:**

---

---

*(Small enough to keep going. Faithful enough to matter.)*

---

**WHEN I GET DISTRACTED, I WILL REMEMBER:**

---

---

---

---

*You don't have to do everything.  
You just have to do **the right thing**,  
consistently.*



## **MISS BESS' VERSION OF A RESOLUTION**

(Not a promise. Not a performance. A direction.)

This year, instead of trying to fix everything...

I'm choosing to be more faithful with \_\_\_\_\_.

(And yes, you can leave that blank for a while.

God is patient like that.)

Maybe the problem wasn't willpower.

Maybe it was distraction.

New Year.

Eternal Perspective.

Miss Bess

(who's been around long enough to know.)



## **PART 4**

# **CHOOSING WELL**

Without losing yourself



## FOR SUCH A TIME AS THIS

*A Page to Remember When Choosing a Friend or a Mate  
(Inspired by Esther — willing, faithful, unaware of the full plan)*

“And who knows whether you have come to the kingdom  
for such a time as this?”

— **Esther 4:14**

Most of us don’t realize what we’re being prepared for  
while it’s happening.

We think we’re just living.

Getting through.

Becoming something  
we don’t yet have words for.

Esther didn’t wake up knowing  
she would change history.  
She didn’t campaign for influence.  
She didn’t demand certainty.

She stayed willing.  
She stayed faithful.  
And she paid attention  
when the moment arrived.

That matters  
when you’re deciding  
who gets close to your life.

Because the people nearest to you  
will either strengthen your courage  
or quietly talk you out of it.



They will either help you stand  
when the time comes to speak—  
or make you small enough  
to stay silent.

So choose carefully.

Not out of fear.

Not out of loneliness.

But with the quiet understanding  
that you may be standing where you are  
for reasons you cannot see yet.

And who you allow beside you  
may matter  
more than you know.

— *Miss Bess*

---

### ***When You Feel Late, Behind, or Overlooked***

***— for the days courage feels delayed***

Most people who change anything meaningful  
spend a long time believing they missed their moment.

They look at what hasn't happened yet  
and assume the story already passed them by.

They mistake waiting for failure.

Obscurity for irrelevance.

Preparation for punishment.

Esther didn't arrive early.

She arrived when the moment required her—  
not a minute before.

If you feel behind,  
it may not be because you hesitated.

It may be because the season  
hasn't called your name yet.

Some people are formed in public.  
Others are formed quietly,  
out of sight,  
learning restraint, discernment, and courage  
where no one is applauding.

That kind of formation doesn't look impressive.  
It looks slow.  
It looks ordinary.  
It looks like endurance.

If you're still here,  
still listening,  
still willing to choose wisely—  
you have not missed your place.

You are not late.  
You are not overlooked.

You are being held  
until the moment needs  
exactly who you have become.

And when that moment comes,  
you won't need to rush.

You'll recognize it—  
because it will recognize you.

— **Miss Bess**



# THINGS WORTH LOOKING FOR

*(For friendship. For partnership. For marriage.)*

## **1. Are you equally yoked — not just interested?**

Shared values matter more than shared hobbies.

Chemistry fades. Character carries.

Ask yourself:

- Do we move in the same direction?
- Do we respect the same boundaries?
- Do we pull each other toward what's right — or just what's easy?

Being “equally yoked” isn’t about perfection.

It’s about pace, purpose, and pull.

---

## **2. Does this person make you want to be better — or smaller?**

The right people don’t compete with your growth.

They quietly encourage it.

Pay attention to:

- Who you become around them
- How you speak about yourself after time together
- Whether you feel steadier or more insecure

Love should expand you, not diminish you.

---

## **3. Beauty fades. Kindness doesn’t.**

Attraction matters — but it’s not avoiding the truth to say it isn’t the foundation.

What lasts:

- How they treat people who can’t give them anything



- How they speak when frustrated
- How they respond when things don't go their way

Charm impresses.

Kindness sustains.

---

#### **4. Laughter is not optional.**

Life is heavy enough.

Look for someone who:

- Can laugh at themselves
- Doesn't take offense easily
- Knows how to lighten a moment without escaping responsibility

Joy doesn't mean life is easy.

It means you don't face it alone.

---

#### **5. Do they practice the small things?**

The big gestures get attention.

The small ones build trust.

Never stop noticing:

- Do they show up on time?
- Do they keep promises?
- Do they say thank you?
- Do they apologize when wrong?
- Do they still try when no one's watching?

Love is rarely loud.

It's faithful in the ordinary.

---

## **6. Is faith present — even if it's quiet?**

Faith doesn't have to be flashy to be real.

Look for:

- Humility
- Teachability
- A moral compass that doesn't change with convenience
- A respect for God — even when no one's checking

You don't need someone who talks about God constantly.

You need someone who lives as though He matters.

---

### **A Porch Whisper**

You're not looking for someone to complete you.

You're looking for someone who walks beside you  
without pulling you off course.

Pay attention to what steadies you.

Pay attention to what costs you peace.

The right people won't rush you.

They'll help you listen.

— *Miss Bess*



# THINGS WORTH NOT IGNORING

*(For friendship. For partnership. For marriage.)*

## **1. Do you keep adjusting yourself to make it work?**

Occasional compromise is healthy.

Constant self-erasure is not.

Pay attention to:

- How often you explain away discomfort
- Whether your needs keep shrinking
- If peace only comes when you stay quiet

If alignment requires you to disappear,  
it isn't alignment.

---

## **2. Do you feel more anxious — or more anchored — around them?**

Your body often knows before your mind does.

Notice:

- Tension that shows up without reason
- The need to rehearse conversations
- Relief when they're gone

Love doesn't keep you on edge.

It settles you.

---

## **3. Are words kind — but actions inconsistent?**

Charm can sound like care.

Consistency proves it.

Watch for:

- Promises that don't become patterns



- Apologies without change
- Effort only when consequences appear

Affection without follow-through  
eventually costs trust.

---

#### **4. Is laughter used to avoid, not connect?**

Humor can heal —  
or it can deflect.

Be honest about:

- Jokes that minimize your concerns
- Laughter that replaces responsibility
- Playfulness that avoids depth

Joy brings relief.

Avoidance leaves things unresolved.

---

#### **5. Are the small things neglected?**

Neglect is rarely dramatic.

It's quiet. Repetitive. Normalized.

Notice:

- Being late without apology
- Forgetting what matters to you
- Effort fading once you're "secured"

What's ignored early  
becomes heavy later.

---

## **6. Is faith absent — or treated as inconvenient?**

You don't need identical expressions.

You do need shared reverence.

Pay attention to:

- Dismissiveness toward God
- Values that bend when it's uncomfortable
- A moral compass guided by convenience

A life without a higher anchor  
eventually drifts — and pulls others with it.

---

### **A Porch Whisper (Read Slowly)**

You don't notice these things to accuse.

You notice them to protect what's sacred.

Pay attention to what costs you clarity.

Pay attention to what erodes peace over time.

You're allowed to pause.

You're allowed to step back.

You're allowed to choose wisely — even quietly.

Seeing isn't judgment.

It's stewardship.

— *Miss Bess*



## PAIRED REFLECTION

### ***Before I Ask What I'm Looking For...***

It's easy to make a list of what we want.

It's wiser to pause and ask who we are becoming.

This page isn't about fixing yourself.

It's about **alignment** — so you don't settle out of fear or rush past wisdom.

Take this slowly.

You don't have to fill in everything.

Honesty is enough.

---

### **WHAT I'M LOOKING FOR**

*(In a friend, a partner, or a future mate)*

I'm not looking for perfection.

I'm looking for **health, steadiness, and shared direction.**

I value someone who:

- ☐ Treats people with kindness and respect
- ☐ Keeps their word, even when it's inconvenient
- ☐ Can communicate honestly without cruelty
- ☐ Is willing to grow and learn
- ☐ Has humility — not ego
- ☐ Knows how to laugh and lighten the load
- ☐ Respects boundaries
- ☐ Lives with integrity when no one's watching

*Circle the ones that matter most to you.*

## WHAT I BRING TO THE TABLE

*(This is not self-criticism — it's clarity)*

I am learning to be someone who:

- ☐ Listens well
- ☐ Takes responsibility for my actions
- ☐ Apologizes when I'm wrong
- ☐ Shows consistency, not just intensity
- ☐ Practices patience
- ☐ Honors commitments
- ☐ Handles conflict with maturity
- ☐ Keeps growing — even when it's uncomfortable

*You don't have to be finished.*

*You just have to be willing.*

---

## A GENTLE ALIGNMENT CHECK

Answer quietly. Truthfully.

- Do I expect things from others that I'm unwilling to practice myself?
- Am I choosing out of loneliness — or discernment?
- Do I believe I'm worthy of a healthy relationship?
- Am I growing toward the kind of connection I hope to have?

*There are no wrong answers — only helpful ones.*

---

---

---



## **A STEADYING TRUTH**

Read this more than once if needed:

You do not need to rush.

You do not need to shrink.

You do not need to earn love by settling.

The right connections don't require you to abandon yourself.

---

### **A Quiet Commitment (Optional)**

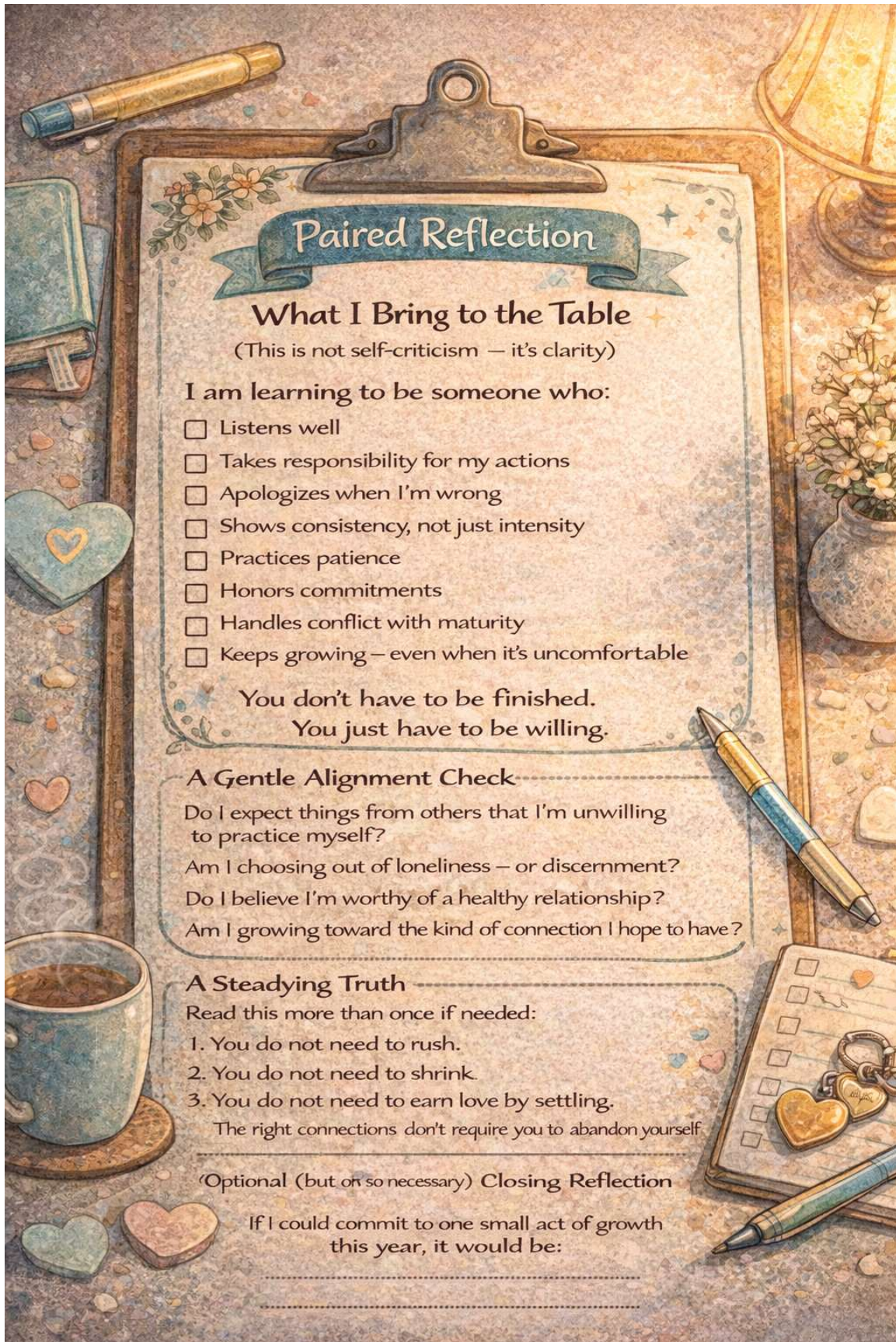
*(No pressure. Just honesty.)*

If I could commit to one small act of growth this year, it would be:

---

---

Faithfulness in small things  
shapes the future more than big promises.



## Paired Reflection

### What I Bring to the Table

(This is not self-criticism — it's clarity)

I am learning to be someone who:

- ☐ Listens well
- ☐ Takes responsibility for my actions
- ☐ Apologizes when I'm wrong
- ☐ Shows consistency, not just intensity
- ☐ Practices patience
- ☐ Honors commitments
- ☐ Handles conflict with maturity
- ☐ Keeps growing — even when it's uncomfortable

You don't have to be finished.  
You just have to be willing.

### A Gentle Alignment Check

Do I expect things from others that I'm unwilling to practice myself?

Am I choosing out of loneliness — or discernment?

Do I believe I'm worthy of a healthy relationship?

Am I growing toward the kind of connection I hope to have?

### A Steadying Truth

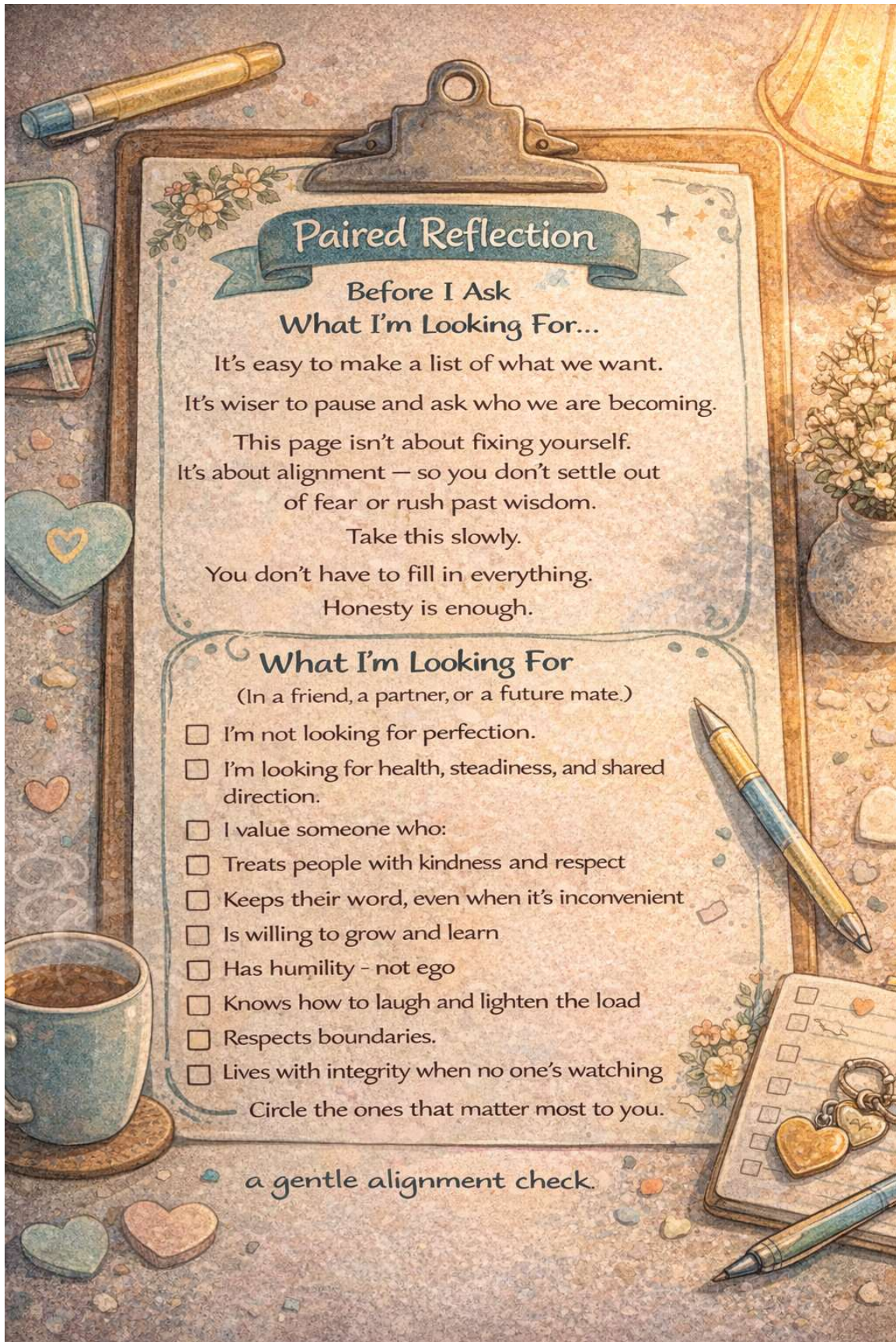
Read this more than once if needed:

1. You do not need to rush.
  2. You do not need to shrink.
  3. You do not need to earn love by settling.
- The right connections don't require you to abandon yourself

### Optional (but or so necessary) Closing Reflection

If I could commit to one small act of growth this year, it would be:





## Paired Reflection

### Before I Ask What I'm Looking For...

It's easy to make a list of what we want.

It's wiser to pause and ask who we are becoming.

This page isn't about fixing yourself.  
It's about alignment — so you don't settle out  
of fear or rush past wisdom.

Take this slowly.

You don't have to fill in everything.

Honesty is enough.

### What I'm Looking For

(In a friend, a partner, or a future mate.)

- ☐ I'm not looking for perfection.
- ☐ I'm looking for health, steadiness, and shared direction.
- ☐ I value someone who:
  - ☐ Treats people with kindness and respect
  - ☐ Keeps their word, even when it's inconvenient
  - ☐ Is willing to grow and learn
  - ☐ Has humility - not ego
  - ☐ Knows how to laugh and lighten the load
  - ☐ Respects boundaries.
  - ☐ Lives with integrity when no one's watching

Circle the ones that matter most to you.

a gentle alignment check.





## WHAT I'M LOOKING FOR

(In a friend, partner, or future mate)

**I'm not looking for perfect.**

I'm looking for respect, loyalty, and shared direction. I value someone who:

- ☐ Treats people with kindness and respect
- ☐ Stands by their word, even when it's inconvenient
- ☐ Can speak honestly, even when it's hard
- ☐ Chooses growth over comfort
- ☐ Has humility and courage
- ☐ Shows both strength and gentleness
- ☐ Lives with integrity, even when no one's watching

*Check the ones that matter most to you.*

### — A Gentle Alignment Check —

- Do I expect things from others that I'm unwilling to practice myself?
- Am I choosing out of loneliness – or discernment?
- Do I believe I'm worthy of a healthy relationship?
- Am I growing toward the kind of connection I hope to have?





## WHAT I BRING TO THE TABLE

(This is not self-criticism — it's clarity)

I am becoming someone who:

- ☐ Steps up
- ☐ Takes responsibility for what I do
- ☐ Learns from my mistakes
- ☐ Stays steady, not impulsive
- ☐ Honors commitments
- ☐ Communicates directly and clearly
- ☐ Faces challenges with grit, not excuses
- ☐ Keeps leveling up — even when it's hard

*Check the ones that matter most to you.*

### — A CLEAR CHECK —

- Am I pulling my own weight?
- Am I giving more than I expect?
- Am I becoming who I'd want beside me?
- Am I leading more by action than opinion?

*Closing Commitment to the Year Ahead:*





## **PART 5**

# **WHAT YOU LEAVE BEHIND**

Legacy, prayer, and passing it on

Let's remember why...

## GROW A LEGACY

---

PASS IT ON TO THE NEXT GENERATION



*You don't have to be perfect to be a guide.  
You just need to be present.*

---

Share what you've learned.

---

Show what you believe.

---

Walk beside them as they find the way.

---

*Wisdom grows stronger when it is passed down.*

## A PRAYER

### *Meet Me*

Lord,

Wherever this book lands,  
whoever opens it,  
and whatever season they are in —

I ask that You meet them **right there**.

Not where they think they should be.  
Not where others expect them to be.  
But exactly where they are.

Let these pages breathe **life** —  
in and out —  
steady and calm —  
reminding weary hearts that they are not behind,  
and not forgotten.

Help them release the weight of comparison,  
the pressure to perform,  
and the fear that whispers they've missed their chance.

Teach them to slow down long enough  
to listen.

To look honestly at their calendar  
before the year begins —  
and choose what truly matters.

To guard their time,  
their energy,  
and their attention —

because distractions derail  
even the best of intentions.

If there are dreams buried under busyness,  
stir them gently.

If there is wisdom earned through pain,  
help it find a place to be shared.

If there is fear of beginning again,  
replace it with courage that takes one faithful step at a time.

Lord, take this book  
and carry it farther than it could ever go on its own.

Let it find homes, kitchens, garages, and quiet corners.  
Let it open conversations that feel overdue.  
Let it help people choose wisely,  
love well,  
and invest deeply —  
before another year slips by unnoticed.

And if nothing else changes,  
let one thing be true:

That whoever reads this  
feels less alone  
and more willing  
to walk where You are leading.

Amen.

---

**God will walk with you as far as you are willing to go.**



## **A QUIET REMINDER...**

### **A QUIET REMINDER...**

You don't need to rush.

You don't need to have everything figured out.

Faithfulness grows quietly —  
in small choices,  
honest moments,  
and steady steps.

Take what fits.

Leave what doesn't.

And remember:

you are not late,

and you are not alone.

## HOW TO GIVE THIS BOOK

This book works best when it's given quietly.

Slip it into a stocking.

Hand it to someone you love.

Leave it where it might be found.

You don't have to explain why you chose it.

You don't have to find the perfect words.

If you want, you can write a note in the front.

If not, that's just fine too.

Sometimes the most meaningful gifts  
say what we've been holding in our hearts  
long before we know how to speak it out loud.

This book isn't meant to be rushed.

It's meant to be received.

And when the time is right,  
acted on —  
and gently passed along.

## PASS IT ON

This book was never meant to sit pretty on a shelf.

It was meant to be handled.

Marked up.

Passed along.

If it helped you pause...

breathe...

see something sideways you'd never noticed before...

or choose just a smidge more wisely —

then you already know who needs it next.

You don't have to explain it.

You don't have to give a speech.

Sometimes handing someone a book

says what your mouth can't manage yet.

If you want to, use the space below

to write what you wish you could say —

the words that are still forming,

or the ones you're saving for later.

---

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---

Truth doesn't need a megaphone.

It multiplies just fine

when it's shared gently.





**THE CLOSING  
&  
THE INVITATION**



# THE NO NOT ONE SERIES

## THE NO NOT ONE SERIES

### A Reader's Note

This series did not begin as a ministry plan,  
a publishing goal,  
or a theological argument.

It began quietly — with objects.

I was collecting. Preserving. Cataloging.  
Holding onto things that carried history and meaning.

And then, unexpectedly,  
I felt a clear conviction to stop collecting what could be held  
and begin paying attention to what could not.

That turning point became the beginning of this work.

What followed was not a straight line,  
but a progression —  
each book emerging only after the one before it  
had done its work.

---

### Book One — *Things I Wish I Could Say*

This book exists to give voice to what is often swallowed.

It is honest, unfinished,  
and unresolved by design.

It does not explain God.  
It does not rush conclusions.

It simply tells the truth  
about being human.

This book opens the door.

---

## **Book Two — *When Life Breaks Without Asking Permission***

### *Seven Seasons in Life*

After truth is spoken, pain must be acknowledged.

This book names the seasons people walk through  
when life fractures —  
loss, endurance, confusion, waiting —  
without rushing them toward answers.

It does not promise quick healing.  
It offers companionship.

---

## **Book Three — *Twelve Mirrors — The People Jesus Chooses***

### *Then and Now*

Once pain is named, identity becomes the question.

This book invites readers to see themselves reflected  
in the people Jesus chose —  
not the polished or powerful,  
but the overlooked, doubting, grieving, broken.

It asks gently:

What if Jesus is still choosing people like this?  
What if He is still choosing people like you?

---

## **Book Four — *What Happened When the Seasons Changed***

At some point, many readers sense something deeper:

That faith feels heavier than it should.

That time feels rushed.

That spiritual rhythm feels lost.

This book explores Scripture's understanding of time, seasons,  
and appointed rhythms —

and how replacing them changed more than calendars.

It does not accuse tradition.

It offers context.

It says:

You are not broken.

Something shifted.

---

## **Book Five — *Heaven's Crowns & Glory — The Promises of God***

After pain, identity, and understanding comes hope.

This book looks forward —

not as escape,

but as orientation.

It explores what Scripture says about Heaven, reward, restoration,  
and the faithfulness of God.

It exists to remind the weary:

Nothing endured in obedience is wasted.

Nothing faithful is unseen.

---



## **A Final Word**

Every book in this series is offered freely.

Not because it lacks value —  
but because grace always is.

This work is not about outcomes, numbers, or recognition.  
It is about obedience.

If these pages help someone feel less alone,  
see Scripture more clearly,  
or trust God more deeply —  
then they have done  
what they were written to do.

## A FINAL PRAYER

### For the Road Ahead

God of beginnings and completions,

Thank You for meeting us  
not at our best,  
not at our most certain,  
but right where we are.

Thank You for what was named here —  
the truth we could finally say,  
the grief that was allowed to breathe,  
the wisdom that surfaced quietly  
instead of being forced.

If something in these pages unsettled us,  
stay close.

If something brought relief,  
help us trust it.

If something still feels unfinished,  
remind us that You are not.

Teach us to carry forward  
only what is ours to carry —  
and to leave the rest in Your care.

Help us choose wisely,  
love honestly,  
and stay present  
in the small, ordinary moments  
where faith is actually lived.

As we step back into our days,  
guard us from rushing.  
Protect us from shrinking.  
Keep us attentive to the people  
You place along our path.

And when the road feels long,  
or the work feels unseen,  
remind us gently:

Nothing offered in obedience is wasted.  
Nothing done in love is lost.

We trust You with what comes next.  
We rest in what You are still doing.  
And we give thanks —  
for the courage to notice,  
the freedom to choose,  
and the grace to begin again.

Amen.

— **Miss Bess**

---

Sit a minute.  
You're not finished — but you're not alone.

# INVITATION PAGE

## *To Jesus' Birthday Party*

Yes — a birthday party.

Not stiff.

Not heavy.

Not somber.

A celebration.

Each year on **Nisan 1** — the biblical New Year — believers around the world choose to celebrate the birth of Jesus with joy, gratitude, and togetherness.

Because Nisan 1 follows the biblical calendar, the date changes each year.

In **2026**, Nisan 1 falls on

**March 18, 2026.**

We call it the **Global Celebration.**

This is not meant to replace Christmas.

It is not a requirement.

It is not a test of faith.

It is simply an invitation  
to celebrate Jesus' life  
on a biblically aligned day —  
together.

This isn't about doing something perfectly.

It's about showing up  
with a thankful heart.

Celebrate however you like:

- share a meal
- gather with family or friends
- laugh
- pray
- give thanks
- enjoy the day

No pressure.

No performance.

**You are the gift.**

If you'd like to read more —

including the 18-chapter story behind this celebration —  
you're invited to visit:

[www.NoNotOneAbroad.com](http://www.NoNotOneAbroad.com)

Mark Nisan 1 on your calendar.

See where God leads.

And if it brings you joy, join us.

Sometimes the best celebrations  
aren't about doing more —  
they're about being present  
and saying,

*“Thank You for coming.”*

With love,

**Miss Bess**



# You're Invited To Jesus' Birthday Party

Yes ~ a birthday party.  
A joyful one.

The kind where hearts are grateful  
and the focus is simply Jesus.

**Nisan 1**, the Biblical New Year—  
is called in Scripture  
“the beginning of months”.

In 2026, Nisan 1 begins at sunset on  
**March 18, 2026**

This page is an invitation ~  
a simple one. —

Not to replace Christmas.  
Not as a requirement.  
But as a chance to pause  
and celebrate Jesus' life  
on a biblically aligned day.

If you'd like to read the story behind  
this invitation ...

[www.NoNotOneAbroad.com](http://www.NoNotOneAbroad.com)

Mark Nisan 1 on your calendar.  
See where God leads.  
And if it brings you joy,  
you're invited to join.

*Miss Bess*





This book was never meant to sit on a shelf.

It was meant to be found.

Given.

Passed along.

Sometimes quietly.

Sometimes at exactly the right moment.

Inside are words many of us were never taught how to say out loud—  
about time, responsibility, relationships, purpose,  
and choosing well before another year slips away.

This is not a book of instructions.

It's a book of recognition.

For some, it will feel like a beginning.

For others, it will feel like a reminder.

If this book found you, it isn't an accident.

Open it slowly.

Take what fits.

And when the moment comes—

let it keep moving.

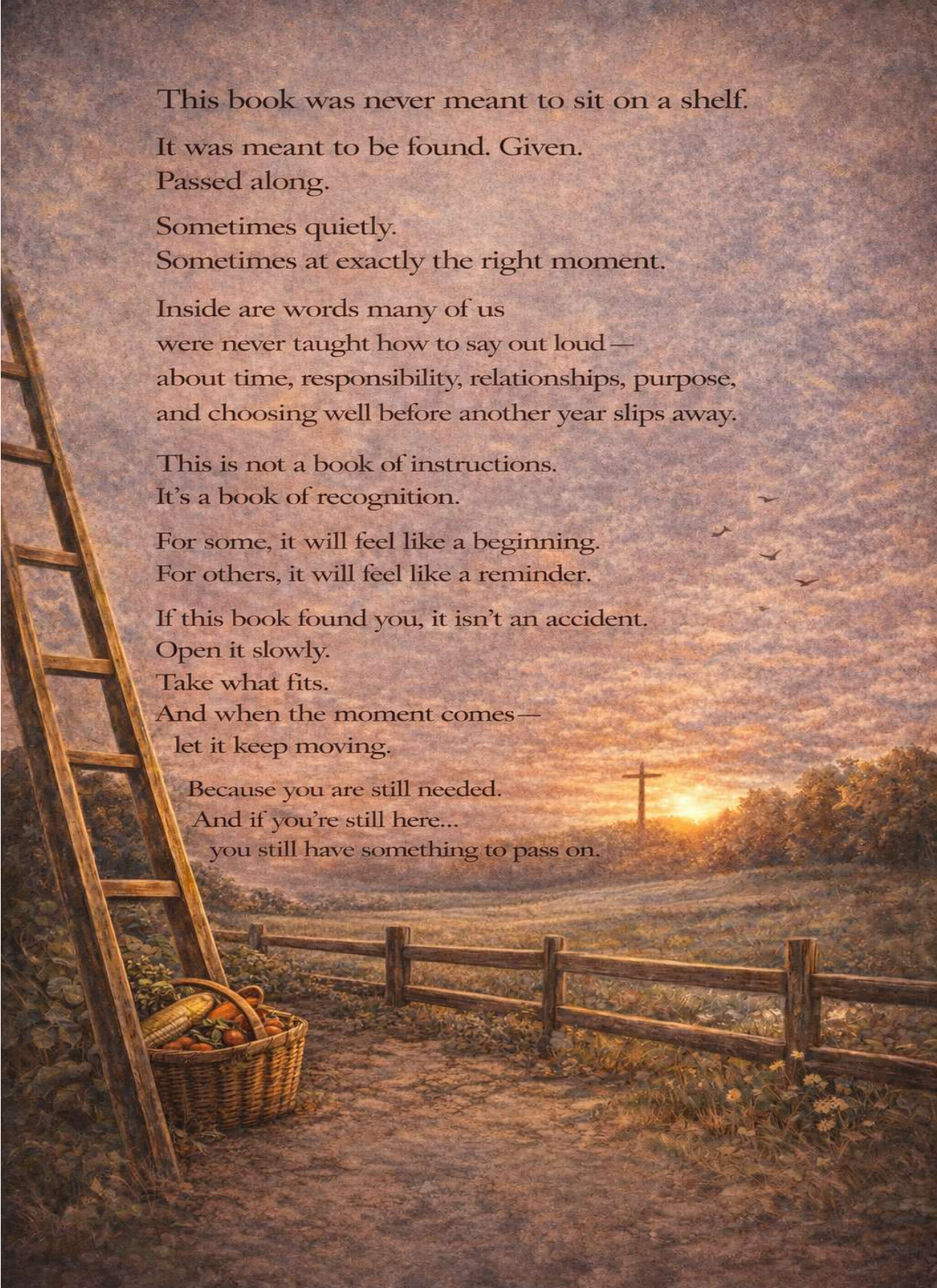
Because you are still needed.

And if you're still here...

you still have something to pass on.

*Amen.*



A painting of a sunset over a field. In the foreground, a wooden ladder leans against a stone wall, and a wicker basket filled with fruit sits on the ground. A wooden fence runs across the middle ground. In the background, a cross is visible on a hill under a sunset sky with birds flying.

This book was never meant to sit on a shelf.

It was meant to be found. Given.  
Passed along.

Sometimes quietly.  
Sometimes at exactly the right moment.

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were never taught how to say out loud —  
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For others, it will feel like a reminder.

If this book found you, it isn't an accident.  
Open it slowly.  
Take what fits.  
And when the moment comes —  
let it keep moving.

Because you are still needed.  
And if you're still here...  
you still have something to pass on.