

A TWIST OF HOPE: BOSS-UP WORKBOOK

*Bossed Up
Overcomer*

2023



#twistofhope



DR. LAVINIA B. MASTERS (H.C.)

**HEY NOW!
IT'S YOUR GIRL,
LAVINIA MASTERS!
THANK YOU FOR TAKING
THE TIME OUT WITH ME
TO NOT ONLY LOVE ON
YOU BUT TO BOSS-UP IN
YOUR POWER WITH A
TWIST OF HOPE!**



This workbook can be completed and stored online for you to complete at your leisure. The steps are easy and all I desire is that you become a bossed-up overcomer during the process. This is your time of healing while becoming empowered after trauma! My purpose is to keep you motivated and encouraged as you emancipate yourself.

LET'S BEGIN...

HOPE:

is the optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life or the world at large.

In order to embark on this journey you must first be willing to free your mind from all the toxic and poisonous attitudes, behaviors, and negative entities that have consumed you for far too long!

You have to be willing to dive into the innermost depths of your soul so that you can meticulously release yourself from the bondage of all fears, rejection, abandonment, abuse, losses, and or any other trauma that has held you captive for far too long!

To Boss-Up you must declare that this is your season of emancipation, this is your time to exercise your power to self-heal and with a twist of hope you shall be an overcomer that will refuse to ever dim their lights again.

#Laviniaspeaks



Self-love is the best love...

Can't nobody love you like you can and don't you ever forget that! Loving you means that you will not only take care of your physical but your psychological, emotional, and mental health!

I challenge you to stop right here and write yourself a bossed-up overcomer love letter! Let you know how strong you are, how brave you are, and how much of a warrior you really are because you survived what was meant to destroy you!



Dear shattered me,

(Type your "love letter" below)

A large, blank, lined area for writing a letter, resembling a spiral-bound notebook page. The lines are horizontal and evenly spaced. The page is cream-colored and set against a teal background.

*Love always,
Bossed-up with Hope Me!*



Self-love is celebrating you

Learning to celebrate yourself is one of the most exhilarating forms of self-love. When you celebrate yourself you discover just how awesome you really are!

You may discover that you have talents that you never tapped into or that the dreams that you once had can now be a reality because now that you have begun to love yourself to the fullest you find that it has also dared you to dream again.

"It doesn't take the entire world to celebrate you. It only takes YOU to celebrate you"

#laviniaspeaks



SUNDAY CELEBRATION



MONDAY CELEBRATION



TUESDAY CELEBRATION



WEDNESDAY CELEBRATION



THURSDAY CELEBRATION



FRIDAY CELEBRATION



SATURDAY CELEBRATION

I challenge you to celebrate yourself for the next 7-days and fill in your wins and or accomplishments each day. It does not matter how large or small it seems to you, I need you to normalize self-love and appreciation for your accomplishments.

Self-love is self-inspiration

Loving your way back to you also includes being able to inspire and encourage yourself. There have been many days that I felt empty because as I poured into others I felt that no one ever poured back into me. Then it dawned on me that many have been through so much trauma themselves that they may not be in a position to reciprocate.

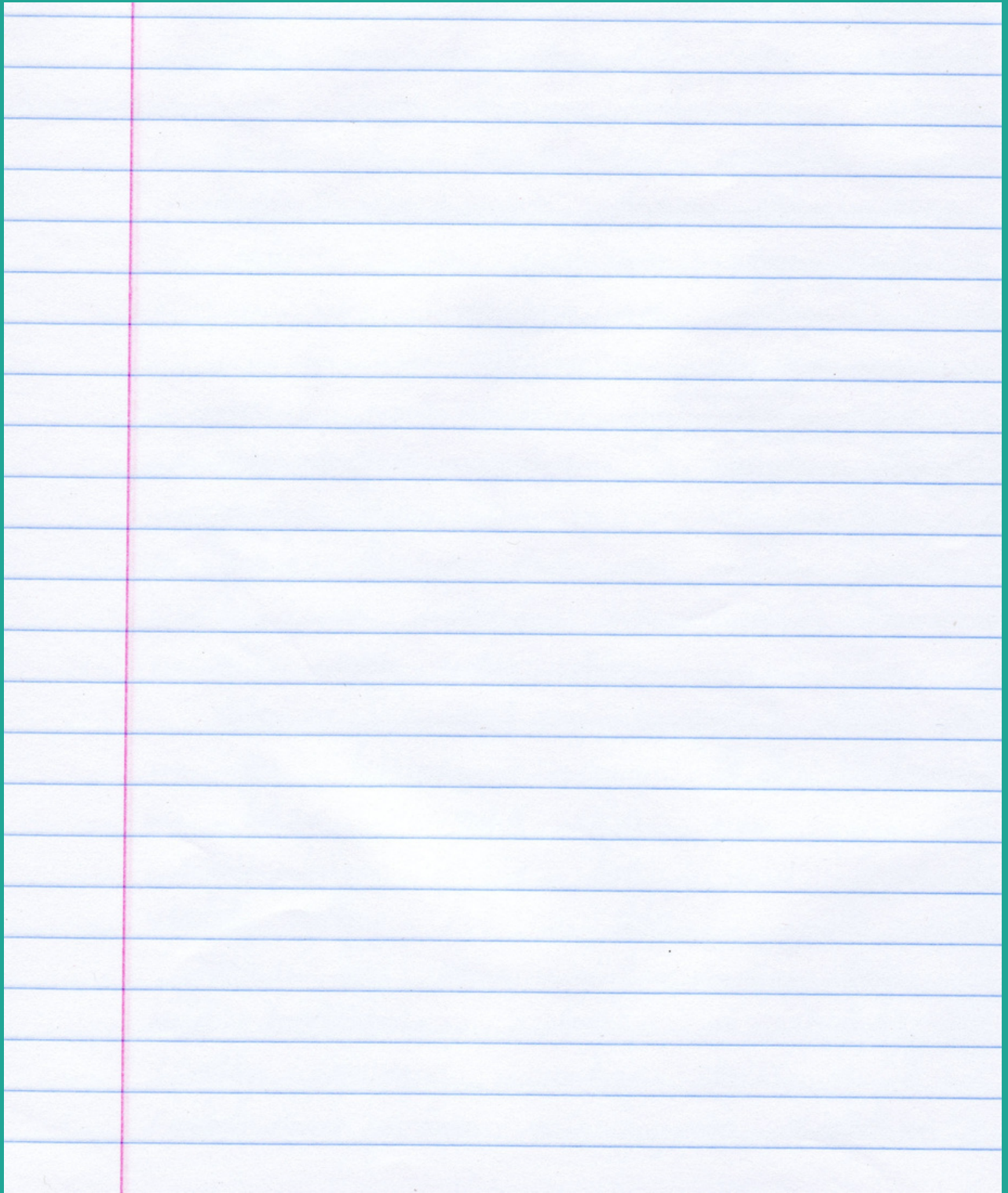
It was in these moments that I learned to rely on my faith and exercised the power of prayer and meditation for my healing with hopes of overcoming.

Remember that an empty glass can only be filled.



I WILL INSPIRE ME BY...

(Type your response below)



INSPIRATION



Self-love is not being ashamed...

Loving you means that you should be able to look at yourself in the mirror every day and not be ashamed of who you are, where you come from, or what you have been through!

What you see in the mirror is a reflection of the fearfully and wonderfully made individual that you are and not the hideous and traumatic monster that attempted to destroy you! The shame belongs to them and them alone. Shame on them that have to prey upon the innocent and unsuspecting to fill their own iniquitous desires. Shame on them that they have to lie, manipulate, stalk and abuse your trust to inflict pain upon you. Yes, the shame belongs to them! Please always know that IT WAS NOT YOUR FAULT!



"Shout out to those that don't see your vulnerabilities as a weakness but as one of the strongest building blocks of your ability to exceed resiliency"

#IMSHE

#LAVINIASPEAKS

Self-love is accepting me...

You are exactly who God created you to be.

We must learn to accept and appreciate ourselves before we can learn to accept and appreciate others or expect them to reciprocate.

Our flaws, our insecurities, and our past all belongs to us. It is also up to you how you accept the things about you. You must learn to tune the world out on how they view or expect you to be because of their standards. This is how you will begin to set yourself up for failure because now you are trying to live up to the expectations of those that probably don't have expectations of themselves.

Be you, love you, and accept you because there is nobody else like you!

Because I am no longer ashamed I accept:

Under each column type in those things that you are ashamed of or do not accept but is willing to boss-up and overcome them.

MENTAL	PHYSICAL	PERSONAL

*Self-love is knowing your
worth...*

Finally, you have to believe deep down within your whole heart and entire being that when the Bible states in Romans 8:28, "and we know this that ALL things work together for the good to them that love GOD and unto them who are called according to His purpose" that it means that you should be completely convinced that no matter how hard your tribulations, trials, distresses, persecution or perils that our God did not allow you to go through such suffering in vain!

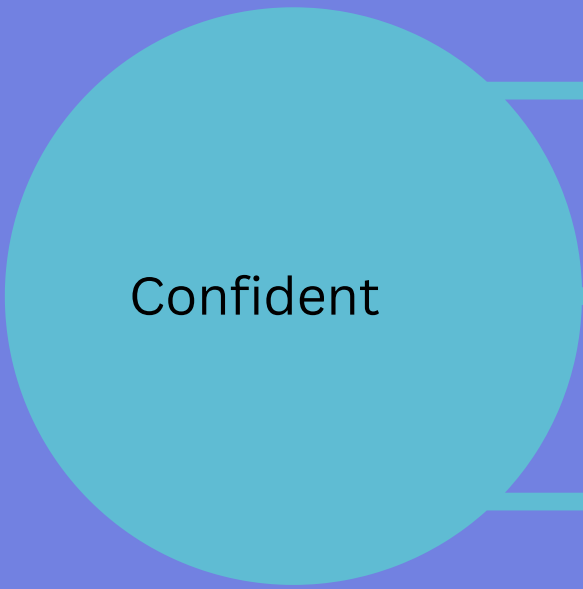
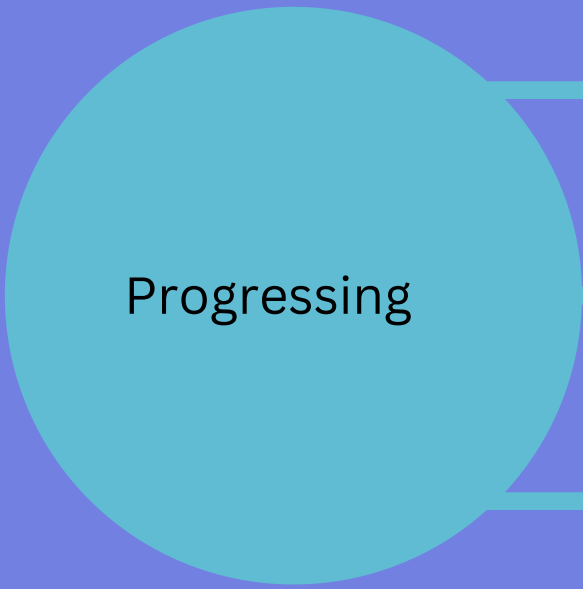
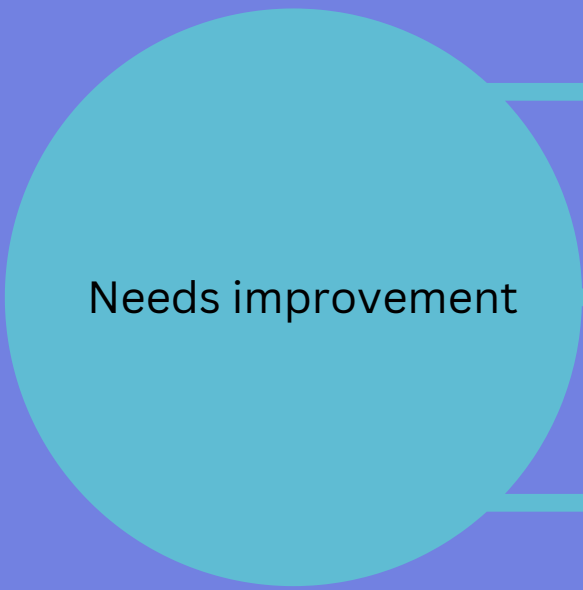


Repeat the wheel of affirmations daily as you remind yourself of your worth:



If you find yourself struggling with certain attributes as you repeat your daily wheel affirmations on the following page please note the ones that need improvement, those that you are progressing in, and then those that you are confident about. Keeping in mind that your goal is to be totally confident in your worth so as you overcome please move each affirmation to the proper graph. Finally, if there are any affirmations that are not listed on the graph and you know where you stand with them then please add them below.

Self-worth also means being accountable for you!





Inspirational Keynote Speaker, Lavinia Masters works with individuals and various organizations to empower, educate and enlighten them about trauma and how to overcome it with purposeful living. She believes in mentoring with compassion, guiding her champions to trust the processes of discovering their full purpose beyond their past pain so that they too can empower, educate and enlighten their communities on how to promote healing and seek justice for victims while remaining trauma-informed, and survivor-centered.

LAVINIA IS AVAILABLE FOR ONE ON ONE, GROUP, OR VIRTUAL COACHING AS WELL AS CONSULTING WITH YOUR ORGANIZATION OR BUSINESS ON BEING TRAUMA-INFORMED & SURVIVOR CENTERED WITH STAFF AS WELL AS A KEYNOTE SPEAKER OR PANELIST .

BOOK NOW



2023 Dr. Lavinia B. Masters

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