



# WHAT MY CRACKS HAVE TAUGHT ME

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*Hi There!*

# WELCOME

There are parts of us that feel shattered.  
Moments that leave lines across our lives.  
Memories, mistakes, or seasons of silence that we'd rather cover up.

But healing doesn't mean hiding.  
It means learning to hold those cracks gently — and sometimes, even honouring them.

Inspired by the Japanese art of Kintsugi, this reflection is an invitation to see your  
"breaks" not as damage... but as part of your becoming.

In Kintsugi, broken pottery is repaired using powdered gold — highlighting the cracks  
instead of hiding them.  
The result isn't shame.  
It's beauty. Depth. Wisdom.

You are no different.

Let's explore what your cracks have taught you — and where your gold already shines.

*Kerry Tidman*

"You were never meant to fit into a mold that was never designed for you. True power comes not from perfection, but from embracing every crack, every flaw, and every part of your story as golden threads of strength. The moment you stop seeking validation and start owning who you are, unapologetically, is the moment you become unbreakable." – Kerry 🧡



## SECTION 1

*Let's explore what your cracks have taught you — and where your gold already shines.*

**01** What cracks am I still learning to hold with compassion?  
These might be painful memories, past choices, parts of your identity that were rejected, or parts of your story that still feel tender.

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**02** What have these experiences taught me about myself?  
Consider how you've grown, what you've learned, or what you've survived. Even if the lesson is still unfolding — honour the process.

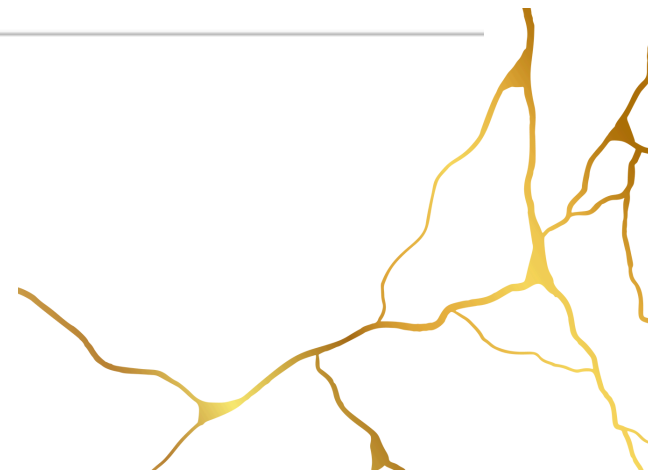
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**03** Where is my gold already shining through?  
Look for the strength, softness, or wisdom that has come from your journey. What do others see in you that you're just beginning to own?

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## SECTION 2

*You're not broken—your self-doubt is a reflection of years of conditioning. But you don't have to live by those old narratives.*

### Kintsugi grounding

#### Kintsugi Grounding Mantra: The Holding

I place my hands over my heart, and I breathe.

I honour every line, every crack, every scar in my story.

I do not rush to fix — I simply choose to see.

The places I've broken are the places I've held myself.

And the gold that fills me now was forged in tenderness, not perfection.

I am still whole.

I am still worthy.

I am still becoming.

### Kintsugi visualisation

#### Kintsugi Visualisation Mantra: The Repair

With every breath, I imagine light filling my fractures.

Soft gold, warm and glowing, tracing each line without judgement.

I do not hide my cracks — I illuminate them.

Every experience, every heartbreak, every rediscovery...  
is part of my design.

I am the art and the artist.

I am the vessel and the healing.

I carry my gold with pride.

Completing this workbook isn't just a task ticked off —  
it's an act of radical self-remembering.

In a world that taught you to doubt, shrink, or forget  
yourself,  
you chose to pause. To reflect.  
To come home to the truth beneath the noise.

You've softened your inner voice, reclaimed parts of  
your story,  
and begun the lifelong practice of walking alongside  
yourself  
with kindness instead of criticism.

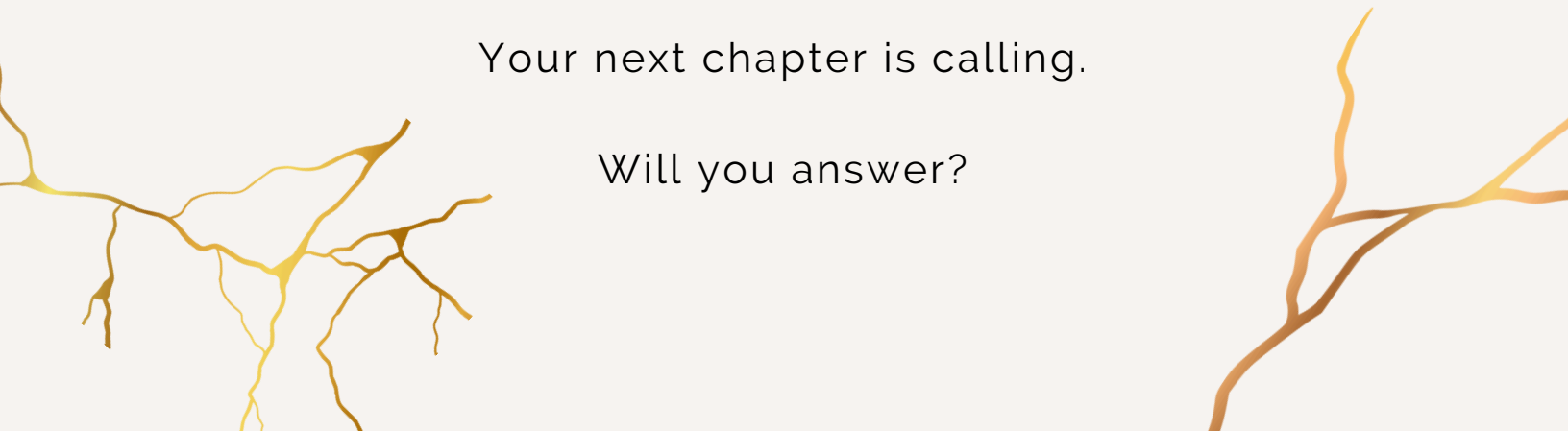
This is where your healing becomes a practice — not a  
finish line.  
And this is just the beginning.

✦ Keep choosing yourself.  
✦ Keep listening inward.  
✦ Keep building a foundation rooted in who you really  
are.

The version of you you've been searching for?  
They've been here all along — waiting to be witnessed.

Your next chapter is calling.

Will you answer?





WANNA LEARN MORE?



Ready to Take This Further?

Your journey doesn't stop here. If this workbook spoke to you, imagine what deeper transformation could look like.

◆ Work With Me

Step in. Own it. Let's go. 🚀