

DIVASIMPACT.COM AUGUST 2019

Divas impact

Embracing
life's **storms**



Dreaming bigger

Angie Leigh Monroe DIVAS IMPACT/VETERAN DIVAS FOUNDER

Many of you know that in addition to being the founder of DIVAS Impact, I am also a Business Consultant and Speaker.

Recently, several people both in and out of the DIVAS community have told me that they are struggling to figure out if the path they are on is the right path. There are so many ways to explore what your path looks like, so I thought I would share with you a little bit of the evolution of DIVAS Impact and some of the background.

When we launched DIVAS Impact in 2016, we simply said, *"We wanted to change the way women think and speak about themselves and others."* This messaging resonated not only with women, but also with the men who loved these women. If you look at our Facebook page, you might see a large following and automatically think success; however, most of the journey did not feel like that.

The original team of people I brought together to help grow DIVAS Impact had to go through a

metamorphosis of sorts. The dreams we had of making an immediate BIG impact just didn't seem to happen. It seemed like everything we tried just kept fizzling out.

During this tumultuous time I was told:

1. "Maybe this just isn't for you."
2. "You are not coachable."
3. "You dream too big."
4. "What makes you think you are the right person for this?"
5. "Your grammatical skills suck. Why would you ever want to publish a magazine or write a book?"

These were just a few of the things I heard along the way. Then there have been hateful and sexual posts and messages with language that I choose not to share today! All this to say, it was a LONG three years between the launch of DIVAS Impact and the things we are doing today!

Along that journey, I learned many things and here are just a few:

1. Although I never wanted to work with women, I absolutely **LOVE** it now! This **IS** for me!
2. I **AM** coachable! I know this, because I now have coaches that are excellent coaches, and they have made all the difference!
3. My dream is proportionate to the passion given to me by God; if He gave me the dream, then He most certainly will provide the path!
4. I **AM** the right person for the people that I attract! I am not set on trying to win over everybody, but I want to positively impact everyone I meet, whether they like me or not!
5. When I built the team, I built it with people who have excellent skills in areas where I am weak, and the results we have seen have been nothing short of miraculous! **"I DON'T HAVE TO BE EVERYTHING!"**
6. FINALLY, the most important lesson is not about the number of followers on a page. It is about the **VALUE** we provide so that we can #MakeAnIMPACT!

All this is to say, we still have much more to accomplish, but re-launching the magazine, launching the podcast, the #Unmasked Conference coming up in October and our learning platform to be revealed later this year, definitely has me feeling like we are indeed on the right path. Funny thing is – now I am dreaming **EVEN BIGGER**, because our vision in the valley is limited by the mountains surrounding us, but our vision from the summit is only limited by the horizon! I will be sharing my vision for my organization over the next few weeks in our DIVAS Making an Impact Facebook Group, and I want it to be interactive.

Whether you are planning for your personal or professional future, let's dream together!

Divas impact

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Vultures

Connie Wyatt-Coleman

Seasons in our lives are short termed, but if we will learn from them, they can have long term and lasting life effects. One such season stands out in my mind. A few years ago, while having coffee with a couple of dear sisters, they began discussing the "word for the year" that the Lord had placed on each of their hearts. Listening to them describe the word and the process was interesting, intriguing but not inviting.



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NO!

Angie Leigh Monroe



Vultures

Seasons in our lives are short termed, but if we will learn from them, they can have long term and lasting life effects.

• CONNIE WYATT-COLEMAN •

One such season stands out in my mind. A few years ago, while having coffee with a couple of dear sisters, they began discussing the “word for the year” that the Lord had placed on each of their hearts. Listening to them describe the word and the process was interesting, intriguing but not inviting. I do not remember one sister’s word, but I do remember her seeming excited and challenged as she began her year of revelation and discovery where it was concerned. The other’s word, I absolutely do

remember. Her one word was “discipline”. That sister was sharing in earnest how this landed for her, and her trepidation regarding how it was a needful and yet not necessarily an engaging word for her to begin the year with.

They both looked at me. The question came. “What is your word?” Me? I haven’t ever had a word. Haven’t ever asked the Lord for a “word for the year”. I’m pretty sure I was confident that I was just fine without one and wouldn’t be going there. But the challenge had been

issued. Go home. Pray about it. Ask and see if the Lord has a word for you before you decide. Now, I still love those sisters, and I absolutely do love and desire to hear from the Lord any time He has something for me, but what came next I could never have guessed, and honestly ... you just can’t make this stuff up!

Vulture!

The word came. Vulture. It came in many different avenues. My word for the year... vulture! As the next days played out, and the Lord saw fit to give me further confirmation in case I had not heard clearly, we happened to be on the front row of a women’s conference, and the speaker began to discuss the day a “vulture landed in her hair”. Now, I do not know how many women’s conferences you have been to, but I had been to bunches, spoken at some and organized several, and never one time prior to this, had vultures ever been mentioned. Never!

So, as I spent the year unpacking the word vulture, I can share some of the insights. I did a word search in scripture, read through commentaries and observed as the world around me provided many opportunities to see them in real life. Only when the Lord gives you that word will He also confirm it by having around 100 of them block your road to town in the morning one day and not fly away to let you drive past. Literally, my path was blocked by a bunch of vultures.

Here are my observations:

1. Vultures come into our lives to feed on things that are dead or dying. Anything like that hanging around in your life? Anything needs to be left behind or let go of?
2. They are distractions. We get busy paying attention to the attacks, the ones coming after what is half done or our chinks in our armor. We focus on the vultures instead of keeping our eyes on our Lord or our calling and anointing.
3. They do not show up where we would expect at times of sacrifices of animals; in scripture they show up to feed on those left in the field – left behind. Think about that. Truly, where the thousands of sacrifices to the Lord are happening in scripture, there are no vultures, but where there are carcasses left behind, things in the process of dying slowing or an area of our life maimed or bleeding out, they swirl and await the death time to swarm in.
4. They swirl before coming in so we can recognize them for what they are if we look up. We can use the swirl of distraction regarding an issue in our lives as a signal to heal it or cut it loose if we watch and seek the Lord.



Take-away:

Where my life is completely consumed and burned up on the altar of the Lord, the vultures are not swirling, but where I hold back, stop short, compromise, turn back or leave part of me on the field, the vultures come to feed on those areas.

“Lord, help me be consumed completely on the altar of service to You. Let every area of my life be an offering to You. Use me up. Let my life burn bright and burn up for Your glory. Take all of me. I don't want to hold back, shrink back or hold out on what You want to do in my life.”

Now, do I still pray and ask the Lord about a word for the year? Yes! If He can get my attention through vultures, He can use anything under creation to draw me closer and more focused to Himself. I want that. My “season of the vulture” has impacted my whole life. So have the words of the year that have followed.

What about you? Have you asked the Lord for a word for the year? What about just a simple word for the season? A focus? A direction? A time that He will not only speak into your life, but also confirm time and again that it was Him! You heard Him, and He has a word for you in this season.



Connie Wyatt-Coleman *Connie is a Type A personality, (not just) self-proclaimed control freak and coffee addict. These characteristics have served her well in her career whether it be as CEO of a trucking outfit or her most recent role as CEO of Wise Choices PRC. Connie speaks and teaches with a passion to inspire “more” in others. More drive. More achievement. More of Jesus. More healing. Whatever she does, it will be sincere, from the heart, and without fluff. She is in love with Jesus, her husband, her kids and her coffee. Life has not been perfect, but it is good, and the Lord has called her to live out her testimony transparently as she speaks and writes about His goodness.*



Baby Spinach Salad with Mandarin Oranges

- 8 oz. baby spinach, about 5 to 6 cups
- ½ c mandarin oranges, drained
- 1 tbs. orange marmalade
- 2 tbs. red wine vinegar
- 1/3 c extra-virgin olive oil
- Salt and pepper to taste
- ½ cup chopped red onions, optional

The How: Arrange spinach in salad bowl and top with oranges. Whisk together marmalade and vinegar and then whisk in oil. When ready to serve, add dressing to salad and add salt and pepper.

This is a wonderful fresh, summer salad that we love. Enjoy my friends!

• FROM THE KITCHEN OF SUE TRACEY •

For other recipes and useful tips, check out the weekly **Tuesday Tips** blog available at divasimpact.com/blog

Divas impact



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I am a mother of two beautiful children.

Let me back up and tell you how we got here, and it does not include a talk about the birds and the bees. The birds and the bees talk made this whole thing of becoming a mother seem easy. Being a female automatically gives us this rite of passage to reproduce and be mothers, *right?* If we were built for something, we should be able to do it.

Motherhood is instilled in our female fibers from a very early age. However, there is a struggle that is real and affects women from all walks of life. Women who have barren wombs. Women suffering alone and unable to do this *"one thing"* that was supposed to make us into women. We feel broken. Literally broken. We perceive that we have failed ourselves, our spouses and our families.

I had this vision of motherhood and how easy it would be to have children when the time came. My world was turned, flipped and shattered, when we found out that we were dealing with infertility. Before my husband and I got married, we talked about having children. We both knew we wanted children, and decided that we would begin having babies as soon as we got married. Do not laugh when I tell you that we even bought a baby jersey for our favorite football player before our children were even conceived. After a visit to my doctor in 2009 shortly after we had gotten married, we learned that I had a condition that would make getting pregnant difficult. We were given tons of hope from doctors who said that with a round of oral fertility drugs; pregnancy could be achieved. We went through four rounds of oral fertility drugs before being referred to a specialist.

Getting pregnant had become our only focus. We were spending our life savings and every ounce of extra funds to pay for these costly treatments. By this time, many of my friends were having babies. Elated for my friends and loving being a fake aunt to all these babies, I kept wondering when my time would come. When would I experience the

joys of pregnancy? I came to a place of feeling like it would never happen for me. In early 2011, after seven long rounds of fertility treatments, I got pregnant. My heart was not consumed with the kind of joy I had envisioned. Something did not seem right, and I had an uneasy feeling. I went on to miscarry our first baby girl. I posted an in-depth story about the loss of our little girl to Facebook in March of 2011. This post included the poem by Robert Frost called, *"The Road Less Traveled"*. Looking back on what I wrote, I see strength and faith that I did not realize I even had.

"We notified family and friends of our loss and grieved it ourselves. I felt a certain peace unlike anything I have felt before, and I just feel like there is a reason for everything. God's plan for our life is already written and no matter how much we want or think we need something, we have to have patience. When He's ready to bless us, the blessing is going to be abundant and better than we could have ever expected. The reasons are unknown to us at this time as to why God has chosen us to travel this road, but I strongly believe that there is a bigger picture here, and we just don't see the completed puzzle yet. If this road was not taken then others wouldn't

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DON'T LET DIS-APPOINTMENT KEEP YOU FROM YOUR APPOINTMENT.

have a reason to believe in miracles and have faith in God. If we were all on the path that seemed perfectly paved for us then we wouldn't have a need for rescue, because we would feel empowered by our choice to choose. When you are on an unpaved path then your only option is to walk by faith, and that is the greatest difference. There is no looking back to say, "What would have happened if..." We can only look forward to what is coming next.

We took a much needed break from trying to conceive and focused on our marriage. Our faith had been tested and our marriage needed help. We were trying to trust God, but we were hurting. We were letting our lack of being able to conceive destroy us. In hindsight, we found that we had to become better versions of ourselves, which made our marriage stronger before we could be entrusted with the lives of our children. In 2012, after our 8th round of fertility treatments, I got pregnant with twins. We lost one of the twins in the first trimester. My pregnancy was hard and after being diagnosed with pre-eclampsia, our little girl was brought into the world at 32 weeks' gestation weighing 3 lbs. 14 ounces. She fought her way through the Neo-Natal Intensive Care Unit. Doctors told me due to my condition, that I would never get pregnant naturally and fertility treatments would likely not be successful in the future. We bought into that lie and after a failed

fertility treatment in 2013, we gave up any hopes of having more children. My Facebook post in 2011 said that in God's timing, we will be blessed abundantly and that the blessing would be better than we could have ever expected. We got our official "better than we could have ever expected," in 2015. On May 5th, 2015, I found out that I was pregnant. **NATURALLY PREGNANT!** No fertility drugs. We were in total shock and disbelief for much of the pregnancy. We had put a limitation on God. Our narrow thinking minds led us to believe a lie that we would only have one child, and that I would never be able to conceive a child on my own.

Seasons in our lives can last months, years or even longer. God is going to take as much time as he needs to build us and change us. My season of infertility changed my marriage, my faith, and it changed my attitude. When I realized having children wasn't as easy as I had thought, the gift of motherhood became so much more precious to me. Motherhood is not all rainbows and butterflies, even for those of us who have experienced infertility and loss. Some days are unspeakably hard. I will literally throw my hands up and say, "Jesus take the Wheel." My now 4-year-old may or may not mock me by saying, "Jesus take the Wheel", but I literally cannot do this mother gig without Jesus. My babies are both miracles that have a unique story of

how they were brought into our lives. I can now look past earthly disappointments and say without a doubt there is a God that has the power and final say in all things.

You may be in a similar season in your life, or your season may look completely different. My prayer is that you seek after God first, no matter what season you are going through in your life right now. Let your faith be bigger than your perceived failures. You may not know the reason for your season until it is over, but I pray that when your season is over, you will be able to recognize what God did in your life and what changed.



Amanda Green is a native Texan. She is married to Michael and together they have two children, Carley and Colton. Amanda graduated from the University of North Texas and currently owns

The 8 Social, an international social media agency. Her passion is helping small- to medium-sized businesses accomplish big things on social media. In her spare time, you will find her soaking up the joys of motherhood, traveling and spending time with her extended family.

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• KM SLATER •

DIVINE ENCOUNTERS

I had just taken a sip of my Starbucks tea when a young woman plopped down beside me. I could immediately tell this girl had a good heart, was full of mercy and had a call on her life to help others.

We were both patiently waiting for our planes to board. There was some idol chatter going on among the others in the waiting area, but there was something about this woman...
I knew this was going to be a divine appointment.



At some point not long after the Holy Spirit began speaking about this girl, she looks up at me and says she's been in Peru volunteering at a children's school. I feel like God is showing me her heart as she talks about how these kids suffer with disease and poverty. I'm impressed at this young lady who sees through all the bad circumstances and can tell the children are happy, despite their environment. There's the mercy and heart for others... What would the Holy Spirit do next?

She's a pretty girl, black hair, little to no make up. Behind her glasses, I begin to see there's sadness in her eyes. Something deep inside of her that is dark and haunting. I knew right then I was supposed to talk to her about the love of God.

I inquired, "Are you a Christian?" She answers, "yes," but I can tell she doesn't know Him well. She's from the North, and she shares with me her thoughts that people from the South are more Godly than those from the North. I'm giggling inside when she says, "I wish I was a better Christian - like my good friend whom I deeply admire."

I smiled and said, "We will both spend our entire lives growing and learning how to be like Jesus." I explained that the beauty of being transformed into the image of Christ - is that until we take our last breath, we will stay in the process of being sanctified.

She was only nineteen. She began to share details of her life with me, and I am in awe of the bravery and courage she displayed. She poured her heart out to me in the airport, and God showed me He created her to be a warrior. She was fierce. I felt strongly she's been through some serious battles in the natural, but also in the supernatural. She's come face to face with the enemy... she just didn't know it.

"OUR JOB AS CHRISTIANS IS TO DISCERN WHAT THOUGHTS ARE GOOD AND WHAT THOUGHTS NEED TO BE INSTANTLY TRASHED."

She was telling me about being bullied in school. Her self-confidence and self-esteem suffered and then was obliterated by her parents who told her she was weak. She had watched me tell my daughter she was amazingly smart and savvy, and she said to me, *"Don't ever stop telling her that she is smart."* My heart broke.

She confessed she'd gone through a depression and had a stay in a mental hospital. I shared that the Lord was telling me she was bipolar... just like my husband was. Shocked, she looked up at me and asked, *"Was bipolar?"*

I smiled, and said, *"Yes. Was bipolar. God healed my husband a couple years ago."* I explained how Scott had gotten better as we trusted and declared the truth of God over our lives. She's staring at me. I could tell the enemy is telling her I am totally full of it, so I explained that Scott went from needing a high-dose cocktail of multiple medications to now being on a tiny dose of an anti-anxiety pill.

Before she could say a word, I went on to say, *"I know the Lord has healed you too!"*

I can tell she's puzzled as the enemy is in her head. She asks, *"God made your husband and I this way, so don't we just have to accept it?"*

And with that I shared with her the good news of Jesus Christ, and how God secured our healing and perfect health when He sacrificed His son. I told her there was nothing about her

that wasn't perfect in God's eyes. I praised Him for He was a good Daddy who would never purposely make anyone sick. I asked her, *"Do you feel your depression is a part of you?"* She nodded. She's resigned herself to thinking it's just who she is - depression defined her.

I looked her dead in the eyes. Quietly I told her our meeting was a divine appointment because God wanted her to know something, and as sternly and as seriously as I could I rebuked that lie off of her in the name of Jesus. I declared, *"God loves you,"* and shared the wonderful news that because she was created in God's image, she was not wired to be depressed. God created her and each one of us to be happy, loved and full of peace. I went on to say that Satan was tormenting her with sadness to keep her from walking into God's plan for her life.

I continued, *"You've got a great call on your life. You've got a heart for others and will one day serve God in a major way."* She lit up. She would be a teacher. She would touch many kid's lives. She would make a difference.

Then I shifted topics to explain how Satan operates. He is sly and subtle, dropping thoughts in our mind - negative, destructive thoughts - designed to hinder us from being close to God. He sneaks around waiting for his opportunity to strike, and his weapon of choice are the nasty thoughts that pop into our mind. I cautioned her to the fact the voice sounds like us. She'd never hear a scary male voice, and

because of that, it's easy for us to claim the lies and make them our truth.

She's listening. She's interested. So I continue.

"Do you believe we are made in God's image?" She nods. *"Do you believe the word of God is true?"* She nods. *"Then you accept that you were created in His image?"* Her response was, *"I guess so."*

"Is God capable of being evil in any way?" She looks at me. I ask again. *"Is God capable of being evil in any way?"*

After a slow pause, she says, *"I think, No."* So I continue, *"So if He is not capable of any evil, then how could He be responsible for your depression?"*

There's another slow pause. I can see her mind churning. She's zeroed in on me - Am I for real? Am I going to crack? But as I sit there with a peaceful smile on my face, the light bulb begins to come on.

To drive the point home I explained how Satan torments with unloving, critical thoughts - ones that demean and devalue us, that divide us from God and that destroy His plan for our lives. I also warned her the enemy uses accusing thoughts to get us to blame God for the bad things that happen to us.

I spoke against the lies that filled her thoughts - the ones breeding life into her depression. I declared over her that she had been given the power to trample over all evil, and I told her the Word is clear when it says, **"NOTHING BY ANY MEANS SHALL HARM HER!"**



She looked up and said she wanted to be healed. I explained that all she had to do was have faith Jesus was her Savior, and fully believe in the power of the cross! I said, "You have been fully equipped with the Spirit who dwells in you to defeat all evil. While the battle against the devil would always be in your mind, God has all ready given you victory."

I went onto to explain that our job as Christians was to discern what thoughts are good and what thoughts needed to be instantly trashed. "We are to take all thoughts captive and bring all negative thoughts into obedience with God's Word," I said. I encouraged her to declare over her life the verse that says, "I have not been given a spirit of fear, but have been given spirits of love, power and a sound mind."

I encouraged her to get into a good church and said, "Dive into reading the Gospel, and let the Word become the lens through which you view life."

When the time came for my family to board the plane, I stood up. I told her God loved her, and if she listened, God would talk to her in many different ways - a stranger in the airport, a paragraph in a book, a conversation with a friend or through a Bible verse.

I spoke life into her and ended with telling her God has much more to say to her about who He created her to be and encouraged her to spend some time listening. I prayed a quick blessing over her and said goodbye.

Just before we walked off, she grabbed my hand. She looked at me and said thank you. And as I tailed off, I said, "Don't thank me - thank God." I wished her well and headed to the gate.

I love God encounters. I'm always on a treasure hunt when I am out at the mall or in the airport. I just love watching God's light shine in a dark place in someone's life. I've had many of these conversations over the years. There's always

a common theme as each person believes something about God and/or about themselves that has warped their thinking. I take no credit in what happened this day, but I so do love getting to be a truth bomber. I love opening someone's eyes to God in a new way. I love watching Him come forth to touch someone's heart. I love witnessing the moment there's a shift in their thinking whether it's a lie that's just crumbled, or it's a shift in their perceived identity.

I am going to end with this: I feel that there are many who struggle with depression and sadly accept this fate as God's plan. God made them sick and weak and has left them to deal with this hurt all on their own. I'm here to set this straight. The Word is clear in that we will face trials, but it is never God who causes the trial.

It's important, if you are struggling right now with depression, that you understand God wants you set free. Depression is oppression. It is torment and is NEVER from God.

The Bible is also clear that victory is all ready yours. The Word says, "It was by His stripes we were healed." Jesus healed every one of us when he died on the cross. It's not something we are waiting for. You do not have to beg and plead for God's will to show up. Healing is a finished work. You can be healed. You can be happy. You can be free. You can be all that God has called you to be, and that's a promise that can never be broken!



Kim Slater is passionate about helping others come to know Jesus Christ and the enormity of what He did on the cross as she teaches others the true Gospel. As Associate Pastor at Son Rise Church and Ministries, she focuses on helping people find true

freedom through repentance and deliverance based on the Gospel of Jesus Christ. She has spent the last several years developing training resources for freedom and has been blessed to author several articles for Christian publications and Online devotionals.

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How a Holistic Approach to Health Offers

VISIBLY FIT RESULTS

Health! It's often compartmentalized rather than seen as a unified, meshed reality of the accumulated, compound effect of choices. ALL choices!

• WENDIE PETT •

Choices such as: type of foods consumed, working out or living sedentary, thinking positively or negatively, practicing faith or not, releasing unhealthy emotions or keeping them trapped in every cell of your body, sleeping well or keeping late hours, stressing or letting things go and so on and so forth. Yes, the list is long and actually goes on. But, for the sake of this article, let's focus on the fitness aspect of being Visibly Fit in mind, body and spirit.

Fitness doesn't have to feel like the "F" word in which it's often associated. Take that sentence however you would like, but might I encourage you to think of that "F" word in a new and Godly way.

Think **FORGIVENESS!**

Seem odd? Well, to forgive means to stop feeling angry or resentful toward (someone) for an offense, flaw or mistake. That means even forgiving YOURSELF for not taking good care of yourself in the past or devaluing fitness in your life. Forgiveness can bring fitness to the forefront as a loving habit.

Fitness is an act of health and wellness. It's the part of the equation that is often left out due to "lack of time" or the "too busy" mantra. But, that's an excuse. It's not about time. It's about reshuffling priorities and values. Seriously! What is valued most gets tended to.

Where are you putting your energy? And are you inserting your health into the equation?

Fitness is much more than throwing on running shoes and taking a quick selfie for social media. It's an opportunity to take massive action and express love for yourself and your Creator.

How? By taking time to care for the gift you've been given - the gift of life and the body in which you're living it.

When fitness is incorporated as a daily routine, it helps to reduce inflammation, enhance energy, confidence, strength, creativity and clarity of mind (mainly to due the increase of BDNF. BDNF are brain derived neurotrophic factors, which increase new brain cell development and connection of neurons).

Hormones (such as serotonin and dopamine) are also released in the body when fitness is brought into the mix. This is vital for the stabilization of all hormones and to keep one "happy." I'm sure you've heard of dopamine's nickname ... the happy hormone. Truly. It lives up to its name.

Serotonin is actually created in the gut and not the brain, therefore, fitness affects the gut's microbiome as well. Yes, your gut health is begging you for a workout.

Speaking of gut health, this leads us to food. I'm a big proponent of a whole-food, plant-based approach as it has proven to enhance the way the body performs and recovers from exercise. It's true for any age group, sex, race and any level of fitness, beginner to expert.

But, in my practice, the majority of my patients/clients are women between the ages of 45 to 65 and are in a mental place of being sick and tired of being sick and tired. They've "tried" (key word there) just about every diet and workout activity around and have gotten on and off the wagon so many times that they are now frustrated, angry and depressed.

The combination of eating a whole-food, plant-based diet along with practicing simple Visibly Fit or bodyweight exercise techniques throughout the day has offered hope to many women and results that they've never experienced in the past. But, they had to begin with the forgiveness process before the other ever took shape.

Fitness is much more than throwing on running shoes and taking a quick selfie for social media. It's an opportunity to take massive action and express love for yourself and your Creator.



cloud” had been lifted and she was back in the game of life knowing her purpose and how much God loves her.

Sometimes, we just need that certain someone in our life that is willing to coach us to new thinking and actions, even when they are difficult or don't make sense at the time.

Let me ask you: Are you stuck? Feel trapped? Do you believe that you are too old or too far along to get healthy? If so, you aren't alone, but you can change the way you see your circumstances and take new actions right now. Just decide and do it. And if you just need a loving nudge, like Sheila, consider this article to be that nudge. Take action. Your best days are ahead of you.



Wendie Pett is a full-time business owner of Visibly Fit as well as a naturopathic doctor. She's a wife, mother, fitness expert, author, speaker, TV host and part-time volunteer. Her business consists of whole-food, plant-based wellness coaching, emotional healing and personal online training, educational and motivational speaking and creating new products/tools to assist clients along their wellness journey. You can watch her weekly on NRBTv, UpLiftv and IBN Television or read her articles in The Christian View Magazine, VEGWORLD Magazine, and Divas Impact. To learn more and get free health and wellness resources, visit Wendy online today.

www.wendiepett.com

Forgiveness is the key to health and fitness. **Prevention** is critical. **Recovery** is vital.

Intentional walking is another simple form of exercise that I highly recommend. It removes inflammation, releases endorphins, scrubs the brain of excess plague and keeps the body from atrophying (which begins to occur merely after 20 minutes of not moving against gravity in some form or fashion, according to Dr. Joan Vernikos, former NASA Director of Life Sciences who worked directly with astronauts).

Sheila, a young wife and mom of two, struggling with anxiety and depression, called me one bitter-cold Minnesota afternoon. So depressed that she hadn't been to work in two weeks, her marriage was on the rocks, didn't have the energy or attitude to parent, couldn't

cook, clean or even get to the grocery store. All she could do was lie in bed. She felt hopeless. When we talked, it was evident there were some emotions and mindsets that needed to be dealt with – forgiveness was one of them. Fear was another. I asked if I could pray with her and then gave a simple prescription. I advised her to put on her winter attire and go for a walk around the block and to call me immediately following.

It might seem strange to ask someone to step outside when they haven't been anywhere for two weeks, but it was the very thing that could help. She needed to change her state of being, thoughts and shift her hormones. Remember the *“happy hormone”* I mentioned earlier. Well, after she returned from her walk, she went from massively depressed to giggling. The *“dark*

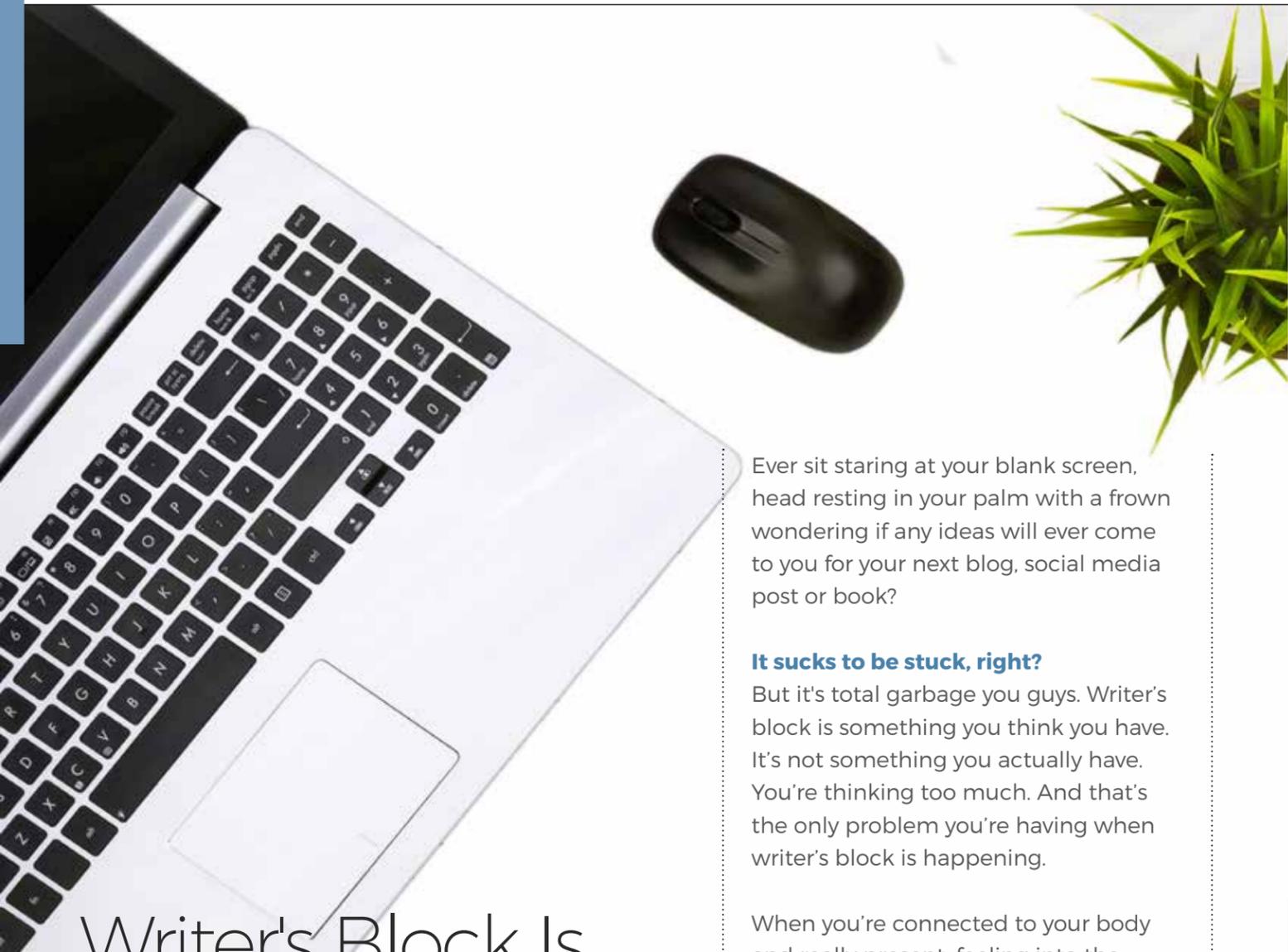
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Ever sit staring at your blank screen, head resting in your palm with a frown wondering if any ideas will ever come to you for your next blog, social media post or book?

It sucks to be stuck, right?

But it's total garbage you guys. Writer's block is something you think you have. It's not something you actually have. You're thinking too much. And that's the only problem you're having when writer's block is happening.

When you're connected to your body and really present, feeling into the thoughts, sensations, emotions and environment of your moment, you'll never have a problem with writer's block as long as you let your feelings, including your intuition and inner being take the steering wheel.

But we don't. We try to problem solve everything. We figure things out instead of surrendering to the creative flow and letting something else take over. That something else that is way more creative, powerful and prolific than our thinking brain could ever be.

Writer's Block Is crap!

Here's How to Stay in the Flow, Even When You're Feeling Totally Stuck

When I first connected to this place inside me, like really connected, it was the month I decided to write about my childhood. I gave myself a goal to write that book. NaNoWriMo (National Novel Writing Month) was going on that next month. I knew it was just the inspiration I needed to get that book written.

I did the math and calculated the amount of words I'd need to write every day to meet the goal of a 30,000-word book in 30 days (the program's goal). But I did something more important. I detached from the outcome of my writing and just allowed myself to feel and tell the stories, no matter how they came out on paper.

I ditched the perfectionism. I ditched the idea this would be anything important. I just wrote to write. I wrote to tell my stories and to allow those pages to heal me. To have a witness to my life.

And heal they did. At the end of the 30 days, I had a 65,000-word book detailing the wounds of my childhood. Was it the book that would eventually be published? No. It was the book that needed to be written, from that deeper place inside, to help me clear out the stuff that was getting in the way of me connecting to my flow.

Flow is not a problem for me anymore. Because when you clear a space like that, moving what's inside to the outside without censoring yourself, you can begin to connect with, and actually hear your own soul. Your intuition comes in the form of feelings and sensations and sometimes actual messages. But we're so busy thinking so much, we never give ourselves a chance to feel our way through the moments of our lives.

Continued on pg. 29

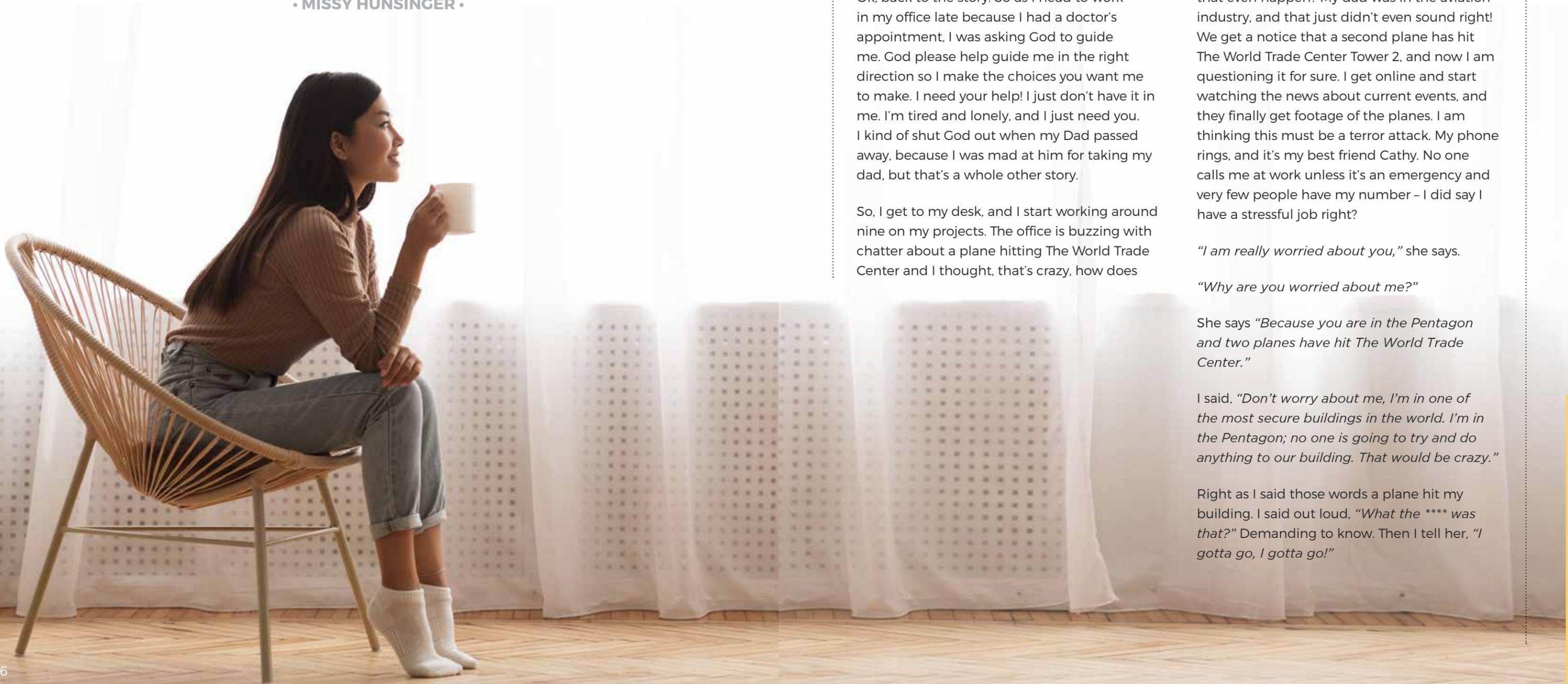


I wrote to tell my stories and to allow those pages to heal me. To have a witness to my life.

My Journey to *Calm*

OR What's Really Important in Life

• MISSY HUNSINGER •



Have you ever been in a place in your life where you are asking God for guidance? Come on! Y'all know you have! I was walking into my building one day heading to work after a doctor's appointment, and I was evaluating my life. I was in a relationship with someone who actually told me they were jealous about me having so many friends. Ok, I'm not sure about you, but that statement alone told me it was time for him to be kicked to the curb. My work was stressful. I had a boss that didn't care for me much - actually she hated me (yet she tried to kiss me at a party) . Oh, and did I mention I was a single mom?

Ok, back to the story. So as I head to work in my office late because I had a doctor's appointment, I was asking God to guide me. God please help guide me in the right direction so I make the choices you want me to make. I need your help! I just don't have it in me. I'm tired and lonely, and I just need you. I kind of shut God out when my Dad passed away, because I was mad at him for taking my dad, but that's a whole other story.

So, I get to my desk, and I start working around nine on my projects. The office is buzzing with chatter about a plane hitting The World Trade Center and I thought, that's crazy, how does

that even happen? My dad was in the aviation industry, and that just didn't even sound right! We get a notice that a second plane has hit The World Trade Center Tower 2, and now I am questioning it for sure. I get online and start watching the news about current events, and they finally get footage of the planes. I am thinking this must be a terror attack. My phone rings, and it's my best friend Cathy. No one calls me at work unless it's an emergency and very few people have my number - I did say I have a stressful job right?

"I am really worried about you," she says.

"Why are you worried about me?"

She says "Because you are in the Pentagon and two planes have hit The World Trade Center."

I said, "Don't worry about me, I'm in one of the most secure buildings in the world. I'm in the Pentagon; no one is going to try and do anything to our building. That would be crazy."

*Right as I said those words a plane hit my building. I said out loud, "What the **** was that?" Demanding to know. Then I tell her, "I gotta go, I gotta go!"*

We were under attack, and we had to evacuate the building. We had moved one month prior to a new part of the Pentagon that was reinforced with Kevlar in the walls and Mylar in the windows, and I am extremely grateful for this. If we had not moved, we would not be here today because our old office was completely gone. We finally got out of the building and the next thing we knew, they tell us another plane is coming and that we need to take shelter. People were getting under cars in the parking lot; it was chaos. I couldn't go to my car because security wouldn't allow it. People were saying our cars could have bombs. My co-worker and best friend, Joe Lewis, let me borrow his Dad's car to get my daughter so we could go home.

I finally got to her school, and she wasn't in a good place at all. She was in the office, and she saw what was happening on the television. The school told her that her father called, and I was okay. Oh, by the way, her father and I didn't talk, so no wonder she was worried. One of the best feelings that day was picking her up from school and hugging and kissing her. I got home, and I didn't want to leave my house, for real like at all – EVER! I was mesmerized by the news and couldn't stop watching it. It was my stepfather's birthday, and I was supposed to take him to dinner, but all of the restaurants had closed – rightfully so. My friend Susan came to see me – she actually watched the plane go into my building and into my office. She thought for sure I was dead, but God had a different plan for me. My mom and brother came by too, and I am extremely thankful.

After the shock went away, life started getting back to normal slowly (like the turtle against the rabbit in a race). I began to rebuild my relationship with God. God knew I needed to be whacked against the side of my head with a two by four. I always thought I was in control. I thought I had it all figured out. My priorities were my daughter, my work, because I had to support her, my family, then God whenever I could fit him in somewhere. You know, I would fit God in when it was convenient or when I needed him. Now I'm not proud of this at all, and it is a bit hard to admit out loud and in writing. I no longer suffer with the day to day anxieties! I am back on track, and I'm not perfect. Sometimes I need to be reminded that I am not in control, and I just need to give it all to God. Bottom line, I must trust in God.

My new priority is that I will put God first and everything else comes second and eventually works itself out as part of God's plan.



Missy Hunsinger is the owner of Hunsinger Coaching and Consulting. I'm a God-following, t-shirt wearing, coffee loving, Army spouse, mom, GG (grandma), that just sounds old so we don't say that word. We live in Pennsylvania for a little bit until the Army tells us what's next! I love to inspire people to be their best selves. What about you? You like to travel? If you are curious come find me, Facebook - Missy Hunsinger Coaching and Consulting - Email is Hunsingercc@gmail.com. I look forward to chatting with you!

Continued from pg. 25

When I gave myself permission to do that, the connection was real. And it's never left me since. My intuition is the place I write from now. I take a breath, I connect, and I let flow what's there. The crafting, perfecting and editing is minimal. The words are channeled. I used to not believe in that. At least I didn't believe in my ability to channel anything.

Now I know that everyone can channel their words. It's all a matter of practicing that connection. And there are many ways to do that ... meditation, breath work, journaling, etc. The trick is to find the way that works the best for you. For me it's been a combination of things.

And there was one more, very important piece to my story. Somewhere in the middle of an avid blog-writing schedule, getting guest blogs accepted by bigger sites, writing print magazine articles and then books and even poems, there was a moment I came to on the healing journey when I heard a message that changed everything. *"You were born, so you're worthy."*

The battle against unworthiness had been a lifelong one. And that day it ended. I *"heard"* that message, because I connected with my higher self. I trusted the words. I felt them and knew they were coming from a bigger place than just me. But I am that bigger place, I've learned. And you have a similar place in you that you have the opportunity to connect with every single day.

One day a coach said to me, *"You are a prolific writer, Laura."* Nobody had ever called me that before. It took a while to own it. Today, I'm proud to say I've mastered the very important connection that I needed for my writing to be prolific and for me to be able to say to you that writer's block is bull.

Seriously, wouldn't you like to be able to say it too? I think you're already there. If you'd like more tips and tricks for connecting and writing like an impressive person, please come find me! I'm ready to show you what's possible.



Laura Di Franco, MPT is the owner of Brave Healer Productions and a powerhouse who writes to Feng Shui her soul. She's a six-time published poet and Amazon Best Selling author, inspirational speaker, holistic physical therapist and third-degree black belt in Tae Kwon Do with over two decades of experience in healing. She was born to build a revolution of brave healers who are getting their authentic voices published in order to heal the world with their words. Find her programs, podcast and books at www.BraveHealer.com

• ANGIE LEIGH MONROE •

Now, I realize this title is a bit harsh, but stay with me, because if you are shocked by this title you probably need to hear this!

In this day and age when we are looking at social media and comparing our life to others, we often start making mental excuses as to why we are not at the same place as “Suzy Q.” These excuses begin to frame our verbiage in how we respond to others about why we can’t do something. It’s our way of “playing nice with others.”

Here is an example: Someone asks you to host an online party for whatever they are selling this week. Your response is one of three:

1. You ignore them and hope they will go away.
2. You respond with, “I’m sorry, I can’t I have to bathe my cat.”
3. You feel trapped and can’t let them down so you reluctantly reply, “Sure, I would love to.”

By itself, it's a complete sentence; there is no need for explanation or apology.

Responding in these ways leaves you open to be pressured into giving others the answer they want from you, instead of the answer you want to give which is a simple **NO**.

Now, I am about to share one of the most powerful statements I have learned: **NO!** By itself, it is a complete sentence; there is no need for an explanation or an apology. Learning how to use the word **NO** effectively will help you gain back hours, weeks, months and years of your life.

When I worked in corporate America, I found a huge difference between the ways to which guys responded to things than the ways women responded to things. I had a boss who once asked, “Do you have time to throw these numbers into a presentation for me?”

The guys responses were either **YES** or **NO**. The women; however, would answer with a “Yes, but ...;” or an “Oh, I am so sorry, I wish I could

but ...” I learned that the boss actually preferred asking the men the question, because he got a quick, easy answer from them, and he could just move on.

Once I saw this pattern in the workplace, I became more aware of it at home. My husband is a man of few words. This used to bother me to no end. I would ask a question and get one word answers. Yes, No, Maybe were all I ever got out of him. I would get my feelings hurt, because I wanted him to elaborate on why it was a no, yes or maybe. But as I have learned, I wasn’t asking open ended questions that merited more than that.

The onslaught of social media has given us reasons to compare our everyday lives with the highlights of everybody else’s lives. We start to build up excuses in our heads to things before we are even asked the questions; we are posturing. We have somehow come to believe that if we protect our time, our energy or our space, we are offending others. This mindset is not that of an empowered mindset; rather it is the mindset of a doormat (“Was that too harsh?”).

SET GOOD BOUNDARIES!

If you are sick and tired of catering to everyone else’s demands on your time, energy and space, then you have to set boundaries for those things, and

it begins with using the right verbiage internally so that it is reflected externally. When you first start telling people **YES** or **NO**, they will still push from time to time, and you just need to stick to your guns.

My husband gets sales calls all the time from sales people trying to sell him on up grading his business profile on their platform. Most of the time, their platform is for residential markets, and our business is 90% commercial. The residential clients we serve are mainly family and friends who come from word of mouth and as a small company, we have no desire to grow the residential side of our business at this time. Yet, the phone calls still come.

My husband tells them all the time, “**NO, thank you,**” to which they respond, “But don’t you want your business to grow?” My husband again responds, “**NO,**” and they normally hang up on him. First, if they did research on his company, they would know that residential is not our target audience. If he engages with them, he is just wasting his time, so a simple one word response like **NO** finishes out the conversation.

When I started DIVAS Impact, people would tell me all the time the things I needed to do to grow the organization. They

If you are sick and tired of catering to everyone else’s demands on your time, energy and space, then you have to set boundaries for those things.

• SELF REFLECTION QUIZ •

Do You Have Healthy Boundaries?

wanted me to spend money with them on this App or software and buy this or that service, and I would just play with them in the beginning, asking them what they knew about DIVAS. Most of them could not adequately express what we were about. They did zero homework to see how their product or service would benefit me or my audience. Instead, they saw me as a number or to-do item to check off their list. This helped me erase any guilt I may have felt about using one word answers.

So how do you go from making excuses to a short, complete sentence? It begins with a mindset shift identifying the life **YOU** want to have.

1. Set goals like stepping stones to bring that life to fruition.
2. Then, learn how to quickly identify the opportunities that come your way as things that will move you closer to, or further away from your goals.
3. When you're getting ready in

the morning, talk to yourself. It will be okay. No one will think you are crazy. You can use phrases like the following:

- a. Today, I am saying **YES** to the life I have dreamed about!
- b. Today, I am saying **NO** to things that do not move me closer to my goals.
- c. Today, I am saying **YES** to hopes and dreams I can't even see yet!
- d. Today, I am saying **NO** to self-limiting beliefs that are holding me back.
- e. Today, I am saying **YES** because "I am enough!"
- f. Today, I am saying **NO** to people who are holding me back with their limiting beliefs.
- g. Today, I am saying **YES** to me!

REMINDE YOURSELF OFTEN!

Clip this out! Post it on your mirror in the bathroom and repeat it daily. With practice, you will find that you are able to say **YES** and **NO** as complete sentences, thus freeing up more time and energy for yourself.



Angie Leigh Monroe, a native Texan and Navy veteran, is the D.I.V.A.S. Diva. She founded D.I.V.A.S. Impact - a global movement set up to change the way women think and speak about themselves and others. She helps people identify and obliterate obstacles that hold them back from finding their purpose. Her ability to ALIGN you with strategic partnerships, ACTIVATE your purpose and CALIBRATE your potential to live life to its fullest is what makes her the consummate DIVA. Angie lives in Fort Worth, TX, and loves time with her husband, children and grandchildren.

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When you have well-defined, healthy boundaries you know what your own needs and limits are, and you make sure those needs and limits are respected and taken care of.

1. I hate having to make decisions. It's exhausting trying to figure out what the best solution is, because so many people get their feelings hurt.
 True Somewhat True Not True
2. I often feel anxious or annoyed with how others are doing things that affect me.
 True Somewhat True Not True
3. Sometimes I over-share, but I don't want to hide who I am and how I'm feeling.
 True Somewhat True Not True
4. I tend to have roller-coaster relationships. Most of the time they are either awesome or awful, but they're rarely boring.
 True Somewhat True Not True
5. I am frequently tired, and I just don't have enough time for self-care or treats.
 True Somewhat True Not True
6. I can name several people who really take (or have taken) advantage of me.
 True Somewhat True Not True
7. I work hard, but I rarely get that feeling of peace that I think other people have.
 True Somewhat True Not True
8. The thought of being rejected or abandoned makes me feel pretty low.
 True Somewhat True Not True

9. I'm not entirely sure what I want for my life.
 True Somewhat True Not True
10. I often let other people make the plans, because then I don't have to worry about whether or not everyone is happy.
 True Somewhat True Not True
11. I have been "used" by certain people. I wish others would be more respectful of my needs.
 True Somewhat True Not True
12. It sounds weird, but I don't actually have really strong feelings about most things. Which I think makes the world run more smoothly.
 True Somewhat True Not True

If you answered true to most or all of 12 questions, then you need to learn that good, healthy boundaries are a necessity. What are you waiting for? It's time to begin acting out of a healthy level of love and respect for yourself, so that you can naturally have boundaries. Here's three things that can help:

- Allow yourself time and space to learn more about - **YOU!** - What you need, want and desire in life.
- Need help with creating healthy boundaries? Get support and guidance from someone you **KNOW** has your best interest at heart. After all, we all need to be held accountable!
- Boundaries mean nothing unless enforced. When someone crosses a line you've set for yourself, try to communicate clearly that they have trespassed, and remember... it's okay to say **NO!**

When *Bad* Things Happen

• SUE TRACEY •

As I sit here turning my eyes towards the heavens, I find myself asking WHY? Why does God let bad things happen? The tragic events of the past two weeks, the death and destruction are so unimaginable that it's hard to wrap my head around them. And because of that, I question our Father, his intentions and the reasons why.

In truth, ours is not to question, but rather, to trust in Him. **Hosea 10:12** tells us *"to plant the good seeds of righteousness, and you will have a crop of love. Plow up the hard ground of your hearts, for now is the time to seek the Lord, that he may come and shower righteousness upon you."* Unfortunately, when we witness the evil acts of gun violence that have taken place over the last few weeks, we find it difficult to plant those seeds ... to trust in our God.

The fact is, God doesn't cause evil, the enemy does. I understand that evil is sin, but I realize that sometimes, evil is necessary in order for us to achieve a more perfect world. There are seasons of death, seasons to dance, seasons of joy and sorrow.

I will be 72 soon, and I have seen many things over my seven decades. When I was a child it

seemed so much simpler then. I knew every neighbor on my street. We respected our parents and elders. We respected the police and our teachers. We knew right from wrong. And we respected our God and country. As a kid, I knew what was expected of me. I knew if I broke the rules, I would be held accountable.

I remember a time when we didn't lock our doors. A time when a stranger would knock on my grandma's door asking for food for work, and even if she didn't have any work, she would feed him anyway. There were Sunday dinners with all the cousins and rides in the country. I knew that in order to play on Saturday, I had to get those morning chores done first. **RESPECT** and **ACCOUNTABILITY**. These seem to be the missing pieces of our society today.

When I was a child it seemed so much simpler then.



I can't, in my wildest imagination figure out why someone would want to take a gun and kill innocent men, women and children. I don't understand a frame of mind so evil. What has happened to our society? I do think that somewhere along the way morality has gotten lost. People think it is okay to say mean things, to do mean things, to bully, to hate. The family unit has been diminished. God and prayer have been removed from our schools. Our great history is being removed, not taught and lost.

And now, my friends, I am sitting here asking myself why have we allowed these things to happen? Too many electronics, too many video games, no interaction with people and our Lord. Disrespect for flag and country. We allow people to live in squalor on our streets. We turn away from those who are suffering. We seem to be complacent in all this madness. Shootings, no matter where they occur should never be allowed. But it seems to be the norm now.

Today, and every day as Christians, we need to remember that Jesus died for us! He died to take away our guilt. He promised us grace for today and He sympathizes with our suffering. These acts of evil make us feel hopeless, angry and confused. I don't have all the answers, but unless we start

asking the right questions and doing something about the emotional problems, the poverty, the lack of respect, nothing will ever change.

When bad things happen, I ache for that oh so simpler time I grew up in. That long ago and far away time was memorable and rewarding. Even as teens, we had purpose. We learned the value of work and the value of a dollar. Family and friends meant something. We went to church, and we volunteered for good causes. I hope I instilled these values into my children and that they are doing the same for theirs. I believe I did and that they are doing so as well. I pray that we all can use this evil as an incentive to seek spiritual growth and hope. I pray that those we have put into office will actually do something to stop this madness. Talk is cheap after all, and we have all heard the same old political talking points, over and over again. It is time to actually fix what is wrong and stop pointing fingers. And I pray for those who are hurting today and suffering the loss of loved ones.

1 Corinthians 13:13 *"Three things will last forever - faith, hope, and love - and the greatest of these is love."* And we could all use more faith, hope and love, right? I know I could.



Sue Tracey is a writer, editor and former owner of an advertising agency. She has a love of cooking and is always up for trying a new recipe. Sue has been married for 50 years to her husband Joe. She is a proud mom and even prouder Grammy.



Have you ever felt like no one knows the real you?

Have you ever experienced “*Imposter Syndrome*” in the work place?

Do you have things from your past that are holding you back?

Do you want to build strong, lasting and accountable friendships?

IF YES, YOU DO NOT WANT TO MISS THIS UNIQUE WEEKEND!



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