

DIVASIMPACT.COM SUMMER 2019

Divas impact



Hello DIVAS

Angie Leigh Monroe DIVAS IMPACT/VETERANS DIVAS FOUNDER

We are so excited to have you look through this edition of the DIVAS Impact Magazine. In the few short years we have been up and running, we have had the opportunity to meet some amazing people who are doing extraordinary things. With each new encounter, our vision grows as we see the positive impact we can make both individually and as a group can be EPIC!

We have spent the last several months helping women Declare things for their lives. Our year-long **#IDeclare** campaign has had monthly focuses to help those of you who feel you are stuck in a rut and need an outside perspective to help you out. Our monthly focuses have been:

- **July '18 · #ImFree** – How do you break free from self-limiting beliefs and toxic people?
- **August '18 · #IHaveWorth** – Do you feel you are worth investing in? Because you are!
- **September '18 · #IHaveHope** – There are plenty of hopeless people in the world; by being a person full of hope, you set yourself apart.
- **October '18 · #ImAWarrior** – When life gets tough, we have choices to surrender to our circumstances or to take a warrior stance and rally extra troops around us when we get weary.
- **November '18 · #IHavePurpose** – Do you know what you were created for? If you're still exploring what that looks like, we can help you discover your purpose.
- **December '18 · #Inspire** – We have the opportunity to be inspired every day, but more importantly, we have the opportunity to BE AN

INSPIRATION every day. Choose to Inspire.

- **January '19 · #IAmWell** – How do you find a healthy ebb and flow for your life? What do you need to have healthy boundaries and life style?
- **February '19 · #ISubmit** – Oh man, that's an ugly word – SUBMIT! This month, we are challenged you to love at a whole new level. How do you LOVE YOURSELF?
- **March '19 · #IRise** – No matter your stage of life, choose to visualize the view from those summit moments of clarity and breakthrough. Celebrate what you've overcome to get where you are going!
- **April '19 · #IFlourish** – Like a flower that has flourished, you have something to give forward. The flower produces pollen for the bees that they gather and turn into honey. What do you have to give forward?
- **May '19 · #IThrive** – How have you set yourself up to be successful and significant no matter what your circumstances are? When you set your mindset to be an overcomer, YOU THRIVE!
- **June '19 · #IHaveSisters** – We can't do this life alone. We're encouraged to build relationships. There are plenty of examples of what bad female relationships look like, so we will focus on setting the Diamond Standard for being a friend: a true SISTER.

In 2018, we added our new community for Veteran DIVAS, several of whom you will hear from in the following pages. If you know of a woman who has served in the military, please let them know we are here for them.

I want to challenge you in several ways. Choose to participate in one or two, or all of the ways listed below, but we are challenging you, because we see value in you, and we believe that the world needs what you have to offer. We invite you join our **Global DIVAS Impact Community** and let's make an EPIC impact together.


Challenge:

1. Follow us on social media, engage with us so we can engage with you:

DIVAS Impact

-  facebook.com/DIVASImpact
-  twitter.com/thedivasimpact
-  instagram.com/d.i.v.a.s.impact

Veteran DIVAS

-  facebook.com/VeteranDIVAS
-  twitter.com/VeteranDIVAS
-  instagram.com/veterandivas

2. Visit our website to read blogs, watch videos, watch for announcements and SHOP!!!
3. Submit to be a guest blogger, magazine contributor or a guest on our Videos/Podcasts
4. Connect with our groups:
facebook.com/groups/DIVASImpact
facebook.com/groups/VeteranDIVAS
5. Finally, tell us about your amazing girlfriends and tell your amazing girlfriends about us!

It is my deepest and sincerest hope that you can see how much we have thought of you, planned for you and have a place for you to belong. Welcome to the DIVAS Impact Community!



Contributors

- 1 **KATRINA COURTNEY**
InSpire Tribe Life
Fitness & Nutrition Coaching
- 2 **CINDY DRONETTE**
Writer at www.lovenotlies.com
- 3 **CANDYCE EVANS**
Mom, Wife and Retired Volleyball Player
- 4 **EVA FULTON**
Combat Veteran, Author, Speaker,
Leader and Entrepreneur
- 5 **CARRIE GANT**
A
- 6 **LAURA KANDEWEN**
Veteran and
- 7 **CINDY KELLEY**
Wife, Mom and Lover of Jesus
- 8 **JESSICA MOODY**
Veteran and Online Course
Curriculum Specialist
- 9 **KIM SLATER**
Writer at www.lovenotlies.com and
Associate Pastor at Son Rise Church
and Ministries

What's
in this
issue

06

Learning to Love Myself

By Candyce Evans

I am passionate about helping friends and family anyway I can, almost to the point where it can be dangerous to myself or the ones I love most, my family. Now I know what you are thinking - How can I ever let anybody or anything come between me and my family?! Well, I am only 2.5 years into this mom business, 1.5 years into my marriage, while also trying to figure out this whole work/life chaos under the delusion that it is supposed to be balanced.

08

Fill Your Cup
(of Love)

Eva Fulton

13

Self Love
Assessment

12

After Tragedy
Comes A Healing
Journey

Cindy Kelley

14

God Love Ugly

Cindy Dronette

16

Egg Roll Bowl

Katrina Courtney

18

Created for More

Jessica Moody

20

Lay Your
Burdens Down

Laura Kandewen

22

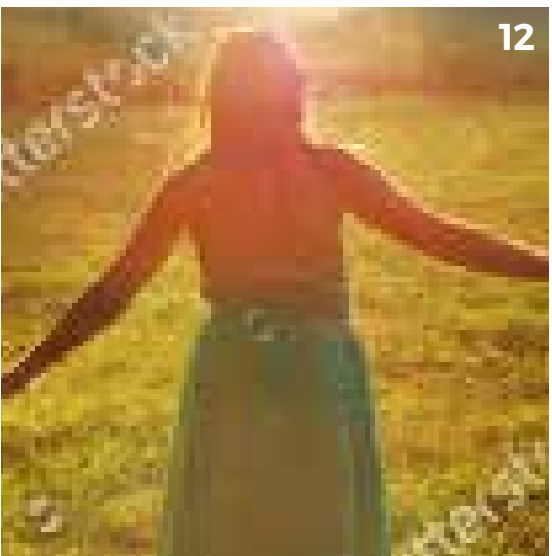
When
Drivenness
Is Destructive

Kim Slater

24

Perspective

Carrie Gant



28

What Does DIVAS mean?

Learning to love myself

I am passionate about helping friends and family anyway I can, almost to the point where it can be dangerous to myself or the ones I love most, my family. Now I know what you are thinking – How can I ever let anybody or anything come between me and my family?!

• CANDYCE EVANS •

Well, I am only 2.5 years into this mom business, 1.5 years into my marriage, while also trying to figure out this whole work/life chaos under the delusion that it is supposed to be balanced. The even crazier thing I have come to realize is the chaos I am experiencing is only the beginning. And those of you that have 5,10,20 plus years over me, already know it's true.

Now, I am going to fill in the blanks for you a little bit. I am guilty of being too much of a people pleaser. I'm sure I am not the only one who has at one point in their lives, or maybe numerous times, wanted to feel accepted. I mean, come on – everyone wants to have that immediate gratification. So much so that it's toxic.

I have let people cross boundaries, take advantage of situations and manipulate me to the point where I have devalued my worth without even realizing it was happening both in my professional and personal life. It is easy to be guilty of this when you want to believe the good in everyone. Therefore, since I have come to realize how much I'm allowing outside influences impact my everyday decisions, I am taking extra measures to safeguard myself and protect my family.

I have been told by friends and family that I am primarily a free spirit. And while I find this statement complimenting, it is also a downfall of mine. I am very capable of getting carried away in moments where I should be more cautious than trusting. Therefore, every

decision I make in the future WILL first and foremost be made with putting myself first. If I don't make this decision for myself, how else can I move through life empowering and helping others if that is how I love to fill my cup? I cannot give what I do not already possess. I am a warrior for myself, and I refuse to let myself down ever again for the sake of my future self and others alike. I am committed to making all of 2019 about growth and learning to...

love myself again!



Candyce Evans is a free-spirited enthusiast that loves to sway whichever way the wind takes her. She loves working for Angie and learning all aspects about becoming the leader she hopes to be for women and men that may cross her path. Candyce is currently enrolled in school to achieve the surgical tech program in a couple years to lead a career in the OR assisting surgeons. Over Candyce's volleyball career, she has been awarded as All American - Second team throughout her four years on scholarship. After her scholarship ended, Candyce decided to coach club volleyball for a couple years aiming to impact young girls and show them her love for this sport. Throughout her career she has been able to obtain leadership positions working closely with C-suite executives. Candyce has enjoyed all of these positions as each one taught her something new. She is grateful to each mentor that has crossed her path and hopes to impact people in the same way. Behind the scenes she tries to balance this current role while leading a busy life with her husband, Cammeron and 3-year-old Daughter, Calynn.

Divas impact



Founder, DIVAS Impact/Veteran DIVAS
ANGIE LEIGH MONROE

Chief Creative Officer
KIM SLATER

DIVAS Impact Editor
SUE TRACEY

Chief Empowerment Officer
CARRIE GANT

Operations Coordinator
CANDYCE EVANS

Ad Sales: For information ad placement,
email editor@divasimpact.com

www.divasimpact.com 817.900.2536
PO Box 1487, Euless, TX 76039

Fill your cup (of love!)

• EVA FULTON •

When you look at a cup and say it's half full, what about the other half? It's half empty. Many folks I speak with are content with half full. That is a positive perspective I suppose. But when you consider that in comparison it could be full, then you are still working at less than a full cup. Given any number of situations that can occur in your life these days, it won't take long to drain what remains in the cup.

After going through some of my own situations in life – lost job, lost our house, my car, lost my husband – one can say my cup was nearing empty. I had a saving grace though... **MY FAITH.** My faith held me together. And then God showed me people gardening. This is where the parable of the sower was something that I learned to use in my life and start cleaning up my own backyard. Everyone has a backyard, but who takes the time to clean it up?

Everyone sees the front yard in your life. I'm talking the figurative front yard that we tend to keep all pretty. The way we dress, the car we drive, the house we live in. Everyone sees that side of our lives. It is your outside appearance. It's true, people can really sum up most of your mental state by what they see on the outside.

Few people however, see the backyard. Like it or not, we have to own that part of our lives too. I'm talking about the backyard that we tend to neglect and ignore until something shakes us into action. The backyard is that part of our persona that time teaches us to ignore, because we tend to be so busy with life, work and our children or personal interests. The backyard is also the parts of our minds and hearts that are cluttered with troubles that keep us tied up in knots sometimes without understanding a clear path to work through the mess.

In walks people gardening into our lives. People gardening is an approach to self-love that comes from charity to oneself. It is about working on your relationship with yourself and God, so you can have better relationships with other people. The parable of the sower illustrates "ground types" in each of us from the Bible that can help us work through all the clutter in our lives that no one sees.

In **Welcome to my People Garden**, I tell my story so that others can work through their backyards. You are not alone. I learned how to work through my backyard – I used to believe all the lies of the vines... weeds of people that were negative and bitter. I also carried some very heavy rocks but was too busy in other parts of my life to keep God front and center.

I learned how to deal with these things, and my relationships have begun to blossom in amazing ways. I got a little dirty, but the rewards have been tremendous!

Now is a good time to work on filling your cup. It all begins with three simple tools – faith, hope, and love! Welcome to my people garden!



Eva Fulton is a visionary published author and speaker who has been able to overcome many adversities. She is a combat veteran from the Gulf War in Desert Shield/Desert Storm. She manages her own host of physical disabilities due to a severe car accident and experienced grief as a mother raising four children who lost their fathers. Then through all that reaching for the triumphs of attaining her degrees - BA & MBA in Business Administration. She is currently working on her MPA in Public Leadership with the Veterans Campaign at the University of San Francisco. Eva has been taking her life from nowhere to somewhere and the ride is only going to get better! The ONE constant through everything has always been her Faith! Through her faith as a Christian and as a combat Veteran, she has learned that growing her People Garden is critical and it all starts with YOU and sharing her story!

www.evafulton.com

• AFTER TRAGEDY COMES A •

• CINDY KELLEY •

Healing journey

Stock photo
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“AS I DAILY MAKE STEPS TOWARDS HEALING, IT FEELS SO INCREDIBLY FREE TO REALIZE THAT MY HEAVENLY FATHER LOVES ME UNCONDITIONALLY, WILL ALWAYS CARE FOR ME AND WILL NEVER HARM ME.”

Within the course of our lives, some of us suffer through unthinkable tragedies. While some stories may be more tragic than others, in the end, they are all painful. Sometimes events from our past are so horrific or painful that they fill us with shame. We just want to forget about them, and we hope others will too. We push them down, sweep them under the rug, don't ever talk about them and definitely don't let anyone else talk about them either. However, this method of hiding what has happened to us only works for a season. When the seasons in our lives shift, and we haven't faced what has happened to us, we begin to carry the weight and pain with us into the next season of our lives.

Have you ever noticed how you can pull a weed from your lawn or flower garden, and a few days later, two or more show up in the exact same spot? Unless you remove the weed's entire root, it will keep sprouting its ugly head again and again, until you wake up one day and realize the weeds have taken over and choked the life from your grass and flowers. In the same way, when we don't face our past, and instead choose to live in denial or shame, we stop growing. Denial and shame hinder us from the freedom of God's healing in our lives, and not dealing with the past sets us up for a cycle of negative behaviors that are spiritually, emotionally and physically damaging.

CONFRONTING MY PAST

At the age of 36, I found myself in the situation of having to confront the past before it destroyed my marriage, my family and me. I had spent years hiding the pain and shame from tragedy in my life.

As the youngest of fourteen children, my siblings and I spent several years watching my dad verbally and physically abuse our mother, and his abuse did not stop with her. Many of my siblings endured horrific abuse from my father as well. When I was four, my five-year-old sister and I watched from several feet away as our dad murdered our mother by shooting her. Then our dad turned the gun on himself and ended his own life. The tragedies in my life didn't end there. When I was 16, one of my brothers committed suicide, and later, at the age of 26, another brother committed suicide.

The real struggle in my life began when I started trying to piece my life back together. I suffered great losses at a very young age, and I never fully grieved the passing of my parents. I didn't have any counseling or open discussions; I only had uncared for wounds left in my heart. My siblings and friends often told me I was blessed because I only had to live through four short years of my father's abuse, but I never really felt blessed. I never shared this with anyone, because I didn't want it to seem like I was ungrateful or that I didn't empathize with others who had endured more than me. I suffered through long spells of deep sadness and loneliness. I went about questioning my purpose and reason for living.

THE TURNING POINT

When I became a married adult with children, destructive behavior began to surface. The weeds were choking the life out of me. I knew I needed help, but since no one in my family really wanted to talk about it, I figured that I would just help myself.

CONTINUED FROM P. 11

It wasn't until I wrapped my mind around the fact that I did have a painful past that true healing could begin. I realized that I needed to share my pain with someone I trusted who would pray for me, lift me up, encourage me and challenge me. As I began to get to the root cause of my negative responses to my life and my relationships, I was able to identify the source of where it all began.

I am on a new journey now, and I am thankful to God for each day. As I daily make steps towards healing, it feels so incredibly free to realize that my heavenly Father loves me unconditionally, will always care for me and will never harm me. We were all given the most beautiful picture of a true father when God sent his Son to die for us. Even when our earthly fathers fail us, we can always rely on our true heavenly Father. Because there is no condemnation in Christ, I can make choices based on who I am in Him and not let the tragedies in my life define who I am. As a result, I am now able to leave a godly legacy for my children, grandchildren and for many more generations to come. I am not perfect, but the good news is that I am not where I used to be. I had to first pull the weeds out of my life by the roots, recognize what a true Father looks like in my life, and make way for new growth.

If you identify with anything that I have shared, I want you to know that you are not alone. There is help and hope for you today. Allow God to place His loving arms around you. **"You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, that my heart may sing to you and not be silent. O Lord my God, I will give you thanks forever!" Psalm 30:11-12 (NIV)**



Cindy Kelley is passionate about sharing the story of how her life was radically changed when she came to the saving knowledge of Jesus Christ and His unconditional love for her. She desires to encourage women into a place of healing, forgiveness and restoration no matter their past. Cindy is the youngest of 14 siblings, has been married for 35 years and raised 3 incredible children. She is a proud Gigi to her two grandchildren. Cindy has spoken at women's and youth events, has written devotionals and articles for women's magazines and websites. Cindy spends much of her time reading, traveling and spending time with her family.

YOU TURNED MY WAILING INTO DANCING...
I will give you thanks forever

PSALM 30:11-12

• SELF REFLECTION •

10 Signs You Really Love Yourself

God tell us in His Word to love others as we love ourselves, but if we are being honest with ourselves, how often do we actually treat people better than we treat ourselves?

Practicing self-love is a facet of our lives that often goes unchecked or worse ... totally ignored. My life can very easily get out of balance as I get too busy taking care of my family, handling work responsibilities, volunteering and doing the mundane chores of daily life. It is in these times that I can easily forget to care of the one person who is most important ... myself. This is when toxic and self-destructive thoughts can take root and adversely affect my life whether it looks like relational issues or illness.

If this sounds familiar, and you want to do a quick self-love inventory, here's a self-love checklist:

1. You only spend time with people who sincerely care about you, build you up and desire only the best for you. You are vigilant in fostering healthy relationships and quick to get rid of toxic ones.
2. You take care of yourself – whether that means meditating on Scripture daily, maintaining a balanced diet or exercise and rest when needed. Making a priority of your mental and physical health is a sure sign that you view yourself as valuable.
3. You refuse to compare yourself to other people, choose to celebrate others and focus on your purpose. It's about focusing on where you are and want to be.

4. Expressing yourself in a healthy manner is important, and you are clear about what you want or what you don't want. Your opinion is important, and you're not ashamed or anxious to know what others think.
5. You've learned how to turn those negative voices in your head into positive affirmations. No more picking yourself apart or tolerating discouraging and demeaning lies. You know you are good enough and trust you will be okay.
6. You're a go-getter who is motivated to pursue your dreams, because they're a huge part of who you are. You have the determination and confidence to go after what you want.
7. You're comfortable spending time alone and actually value this quality time. You don't feel any guilt for it, but you embrace it because recharging is essential for everyone.
8. You're thankful and maintaining a posture of gratitude is important to you. You understand that you're not owed anything and feel blessed for what you do have.
9. You can celebrate other people's achievements, because you know you're on your own path. You're happy to see others succeed.
10. You make an effort to be free of your past. You let the lessons shape you and the pain give you empathy. You understand that setting yourself free starting with forgiving others.



Did you ever feel that you were not good enough, smart, strong or beautiful enough? Do you think you are too much of a mess, and your “stuff” is just too much for God? Maybe you believe you’ve done too much in your life that God won’t forgive, so why bother? Have you ever felt God didn’t love you?

So many of us are walking around thinking that we are not worthy of God’s love, but He takes those disgusting parts of our lives and creates new opportunities for His glory to shine. It’s like taking lemons and turning them into the sweetest lemonade. God takes all our deception, the guilt-ridden, shameful places that none of us wants to talk about into wondrous testimonies for us to be able to help others.

I learned this truth so many years ago, as I was once bound up by the shame of having multiple marriages. Even as I write, I am thinking, “Do I want to tell the world my dirty laundry?” The purpose in telling you this is to expose the enemy’s grip and put God’s glory in its place!

I suffered from a lot of painful heartache and trauma that left me wide open to find relationships with incompatible people. It was like the song “Looking for Love in all the Wrong Places” was written after my experience.

“Well, I’ve spent a lifetime lookin’ for you; singles bars and good time lovers were never true. Playin’ a fools game hopin’ to win; I was lookin’ for love in all the wrong places, Lookin’ for love in too many faces, searchin’ their eyes and lookin’ for traces of what I’m dreamin’ of.”

I was destroyed from trauma and damage from things in my past. I desperately wanted to be filled up with wholeness again; to have the shattered pieces of my life go back together, but I didn’t know how. I felt defective, fractured, injured and crippled. I believed a man’s love could repair my dismembered self. If only I could be loved, be married and have that “Ward and June Cleaver” relationship with 2.5 kids, everything would be normal, and the pain of the past would cease.

• CINDY DRONETTE •

My warped thinking took me many years to work through, and I endured the pain of suffering through several failed marriages. I believed the lie that I was suffering the consequences of my actions. Divorce, more hurt, more pain and, of course, the shame of this echo blemish called multiple marriages. I suffered along with my children and family from my choices. I cannot take back the fact that I chose to marry several different men and the baggage that came with them; however, with God’s help, I could learn some valuable lessons and restore my hope for a bright future. God says in Jeremiah 29:11, “For I know the thoughts I think toward you and they are not to harm but to give you a hope and a future.”

God didn’t stop loving me and wanted me to know it. Even in my darkest moments, He kept on pursuing me. God worked all of my ugly messes into valuable tools used for His purposes, and if you let Him, He will do the same for you.

You might think of your mess as the end, but God sees it as merely a detour. When you have veered off track, the Holy Spirit guides us right back to righteousness in Christ Jesus. When at first we don’t succeed try, try again, as the old saying goes. God works all things for good according to His purpose. Romans 8:28 says, “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

God’s love for each one of us is unstoppable and unshakable. His love penetrates tribulation, distress, persecution, pain, difficulty or any crises that we might face. Our job is to invite God into every area of our lives. Sometimes it’s easy to compartmentalize our lives. For

example, we can invite God into areas of our lives that are all neat and tidy, but when we haven’t dealt with a painful area, we are not ready for Him (God) to be involved because, it looks a little messy. But God loves us no matter what, and the reality is that He sees and knows all anyway. You actually have nothing to lose by asking Him into a bad situation; however, you have amazing things to gain if you will trust Him with your mess.

The truth is that I am not the guilt and shame from my past. I have been sanctified by the love of God and was created in His image. I am a new creation in Christ Jesus, and the great news is that you can be too.

God loves me when I’m beautiful or ugly, happy or sad and in spite of anything I ever could do or say. I am His beloved daughter. I am His royal princess, and you, my friends are also cherished members of God’s extended family. May you come to truly know that God’s love is unconditional.



Cindy Dronette has been at Gateway Church in Southlake, Texas, for more than 10 years. In that time she pursued training in the healing ministry, was a PINK women’s mentor and has helped many women come into their identity through God’s trusted word. Through her years, Cindy has overcome many wilderness seasons. Whether it was marital strife, serious illness or issues with her children, Cindy always relied on the Lord to carry her and her family through. Cindy is passionate about her blog lovenotlies.com because exposing the enemy’s lies and reflecting God’s truth is near and dear to her heart. It is her desire to see people living a life of freedom, health and restoration. Currently, Cindy is married with four children and two grandchildren who are the light of her life.



Egg Roll Bowl

- | | |
|--|---|
| 2 tbsp. sesame or coconut oil | 14-oz. bag of your favorite coleslaw mix |
| 3 cloves of minced garlic | (I like Rainbow Slaw) |
| ½ cup diced onion | 3 tbsp. of gluten-free soy sauce or |
| 2 to 3 tbsp. of diced fresh ginger | coconut aminos |
| 1 pound ground chicken | 1 tbsp. of vinegar (I use apple cider vinegar |
| Salt and pepper | but rice vinegar is more authentic) |
| 1 tbsp. of Sriracha or other hot sauce | Optional garnish: Toasted sesame seeds |

The How: Heat the oil in a large skillet over medium-high heat. Toss in the garlic, onion and sauté until the onion is soft. Add in the diced ginger and sauté for 1-2 minutes. Stir in the ground chicken, a pinch of salt and pepper and the hot sauce. Keep cooking until the chicken is done. Next, stir in the coleslaw, coconut aminos and vinegar and continue until the coleslaw is tender. Sprinkle with optional sesame seeds and serve. Serves 4.

• KATRINA COURTNEY •

Real talk for real women

WARRIOR

DIVAS

Are you sick and tired of hearing how women are being held back?

We are breaking through self-limiting beliefs, overcoming obstacles, and encountering ceiling shattering opportunities each and every day!

Learn how Angie Leigh Monroe, helps women unleash their inner DIVA to make a positive impact in the world we live in. Tune in at

[DIVASIMPACT.COM/PODCAST](https://divasimpact.com/podcast)

• JESSICA MOODY •

Created for more

I had no idea what I was capable of until I became an entrepreneur. That's saying a lot because I am a Veteran Marine. I have my Bachelor's Degree, my Teaching Credentials, my Masters in Education, and I am a single mom of two daughters. Some days I think about everything I have done and can't imagine doing more, but other times, I realize how I have succeeded (and failed many more times) so often that I should have the confidence to keep going.

It's not that easy though. I let my insecurities get me down and second-guess myself often. I remember crying almost every day of the first six months of venturing out on my own as a freelance Curriculum Developer. I was one of those naive people who thought that once people knew there was someone like me out there, they'd come running. Oh, let me tell you, that is definitely not the case. I have struggled to find and build an audience, and to be honest, most of the time, I'm surprised

that anyone even notices. I often wonder how in the world I keep getting leads.

The leads I get aren't magic though. I have learned to build an audience through lots of education and consistency. As my understanding of entrepreneurship grows, I've also realized that even though nothing has been easy (and I mean zero, nada, nothing has been easy), I was obviously made for this.

There is absolutely no job that I could ever imagine or create that would encompass more of who I am and who God created me to be than this. Being a Curriculum Developer for online courses allows me to learn something new every day. I get to be creative and write.

I get to create worksheets, printables and sometimes full devotionals. I get to adapt the content for each unique audience and ultimately, I get to connect and dream with my clients. We get to dream about what it

can be and will be. And I get to be a part of bringing that dream to life.

I was one of those writers who had no idea that I was a writer until just a few years ago. I never even had the debate in my head whether I was a writer or not, because it never occurred to me that I might be. Then after I realized I was a writer, I realized that I was actually a Curriculum writer, huh?!? I didn't even realize that it was a job that existed. But I was created for this! The way my mind works, the way I understand a speaker and an audience, the way that I build and create activities that "create a transformation."

All this, yes, was learned. I learned how to refine this talent, but much of it was already in me. I found out later that I had been writing Curriculum my whole adult life before training or any schooling. I had it in me! God created

me for it, and even now, I know that there is more that I haven't realized as a possibility. My hopes and dreams are seemingly impossible... seven impossible, huge dreams to be exact. I don't know if I will do all of them or if they will change, but I do know that I am finally doing what I was created to do and there is more where this came from.



Jessica Moody is an Online Course Curriculum Specialist and a proud Veteran Marine. With her MA in Education, BA in Literature, 5 years as a secondary English teacher, and 10 years of experience in curriculum development, she has learned how to

help entrepreneurs create successful online course curriculum, in-person workshops which build true connections and life-long clients



When Drivenness Is DESTRUCTIVE

From a very young age, critical voices influenced how I viewed myself. I was drowning in a river of negativity with thoughts that began with “You’re not (fill in the blank)”... Good enough. Smart enough. Pretty enough. Creative enough. Skinny enough. Enough! Enough! Enough!

• KIM SLATER •

I recall hearing this voice for the first time when my family moved. My parents were proud to call themselves homeowners, while I felt forced to leave the life I enjoyed to start fifth grade in a school filled with strange faces. I felt like a fish out of water, and this is where I began to strive for perfection. I’d have the best Valentine’s Day box, get straight A’s and excel at skating. I worked hard at being perfect, but in the quiet of the night, the voices in my head seemed to get louder. **“No one will like you.” “You will never fit in.”**

Sadly these thoughts devalued my self-worth until one day I believed the negativity. My coping mechanism was to prove the lies wrong. As the thoughts worsened, the more driven I became. I quickly rose in my career, but despite the success, I only saw what I lacked. I defined myself by my job title but wasn’t satisfied until I was promoted. The

pressure I put on myself to exceed expectations led me to have stomach problems and insomnia.

My self-esteem dove to an all-time low as an abusive man told me I was fat, alienated me from his friends and often took his bad moods out on me. The more I tried to please him, the more I got hurt. This was a toxic relationship – a cocktail of mental and physical abuse. For years I endured the lows of this affair. It tragically ended when he slammed his head into my car windshield, but you’d think I was the one cracked as I was destroyed. Instead of being happy to see him gone, I thought no one would ever love me.

My shattered heart and desolated self-image could not handle another trauma. But sadly, I was date raped by the very next guy who came into my life. I was in such bad shape that I actually

thought this was my fault as I had put myself in a bad situation, and I should have known better. Shame consumed me. I was trapped in a cycle of people pleasing and performance anxiety as well as unhealthy attempts to meet the expectations others. I was making co-dependent decisions based on my need to be validated. But all I was getting out of it was destroyed.

HEALING REVELATION

Eventually, I went to counseling, but it would be another 15 years before I summoned the strength and courage to silence the accuser for good when I began to sit in a church pew instead of sitting in another’s expectations of me and began to let God’s Word permeate through my heart and soul.

The reality sank in that I was saved by God’s grace and not on the basis of works. Romans 11:6 began to open the door to freedom as I realized the truth – God accepts and values me... just the way I am. I could not be perfect enough or good enough to ever deserve such a gift.

My value and worth was no longer dependent upon other people’s opinions or defined by a man or job title. What I thought about myself was not based on my body, how long my hair was or by the expensive purse I carried.

I AM WORTHY!

Worthy by definition means having merit, or value; good and deserving of respect, praise, or attention; having enough good qualities to be considered important and/or useful.

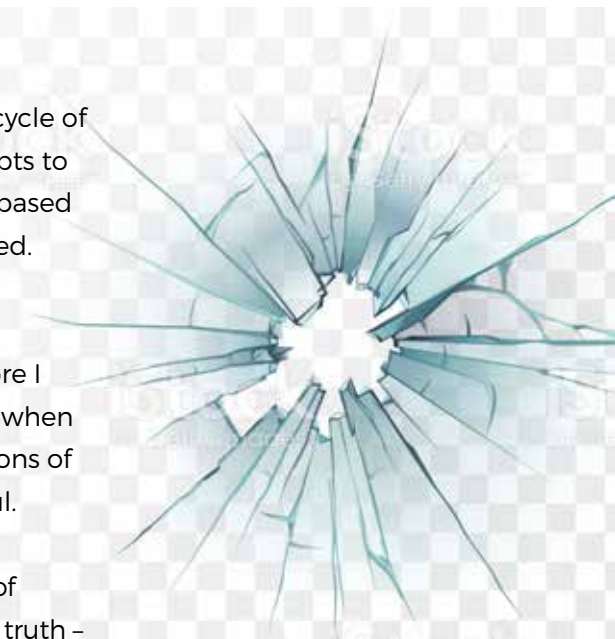
Once I knew that God’s view of me was the only one that mattered, I began to flourish and grow comfortable in my own skin. I was made in the image of God who said I was more precious than silver and gold. God chose me as His child before the foundations of the earth were formed to serve an important purpose in His Kingdom.

Coming into this reality changed my life in profound ways as some health issues disappeared. I discovered a piece of wisdom that has transformed my life: while it is okay to pursue excellence, any perfectionism bred out of fear or low self-worth should instantly be recognized and dealt with.

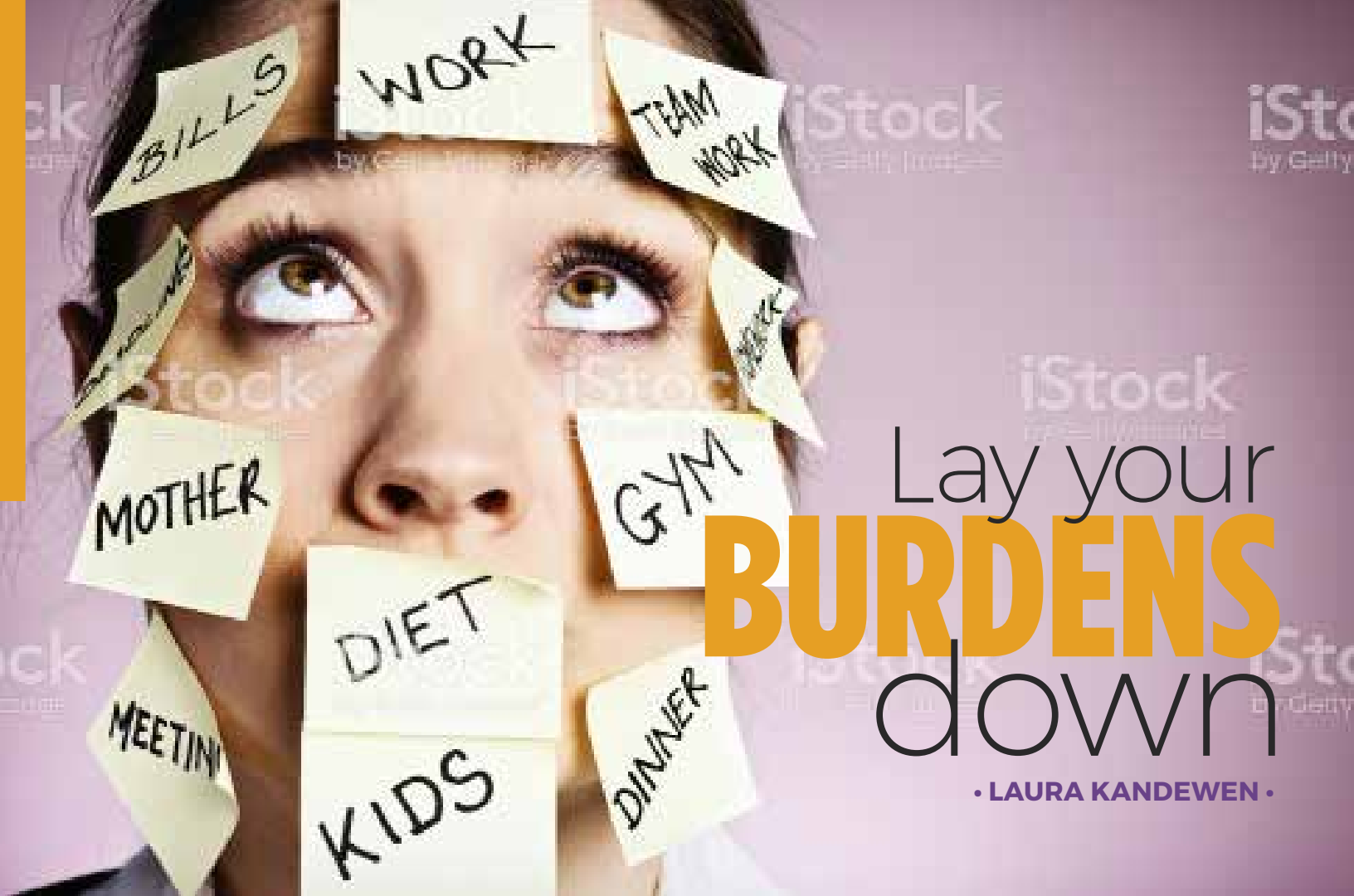
ARE YOU STRUGGLING?

Just like I did, many are determining their self-worth based on what other people say. The result is developing unhealthy coping mechanisms such

I summoned the strength and courage to silence the accuser for good when I began to sit in a church pew instead of sitting in another’s expectations of me and began to let God’s Word permeate through my heart and soul.



CONTINUED ON PAGE 23



The best relationship to uncover is the relationship with ourselves to truly benefit from life's gifts and treasures. In life, we tend to look outwards when it comes to blame and accountability for one's actions and lack thereof. In today's society, it's easier to blame politics and race relations for our problems that exist beneath the surface. Decisions that we make are rooted from within our souls, our values and our sense of identity.

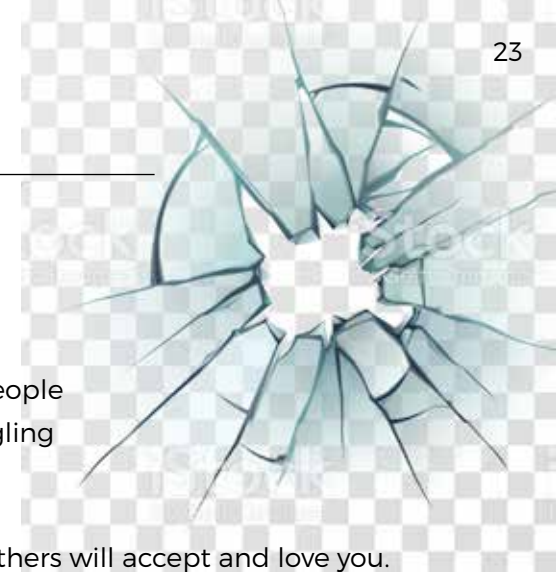
To truly discover my true self, I had to go back to the garden where the seed of my existence was planted to hopefully rediscover my roots, thus identifying the fragile fibers that have been uprooted all throughout my DNA.

I was able to temporarily lay my burdens down ... but only for a moment before I picked them back up again. It was a heavy load, wrapped around

my shoulders, quietly sliding down my tired back. The relentless pressure grabbed ahold of my tongue, suffocating me and trapping my words.

Throughout my life, my sense of self has been shaped and tested by the many experiences that life has bestowed upon me, forcing me to stand upright and take responsibility for my own healing and emotions. Carrying my burdens, regardless of the weight, dragging my inner most thoughts through the streets of self-identity.

What I know for sure is at the core of my healing, there is a more whole version of myself. Along the way to my self-discovery, I took breaks, enjoyed the ride, drank water and hugged the little girl that is now a woman, regardless of her story, because I am who I am.



CONTINUED FROM PAGE 21

as drivenness, perfectionism and people pleasing. Signs you might be struggling in this area include:

- You believe if you excel in life, others will accept and love you. This belief causes self-doubt and frustration when expectations are not met.
- You're careful not to hurt someone's feelings and place everyone's feelings above yours. You then also can feel used in relationships.
- You compare yourself to others, can be super critical of yourself and typically believe you are not good enough or will never measure up.
- You have difficulty being vulnerable and sharing your feelings with others due to fears of perceived failure and rejection.
- "No" is not in your vocabulary, and as a result, you get bitter when others say no or you engage in things you didn't want to.
- While extremely critical of yourself and others, you take criticism poorly by getting offended, defensive and angry.
- You often feel like nothing you do is good enough, feeling continually dissatisfied and stressed.

Healing begins when you can recognize these destructive patterns in your life and begin to allow God's truth to replace the lie that you are not valuable enough to be loved. When you can accept God's love based on grace and let go of the destructive "works" mentality, God can begin to heal the tender places in your heart.



Laura Kandewen was born in Kingston, Jamaica and migrated to the United States with her family in 1988. Against her parent's wishes, she joined the Army right out of high school. Laura received the call that she would be deploying to Iraq. Surrounded by sand and loneliness, her profound love of words surfaced, inspiring her to become an author in the midst of the unmerciful desert storms. She obtained a Bachelor's Degree in Writing from Drury University. Laura began to shape a writing career of her own. Laura went on to become the recipient of the Editors' Choice Award from the International Library of Poetry for 2003 and 2004 for outstanding achievement in poetry. Laura has retired from the military after serving 22 years on Active Duty.



Kim Slater is passionate about helping others come to know Jesus Christ and the enormity of what He did on the cross. As Associate Pastor at Son Rise Church and Ministries, she focuses on helping people find true freedom and healing. She has spent the last several years developing training resources for freedom and is currently working on her Biblical Counseling Certification.

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PERSPECTIVE

• CARRIE GANT •

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When I was younger, I remember watching the Olympics and thinking that they went on forever. Maybe they did, but as an adult, those two weeks seem to fly by so quickly. I love the spirit of the games; each country sending their best athletes to compete. Each athlete is participating, because they have proven themselves to be the best of the best. They have been tried, examined and have been found worthy to represent their countries in their particular sport. Most have trained their entire lives for this very moment. They are at the top of their sport and are ready to bring home the gold!

I absolutely love how these athletes encourage one another. Of course they cheer for those on their own team. Then, there are those times when we get to witness the good sportsmanship of the competitors. Who can forget this moment?

“New Zealand runner Nikki Hamblin and US runner Abbey D’Agostino have been praised for embodying Olympic spirit after they stopped to help each other up after falling together midway through their race. They were four laps from the end of the 5000m in Rio when they collided.”

These two women helped us to remember what it is all about. Their willingness to help one another is so inspiring. In an interview, Nikki had this to say about Abbey:

“When I went down it was like, ‘what’s happening? Why am I on the ground? And suddenly there’s this hand on my shoulder, like ‘get up, get up, we have to finish this!’ I’m so grateful for Abbey for doing that for me. That girl is the Olympic spirit right there.”

“I’ve never met her before. Isn’t that so amazing?”

She went on to say:

“When I look back on Rio 2016, I’m not going to remember where I finished, I’m not going to remember my time ... but I’ll always remember that moment.”

Abbey could have left Nikki there on the track, other runners did. But I believe she saw this as much more than just a 5000m race. She saw this as a representation of life. For me, Nikki and Abbey’s perspectives were right where they needed to be.

IT ALL PERSPECTIVE

The definition of perspective is the ability to consider things in relation to one another accurately and fairly. I don’t know what was going through Abbey’s mind at that moment, but I believe she was probably thinking – “What would I want someone to do for me?” And just a few seconds later, she got an answer to that question, because it was she that was unable to finish the race on her own. Nikki ended up helping Abbey finish the race.

I think our perspective needs to be that of consideration for one another. We have seen a lot of changes socially and politically. The climate of respect and consideration has definitely shifted.

REMEMBER THE GOLDEN RULE?

Matthew 7:12 tells us, “*So then, in everything treat others the same way you want them to treat you.*” Can we somehow get back to that? We can be the change in climate that is so desperately needed. We can refuse to judge someone based on their political or religious beliefs. We can make room for one another.

I would like to challenge all of us to see and believe the best in one another. Let’s allow love to rule our hearts and minds instead of hurt and hate. Many times, our words and actions are filled with so much hurt that we don’t even realize how we are presenting ourselves to others. Here are some questions to consider:

How would I feel if someone spoke to me that way?

How would I feel if someone looked at me that way?

Remember, “*Don’t judge a woman until you have walked/run a mile in her shoes or stilettos.*”

As Nikki and Abbey did for one another, let’s help our sisters up and finish the race together, arm in arm, knowing that together we are stronger.

Carrie Gant is someone who does not like to be out in front, instead she leads from the shadows to help others shine brighter. You may never meet Carrie face to face, but her touch is all over what DIVAS Impact is. She serves as our Chief Empowerment Officer, encouraging, inspiring and simply listening when we need someone to lean on. When she is not serving our team, she can be found serving at church, as well as helping her husband run their business Interior Motives. In her spare time she loves being with her husband and her boys at their secluded cabin.

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Keep up with us at
divasimpact.com

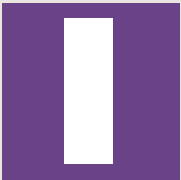
DIVAS *Impact*

DIVAS *Impact*

WHAT DOES DIVAS MEAN?



DESTINED • We seek out women who know what the calling on their life is and are walking boldly and confidently in that calling. We also challenge those women to reach out and help others be able to walk boldly and confidently so they can believe there is a future out there for themselves.



INSPIRED • Who and what inspires you? With that inspiration what are you motivated to do? How are you inspiring those around you?



VICTORIOUS • Our mission is to help women walk in victory. If you have ever lost something (a relationship, a job, being victimized) we are here to help you on a path to victory!



ACCOUNTABLE • It is a two way street! Are you willing to have the tough talks with girlfriends to help them reach the goals they have set for themselves? Will you be transparent enough with yourself and a trusted girlfriend to be held accountable? We will show you how to navigate this in a safe and healthy relationship.



SISTERHOOD • There is something magical that happens when women come together and support each other. The unity is not something others may see or hear, but you will **FEEL** it and what we're doing in the atmosphere around you.



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

Have you ever experienced "Imposter Syndrome" in 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!



Unmasked

October 11 - 12 2019 • Grapevine, Texas
For details, visit **DIVASImpact.com/Unmasked**