

Reflections of Becoming HER™

A Guided Mini-Journal

Healed. Effective. Reigning.™

By Darcell Streeter

"When women feel empowered to choose, equipped to act, and connected in love — they reign."

Welcome to Your Becoming HER™ Journey

This mini-journal offers a quiet moment to pause, breathe, and reconnect with yourself. Each reflection page is inspired by the B.E.C.O.M.I.N.G. HER™ Framework—eight steps that guide women from performance to purpose. You'll explore how applied learning science, emotional awareness, and reflective practice help you live from wholeness, not hurry.

The 8-Step Framework Snapshot

- B – Beginning Place: Reflect & reset.
- E – Embracing Trinity: Invite divine wisdom & alignment.
- C – Cultivate Belief: Renew your thoughts daily.
- O – Ownership: Stand in your identity.
- M – Momentum: Move with grace, not grind.
- I – Intentional Renouncing: Release what no longer serves.
- N – Navigate New Self: Practice your new rhythm.
- G – Give Back: Share your healing through service.

Every journey begins with reflection; every reflection brings you closer to reign.

Sample Reflection: The Power of the Pause

When was the last time you allowed yourself to rest without guilt? What belief makes rest feel unsafe or unearned?

Take five slow breaths. With each exhale, release the need to prove. Write one sentence that begins, "Rest gives me permission to ..."

[Journal Space for Reflection]

"Softness is not weakness. It's the sacred space where strength learns to breathe." — Darcell Streeter

Affirmation

I am becoming healed, effective, and reigning—one reflection at a time.

✦ Ready to begin the full journey? Join the B.HER Global™ Community or preorder the complete Reflections of Becoming HER™ Journal today.

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