



The 8-Step B.E.C.O.M.I.N.G. HER™ Framework

A Motivational Guide to Becoming Healed. Effective. Reigning.™

Step into a journey that blends faith, wisdom, and strategy—so you can lead with wholeness and impact.

Welcome

B.HER Global™ exists to empower women to rise—Healed, Effective, and Reigning™—in every area of life. Use this guide as a touchstone for reflection and momentum. Each step offers a mindset cue and an affirmation to anchor your growth.

B – Beginning Place

Push past pauses and evaluate what's been holding you back. Every transformation begins with honesty and courage.

Affirmation: I honor my truth and take my first bold step.

E – Embracing Trinity

Deepen your walk with God, live intentionally through Jesus, and trust the guidance of the Holy Spirit.

Affirmation: I am covered, guided, and aligned.

C – Cultivate Belief

See yourself in God's Word and build unshakable new beliefs that align with your divine identity.

Affirmation: I believe what God says about me.

O – Ownership

Affirm your intentions and boldly step into the power of who you are called to be.

Affirmation: I own my voice, my values, and my vision.

M – Momentum

Create rhythms of radical rest. Move with purpose, not pressure.

Affirmation: I choose rest, rhythm, and results.

I – Intentional Renouncing

Release the old self and its limiting patterns. Make space for renewal.

Affirmation: I release what no longer serves my calling.

N – Navigate New Self

Walk fully as the new you—living, leading, and inspiring others through authenticity.

Affirmation: I show up as my whole, evolving self.

G – Give Back

Step into community and multiply the grace you've received by empowering others to rise.

Affirmation: I pour from overflow and multiply impact.

Read the Question Below and Write Your Thoughts:

As you read each affirmation, what is an area you need to strengthen to help you fully embrace? Be honest.

Join the B.HER Global™ Community

Experience ongoing sisterhood, accountability, and growth through transformative conversations, reflective practices, and leadership coaching. Begin your B.E.C.O.M.I.N.G. journey today.

Visit www.bherglobal.com to learn more, connect, and explore upcoming offerings.