



🌿 Ready to Overcome Old Patterns?

Here is your Guide

6 Steps to Anchor Your Identity in God's Love

Find healing, and anchor Your identity in God's redeeming love.



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Welcome

“Dear Beautiful Soul, I’ve been where you are. God’s redeeming love has the power to heal, restore, and release us into freedom. This guide is for you—let’s begin this healing journey together.”





Step 1

Step 1: Release the Shame of Yesterday

Scripture: “Forget the former things; do not dwell
on the past.

See, I am doing a new thing!” – Isaiah 43:18-19

Reflection: “What thoughts or regrets do I need to
release today?”

Practical Tip: Write down one thing you regret.

Pray over it and hand it to God in surrender.

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Step 2

Step 2: Anchor Yourself in Psalm 91 – God’s Safe
Refuge

Scripture: “He will cover you with His feathers,
and under His wings you will find refuge.” – Psalm
91:4

Reflection: “Where in my life do I feel unsafe or
unsure? How can I invite God into this space?”

Practical Tip: Write Psalm 91 on a notecard and
place it somewhere visible as a reminder of God’s
protection.

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Step 3

Step 3: Take Authority Over Your Thoughts

Scripture: “Take captive every thought to make it obedient to Christ.” – 2 Corinthians 10:5

Reflection: “What old lies or patterns am I believing?
What does God say instead?”

Practical Tip: Write down a negative thought. Replace it with God’s truth.





Step 4

Step 4: Trust in God's Redeeming Love

Scripture: "He will redeem your life from the pit and crown you with love and compassion." – Psalm 103:4

Reflection: "How has God already shown His love in my life? What more can I trust Him with?"

Practical Tip: Start a gratitude journal for God's redeeming work.





Step 5

Step 5: Walk Forward in Confidence

Scripture: “I can do all things through Christ who strengthens me.” – Philippians 4:13

Reflection: “What small step can I take today to trust God and move forward?”

Practical Tip: Take one Spirit-led action today—call a friend, write down a dream, or pray boldly.





Step 6

Final Encouragement and Next Step

A closing note of encouragement:

“Beautiful soul, you are not defined by the past. God is doing a new thing in you—redeeming, restoring, and calling you forward. I’d love to walk alongside you as you grow in His truth and purpose.

Let’s walk this journey together.”

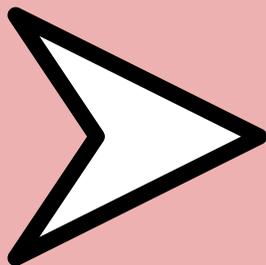


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"Hi, I'm Donna! I'm married and we are empty nesters with two grown kids and a new grandbaby, navigating this next season of life. I have a passion for helping women like you—faith-driven, sensitive, and stepping into the second half of life—connect with emotional well-being and inner healing. I guide faith - filled women who feel overwhelmed to hear God's voice, heal from past wounds, and break through limiting beliefs.

"I'd love to hear more about you—what season of life are you in, and how are you feeling about it?"



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