

A Newbie's Guide

Freedom for Today

Practical Advice on

How to Create a Life You Love

Tahira Neckles

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DEDICATION

This book is dedicated to my two precious kids, Vivian and Josiah, thank you for being an inspiration and allowing me to live out my dream.

Tahira Neckles

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ACKNOWLEDGMENTS

I want to thank my sister Joy Njema for her gift of formatting and helping me behind the scenes with the creation of this book. I want to acknowledge God. I am grateful to be a vessel to use my God-given gift to inspire others while having so much joy in the process. I get to do what I love.

INTRODUCTION

Great job choosing *you*. I celebrate you for getting this book because it means you are determined to create a life you love. This book is for all those who desire freedom to love their lives with freedom from fear. I created this book for women who are looking for tools to create a life they love. And in this book, that is exactly what you will receive. There are practical tips as well as activities to help you get the tools deep down inside you to quickly manifest the life you want.

There are six principles I will be asking you to apply while reading this book:

- 1) *Honesty***
- 2) *Self-Compassion***
- 3) *Openness***
- 4) *Hope***
- 5) *Gratitude***
- 6) *Expectation***

First, take this moment to acknowledge your willingness to find out what is next for you. You can create a life you love and have more joy, freedom, clarity about what you want, and have the confidence to achieve it. Your life is a big deal and right now you are taking courageous action because I'm going to ask you to be honest. You get to dig deep while applying self-compassion as insights will come up. Please do not be hard on yourself during this process, but stay open to the possibilities. There is hope, for you are receiving tools you can use to create. Once you start to receive, be in gratitude for all that you learn or awaken too. Lastly, have an expectation that you are going to have what you desire to create a life of freedom and love.

My hope for you is that, with the reading of these pages you will feel more free today than you did yesterday. So great job taking this action, trusting the process, and knowing that something good awaits. The more you apply the tools in this book, the faster you will see the results. So if you're ready to create a life you love and experience more freedom for today, let's jump right in.

How does this book work?

There are ten steps to create a life you love, and each chapter goes into depth about each step. I want to tell you how to quickly manifest your desires and why you haven't created the life you want. The truth is that I can give you the tools to inspire you, but unless you're willing to do the internal work of finding out what's blocking you from creating a life you love, you will not be able to quickly manifest. Also, I don't want you to only focus on getting to your destination but enjoying the journey. So we are going to get to the root of the problem. This book is not about giving you a quick fix, but giving you the tools to dive deep so that you can quickly manifest what you desire.

Each chapter contains sections titled "Truth Moment," "The Shift," "Activity," "Daily Tips," and "Quote." I do recommend you get a journal during this discovery process; however, I have also provided writing space in the book.

Truth Moment

Throughout the book I share my own real-world experiences. I want to bring a level of honesty and transparency to this book because you are trusting me to guide you to a life you love. I hope that by sharing my truth you will know that all things are possible.

The Shift

I will be letting you know when things started to shift toward the life I wanted. This is also an opportunity for you to examine areas in your own life where you can let go and shift into a life you love.

Activity

Activity denotes taking action, so by completing the activities in each chapter you will already be on your way to creating a life you love. Creating a life you love takes work. Faith without work is dead. So each activity is the homework you do to help support yourself in your desire to create a life you love. And I want you to know that creating can be done with ease and enjoyment. But most important, I want you to tap into how you feel when completing each activity and allow yourself to get energized as well as clear about what you truly want. Also pay attention to your energy level because your energy reveals a lot about where you are. I encourage you to give yourself at least fifteen minutes to complete the activity in each chapter.

Journaling is a powerful tool for reflection, discovery, and rediscovery. In this book you will be given the opportunity to

practice several activities with the intention that they awaken you and lead you toward a life you love.

Daily Tips

If there is one thing I want you to walk away with, it is what you can do today to begin to create a life you love. I recommend incorporating the Daily Tips to lead you into your routine. By creating consistent habits, you will be moving toward creating a life you love. All these tips have been time-tested and proven to be beneficial.

Writing Space

I encourage you to get into the habit of freely writing. This will support you on your journey to creating. I have included a page for free writing because I know things may come up, and you will want to jot things down or refer to a particular chapter. So feel free to use the space provided. I also recommend using a separate journal if you need more writing space because you want to give yourself the unlimited possibility to express what comes up for you while reading this book.

Quote

Each chapter concludes with a final quote to remember for your Freedom.

Closing Prayer

Lastly, I have included a special prayer for you that concludes Freedom for Today.

Bonus

Do you love surprises? Well, I hope this is one surprise that makes you feel good because I feel a great charge or urgency from God to support as many women as possible to live happy, healthy, and free, so I'm including my signature program, "Release, Heal, and Grow 90-Day Holistic Workbook," if you purchase any one of the "Giving Inspiration for Today" books. This is a \$39.99 value available on Amazon as a self-study. Or you can choose to reach out to me for one-on-one coaching and accountability throughout the ninety days. But let's dive into the ten steps. By the end, I will be happy to let you know how I can support you.

1

GET CLEAR ABOUT WHAT YOU WANT

What are you creating? The fact is that you are creating, whether you are conscious of it or not, but the evidence of your life is proof that you created something. The best thing you can do from here on is to create from a place of clarity and intention. In this chapter I'm going to tell you how to get clear about what you want. I'm also revealing four secrets that will change your life for the better.

Creating a life you love is about getting clear about what makes you the happiest, most alive, most purposeful you've ever felt, and living life to your fullest expression right now rather than later. The wonderful thing is that it's your life, so you get to decide what the perfect expression is for you.

Here is Secret #1: **There is unlimited possibility!**

If you can open yourself up to believe that the only limit is that which you place on yourself, you will be free to unlock your greatest potential.

Here is Secret #2: **It takes self-awareness!**

The best way to strengthen your inner knowing is to dive deep. I encourage the clients I work with to apply this process:

1) Reflect

2) Discover

3) Rediscover

Using this self-awareness process can help you gain clarity.

Here is Secret#3: **Have a vision!**

God gives you guidance about how to create a life you love when you search Proverbs in the Bible. Chapter 29, verse 18 states, “Where there is no vision, the people perish.” So having the forethought to see clearly will help what you desire come to pass. Your mind will help you to manifest it in the physical sense.

Here is Secret#4: **It’s an inside out game!**

Everything you want to create starts from your willingness to go within and connect to something higher than yourself. There is an unconditional well of love waiting to guide and direct you toward a life you love. Most people focus on what they don't want instead of what they do want. And what you want is here waiting for you to direct your energy toward it. The most important thing you can do to create a life you love is to have self-awareness and to decide to focus on what you want. For example, I choose to focus my energy on having a close relationship with God, great health, a long life, and for my children to have all they need to be happy, healthy, and free. What are you directing your energy toward?

Truth Moment

I used to be afraid of change! I would try to control everything to stay comfortable rather than pivot. In 2015 I went kicking and screaming as I moved over an hour away from my job and my kids' school. I didn't know it at the time, but the stability and safety I truly desired would mean giving up control and comfort and trusting the process to pivot. Where I was moving from was no longer serving me; I was stuck in a job I no longer enjoyed, a bedbug infested, slumlord apartment, and a dead-end relationship. I needed a shift.

The Shift

My life started to change when I started to focus on what I wanted. Even in the midst of uncertainty, one thing I was always clear about is the importance of having a vision. I remember that in January of 2015 I had put on my vision board a brand new home because I desired homeownership in a safe neighborhood for my kids. By October of that same year I had moved into a beautiful two-story house in a gated community, a home that is better than I could have imagined. To this day I thank God every day that I drive into my garage.

I feel blessed, but I know it is not by accident that I manifested this home. When I started to become aligned to that which I truly wanted, I was no longer afraid, and I felt free. When I started to feel free, more things that I wanted to create magically happened. When you shift, the universe shifts into overdrive to bring you what you want. Your energy directs the level at which you will manifest it. You get to be happy.

Activity

Do I have what I want in this area? Is there more that I desire in this area? What is keeping me from going for what I want in this area? Look below at the

list of the main life areas and take fifteen minutes to ask yourself the three questions above for each one. What comes up for you? Are you unsatisfied, satisfied, very satisfied, or overflowing with joy in these areas? Use this discovery time to propel yourself toward a life you love. Reflection is the beginning of self-awareness to awaken your authentic truth.

After discovering what you want, I encourage you to create a visual presentation, i.e., a vision board displaying pictures or words with all you want in all these areas. There is no limit to how much you place on your board. This is your life, so just have fun with the process. Below is a picture of a vision board, but if you would like someone to support you, I offer women a VIP session on getting clear about what they want.



Main Life Areas

- 1. Spirituality**
- 2. Self-Care/Knowing yourself**
- 3. Growth/ Learning**
- 4. Family/Friends/ Social Relationships (some also include their pet/s in this area)**
- 5. Health/ Well-Being/Fitness**
- 6. Career/ Business/ Work**
- 7. Fun**
- 8. Community**
- 9. Home/Physical Environment**
- 10. Partner/ Love/Relationship**
- 11. Money/Finance**
- 12. Vehicle Care**



Look at your
Vision Board.



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Freedom is
the ability to
live life to
your fullest
expression.

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2

PRAY & ASK FOR WHAT YOU WANT

Asking is one of the most powerful things you can do. “Ask and you shall receive,” it says in Matthew 7:7. There is nothing wrong with asking God for what you want. The second step after you get clear about what you want is to pray and ask for what you want. A prayer is making a bold declaration and believing that God will give you the wisdom to create it.

Declare what you want. I recommend stating a declaration as part of your morning routine. First thing in the morning, after giving thanks, declare what you want out loud. Whether it’s an affirmation, a scripture, or a biblical promise, speak it over and over as if it is so.

It’s important to open your mouth and state what you want without apology. This is not about becoming stuck on how it looks but more about the feeling you want to create. Most people desire feelings of joy, peace, freedom, and love; these are the deep, innermost desires.

It's really not about the superficial things we say we want on the surface. You may say, for example, "I want a new car," but when you get to the root of why you want a car, it's about having more than enough; and when you go deeper, having more than enough makes you feel limitless, and feeling limitless makes you feel free, so freedom is truly what you desire. No matter what it is you say you want, I encourage you to go deeper and discover the root of why you want it because within you lies the space to feel and get in touch with your true desire.

Truth Moment

There was a time when I was in so much physical pain that I had to take several pain medications just to get through my day. It was horrible! I mean I couldn't even do a jumping jack. I knew something was wrong and, at the age of thirty, I started to experience major health issues. Truth is, I was the cause, not only for my pain but for my suffering, and I was too afraid to advocate for myself with the doctor.

I had a major roadblock to overcome. I suffered with health issues for five years. I silently suffered, and no one knew how much pain I was in. I was on several mood-altering medications that were supposed to make me feel better but that had crazy side effects including hair loss, anxiety, and vision changes.

I was not happy with my health, and I had sunk so deep into despair that I began to believe I would have to deal with that pain for the rest of my life. But after having a “come to Jesus moment,” I realized I needed to go to the doctor and advocate for my well-being. After the doctor’s refusal to admit that my issue was related to a permanent birth control device, I asked to have it removed. And because it was permanent, the procedure would involve removing my fallopian tubes and making myself permanently sterile.

I had the surgery in March 2018 and, as I write this book, I am in better health than I have been in five years with no pain and no medication to mask the pain. I’m so grateful for overcoming that roadblock that lasted five years.

The Shift

I remember God telling me to work on my mindset and that my body was only reacting to what I fed it, which was a lot of fear, worry, and anxiety. When I decided to speak what I wanted and focus on what I truly desired, things in my life began to shift. I had to step out in faith and start talking to my body. I started declaring how I wanted to feel and that I was off medication.

After doing the inner work that I needed, I remember praying to God and asking to be well. I heard him loud and clear: “Go to the doctor and ask him to remove the birth

control.” That would mean surgery, but I knew that I wanted to be healthy, and that was the courageous step I needed to take. Sometimes what we want is on the other side of fear and discomfort. We must be willing to go through it to get to the other side and trust that God is with us to the end. Having surgery was the best decision for me as now I do not wake up in pain, and I am proud to say I can now do jumping jacks.

Activity

What are the characteristics of your most powerful self? I want you to take a moment to reflect and think about what would be the characteristics of your most powerful self if you had no limits. Write them in a journal, or use the space that has been provided below so you can jump right in.

It is in this power that you are most full of love; the characteristics that you have listed here are the ways of being you need to exhibit to create the life you love to be fulfilled in every moment.





Declare
what you
want.



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Freedom is
the ability to
recognize
what a
powerful
being you are.

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3

IDENTIFY SELF-SABOTAGING BEHAVIOR

Many times we get to do deeper internal work in order to create a life of freedom, a life we love. In Step Three I'm going to tell you the truth about what's keeping you from the life you want; it's your inability to go deeper. So we are going to spend some time going deeper and getting to the root of what can mess with us, which is our ability to get in our own way. I'm talking about self-sabotage. But where does it come from? I want you to think about self-sabotage as thoughts hanging on your dreams, what I call "emotional hang-ups."



We all have these thoughts, and there are thirteen common ones I will explain later. What is hanging on your dream? If there is something you want to manifest that has not come into fruition, it could be that deeper emotional work is needed before it will manifest. Doing the deeper work is not for the faint of heart, but I want to encourage you to take the following actions:

- 1. Identify your roadblocks.***
- 2. Identify your excuses.***
- 3. Identify the emotional hang-ups to accomplishing goals.***

Roadblocks

We all go through problems, setbacks, or difficulties and roadblocks constantly seem to plague our lives. Those roadblocks are usually areas of struggle or life lessons we feel are a constant barrier to our happiness, peace, or freedom. They are big life areas that we cannot ignore such as health, finances, relationships, children, and homelessness. I want you to get honest, to get out a journal and ask yourself what is always coming up for you. Maybe it's your weight or emotional eating. For me it was sickness and fatigue that affected my health and ability to positively parent my kids—until I learned what my roadblock was teaching me.



You see, a roadblock is like a hurdle. It was never meant to stop you; you were meant to learn the technique to glide over that hurdle. Don't stop, and don't get distracted; even if you fall, it's okay to rest, but get back in the race and keep going until you win.

Excuses

How do you identify your two main excuses? Well, the easiest way is to take at least twenty-four hours and observe your thoughts. What are those excuses that you are always giving yourself? If you really want to get clear, do this for one whole week—yes, seven days—and keep a journal to record every single negative thought or excuse you are telling yourself. Yes, it will take work to be conscious, but this level of awareness is the truth you need in order to break free. Awareness is the key to understanding why you are not moving forward into the life you truly desire.

You can also go straight to those closest to you and ask what some of the common excuses are that they hear you say. Tell them that you're looking for honest feedback. Go to someone you trust and know is going to give you the truth. Once you have those answers, I want you to apply self-compassion. For me it was "I'm tired" and "I've got kids." Those were the two excuses that prevented me from getting what I truly wanted. Also, this is what my loved ones would speak back to me. What others say is sometimes an internal dialogue you are already having with yourself. Being aware helped me catch myself when making excuses and learn to pursue my dream and not self-sabotage.

Emotional Hang-ups

Too many of us engage in negative self-talk about worry, guilt, shame, and punishment that tells us we don't have a right to be happy. Drop those negative lies and step into the full life that you are meant to live: Freedom for Today! Identify two or more emotional hang-ups to accomplishing your goals.

Some of the more common ones are the following:

- ***"Fear of shining."***
- ***"I'm not worthy."***
- ***"I'm not good enough."***
- ***Fear of rejection or needing approval.***

These emotional hang-ups, if not realized, will affect your relationships and life decisions.

Once you discover your emotional hang-ups it's time to go to battle. Go to God in prayer, declare the word of God, use affirmations, and get your praise on. And don't try to go at it alone. God knows what you are going through, so remember that he has the key to overcome anything. God can give you peace, even in the midst of your storm or battle. I can show you all the tools, but any triggers, blocks, emotional hang-ups, resentment, or lack of forgiveness can all mess with your life. Let them go!

If you need help letting things go, I have a program with you in mind that's called the "Release, Heal, and Grow 90-Day Holistic Program." I have included a copy of it in the back of every book I publish in the "Giving Inspiration for Today Series." It is my gift to you and my way of getting it into the hands of as many women as possible. It is my desire that you will continue to do the inner work to create a life you love and this program will help. If this is not for you, maybe you could share it with a girlfriend, sister, mother, or other woman in your life who may need support. It is also available as a workbook on Amazon for \$39.99. However, you have access to it for free right now by purchasing this book. Enjoy and live well, love well, be well.

Truth Moment

When I started to focus on what I wanted, which was divine healing, it came to me. God said, “Get it removed,” but silly me was scared of surgery. I had never been under anesthesia and had a fear of death. “What if they put me under and I never wake up?” I asked myself. But I chose to trust God and believe that if he had more for me to do, surgery needed to be done for my ultimate healing.

Sometimes you ask for what you want, but you must also be willing to do what it takes to get there. So I had the surgery and, boy, do I feel better. I’m absent fallopian tubes and my pride, but I feel a whole lot better.

Even before the surgery, God started the inner work to teach me how to forgive myself. I started by forgiving my many negative thoughts like these:

- ***How could I be so stupid?***
- ***How could I allow myself to suffer?***
- ***Why did I endure so long?***
- ***Why was I so afraid to take the birth control out?***
- ***Why was I so afraid to speak up?***

All of those thoughts ran through my mind. I would penalize myself, so the first thing you have to learn is to forgive yourself and not beat yourself up. I had to use self-compassion because, as I began to dig deeper into those

questions, I broke into tears when I discovered an underlining belief that I felt unworthy of happiness.

This is why it is so important to master self-talk. I think a lot of times the reason we engage in such negative self-talk is because we have either chosen not to forgive ourselves or not to forgive someone else who has hurt us. Be willing to apply forgiveness to your life for every circumstance and person that did not serve your best interest.

I'm keeping it real 100 percent with you, so choose a better self-talk mechanism if you want to create a life you love. It's about discovering your excuses. Observe your thoughts, and observe the words you're speaking. Don't allow anything negative to come out of your mouth. Even if something may be in your thoughts, you do not have to speak those words. You can begin to build a habit of self-correcting by switching to focus the mind on what you want.

The Shift

The truth is that you get to shift at every moment when you realize it's about what you focus on. Things started to shift when I switched from thoughts of lack to abundance, when I shifted from limited thinking to abundant thinking. Limited thinking looks like this:

I don't have enough because I am a single mother.

Or

I have to sacrifice and suffer.

Or

I have a lot of debt or bad credit so I can't do such and such.

Or

I only have a one-income household so I can't afford to go for my dream.

Or

I've made too many mistakes so it's too late for me.

Limited thinking is the excuses you play over and over in your head to keep you stuck and unable to see the unlimited possibilities.

Abundant thinking—oh, abundant thinking—is when you open yourself to endless possibility—not the how but the trust. You look around for signs of abundance and step into the awareness and knowingness that abundance is here right now; you just have to open yourself to it.

When I started to shift and understand that my abundance is now, I started to see it everywhere. I started to attract the things that I desired. I started to become clearer and more focused on my dreams and what makes my heart smile. Out of enjoyment, out of joy, came the ability to create, not out of struggle, fear, doubt, anxiety, or limited thinking. So you have a choice to shift today!

You have a choice to harbor resentment.

You have a choice to choose forgiveness.

Forgiveness comes from abundance. Another thing you can begin to do is use abundance to attract something into any area of your life. If you want more love or better finances, abundance is the key; meditate and ponder on abundance. A simple way to do that is to listen to abundance meditation videos on YouTube before you go to bed. Just Google the term to find the many great abundance meditations out there. Spend fifteen minutes or play one as you go to sleep; just relax into the space of abundance. I'm telling you this will shift your mind from unrealized limited thinking, limited beliefs, and unconscious beliefs to more abundant thinking. When you believe in your abundance, you can lose the weight you want to lose; you can attract the love you want to attract; you can attract more money into your life; you can write the book and accomplish your dreams; you can live life in joy every single moment of the day.

I do something I love every day. I see abundance every day. I love life every day, and it's because I have tapped into abundant thinking and an abundant mind. And you don't have to know it all. You don't have to know how it will all happen. Just trust that the universe, God, Divine Spirit, or Angels of Guidance have the key, and be open to endless possibilities and abundance.

There is more that awaits you than you can ever ask or think. And so you want to create? Have an abundant mindset. You want help to get an abundant mindset. I am a firm believer in affirmations, so in Chapter 5 I will show you how to take what you want and create affirmations around it. You can also create a vision board around it, but even if you start today to mediate, take fifteen minutes every night and play a guided meditation. If you are new to meditation, don't try to do it on your own. Until you build up the habit, go to YouTube and listen to the following:

- ***a guided meditation***

Whatever it is you want to do, you have to focus the mind to shift and move into an abundant way of thinking.

Activity

Make a forgiveness list. Then pick at least one person on that list and write that person a letter, even if the one you are choosing to forgive is yourself. Once the letter is written, you can choose to mail it or burn it but, either way, release it.



Let go of
negative
thoughts.



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Freedom is
the ability to
see beyond
your current
reality.

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4

COMMIT TO PERSONAL GROWTH

Oftentimes the life we want is waiting outside of our comfort zone, and the best way to overcome discomfort is to grow in confidence. Are you willing to grow?

I will say there is some part of you willing to grow because you are reading this book. Let me affirm right now that everything you seek is within your ability to grow, to stretch, to press through to the other side, to trust and rely on your spirit as the ultimate guide and to trust the gut instinct inside of you.

Right now, in this moment, I call forth all that is within you to step fully into your growth. There is ultimate healing and well-being in this growth for you, and you are deserving of all happiness, hope, and fulfillment. Trust that you are on the right track at the right time and celebrate your willingness to take intentional action by grabbing this book and doing the work. Your good awaits!

If God was intentional about your life, what makes you think you are not supposed to be intentional? You can create the life you want bit by bit, piece by piece, by making intentional choices that lead in the direction of your innermost desires. And we were meant to create and grow. But the truth is that people are not honest with themselves about what they really want—I mean really, truly want. They may not be clear about what they want; they may not have the courage to do the deeper work of discovering what they want or, if they know what they want, they may allow fear to tell them they can't have it. Don't get stuck in paralysis accepting the status quo; instead, go for what you truly desire.

You are growing every day from the time you were born to the time you die. You are growing through the stages of life. Life starts in the womb. You were hardly recognizable, a seed implanted into your mother's womb. Then you became a body; then you were born and became a toddler, teenager, young adult, and so on.

So when did you decide to check out? When did you decide that your life was no longer about growth?

It has always been and forever will be about your growth. It's time to grow mentally, spiritually, emotionally, and financially as well as physically.

We can see the physical manifestation based on how our body ages and our hair becomes grey. Our face, over time, will develop wrinkles. It will happen to all of us if we live long enough. Since you are on a continual growth journey, you might as well be intentional about how you live. Do not aimlessly go about life; instead, decide today to live your best life.

Often we think we do not have a choice, or we have learned to be mediocre and conform to the status quo instead of going for what we truly want. It's time to take intentional action!

Creation Takes Time

You can create a life you love. But let me be clear: it might take you a year, twelve months, 365 days, before you reach a new milestone. What makes you think growth is supposed to happen overnight? Often it takes time and patience to grow. There can be joy in every stage and every new season. And just as an apple tree was once a seed, you need to tend to the tree before you see it produce apples. I do believe that God can do things suddenly and is a miracle worker, that he can go beyond what we ask or think; however, he also knows that there is growth in the process. God does not want you to miss out on the journey.



We give up on our desires way too soon; we say it's taking too long. But have we really stayed the course or remained committed to seeing the life we want?

Truth Moment

I used to be a complainer. Oh, boy, did I complain. I complained about everything that I didn't have the courage to look at and change, things like these:

- ***Having to go to a job I didn't like***
- ***Being a single mom***
- ***That my boss wasn't fair***
- ***The time that I didn't have with my kids***
- ***The cost of daycare was too high***
- ***The money that I didn't have in the bank***
- ***Not feeling free***
- ***Feeling sick in my body***
- ***Wanting a husband to love and support me***

Boy, did I get all that I was complaining about. I was resisting the growth steps I needed to take to change my life for the better. Complaining is another way of staying stuck, living in fear, or procrastinating because you give away your power when you complain.

The Shift

The moment things began to change in my life is when I became keenly aware of what I was saying. When I learned to stop complaining and started speaking about what I wanted, things started to shift for me. I mean they really started to quickly manifest beyond happiness into an inner, deep joy.

One of the first activities I want to encourage you to do is to observe your thoughts and words for at least twenty-four hours. As hard as it may seem, try not to complain. I just want you to be an observer of your thoughts, of your words, and when you hear yourself beginning to complain about someone or something, remember that you get to take ownership of your life. If you're not happy, you have the opportunity to shift and create a life you love; so instead of complaining, focus on what you want.

Activity

What does freedom mean to you? I really want you to take some time to think about freedom. Throughout this book I give you my definition of freedom, but by no means are you to take what I say as truth. You get to dive deep, reflect, discover, and rediscover for yourself. Then once you claim that which causes you to feel free, dive into it and spend time mastering it. Once you grow in that conviction, you'll see a quicker manifestation of freedom in your life. What I know for sure is that I'm unconditionally loved by God; therefore, I live my life as such. What do you know for sure?



Say Yes to
being a
lifelong
learner.



TahiraGift



Freedom is
the ability to
enjoy who you
are becoming
in the
process.

○ *TahiraGift* ○

Tahira Neckles

5

AFFIRMATIONS: BUILD YOURSELF UP

I don't believe in just uttering words if you don't actually believe what is coming out of your mouth. For an affirmation to be effective, it must align with an innermost desire so that you have already bought into it. Affirmations with a clear goal, desire, or vision you have set will help you manifest even faster. The best way to begin affirmations is to create "I *am* statements" that affirm what you want to happen or experience in your life.

The words I *am* are among the most powerful words used in the Bible. They align you to the Creator who has given you all the power to create a life you love. Therefore, you are not only tapping into your greatest self when you say I *am*; you are also tapping into God, an Ultimate, Divine, Unconditionally Loving Source.

Your affirmation can either be something you want to ***experience daily or on a regular basis.***

You are willing to say it daily.

It encourages, inspires, or gives you hope daily.

This is what it means to build yourself up: affirm. Saying affirmations is about sounding the alarm and putting your heart, mind, and body on notice that “this is what I want.” With affirmations, you get to call it forth.

Affirmations are also about building up your confidence and vibration to see what you want to happen. If you are not confident, simply be willing, and like a mustard seed God can take your willingness to achieve and move mountains. I suggest using the *I am* willing to (desire you would like to create) affirmation. Do this until you grow and can drop the willingness and just be.

What happens when you raise your vibration? What happens when you do more of what you love? You attract more of what you love because you are radiating. You are vibrating your energy at a heightened level, which helps you create. You, in turn, are creating by vibrating that which you love. Every time you say your affirmation, you are vibrating at the level you want. So say it over and over and over again. Get it down deep and feel it with every part of your body and soul. You can say it, write it, or read it; whatever you choose, this is a powerful tool that will help you create a life you love. Affirmations also give you the excitement to take intentional action toward that which you are claiming you want to happen in your life. Because the mind does not know the

difference, it will start working overtime to make things happen.

Words are powerful, and using affirmations is the power of your words coming true. If you are ready to create a life you love, practice using affirmations daily and stay firm in your belief. If you prefer to speak biblical declarations over your life, doing that works as well. Just make sure they align with your innermost heart's desire. And remember that the mind is always thinking, so it's important to focus the mind on something. Why not make it what you love? Affirmations redirect the mind and help us have more control over our thoughts.

Truth Moment

I have always been able to attract by using affirmations. When something falls off in my life, it's likely that I wasn't saying my affirmations. I remember using affirmations to attract my husband. It was about self-love and growing my vibrational energy from a place of confidence, knowing that I was a woman deserving of a loving, supportive husband. I would say about twenty affirmations a day to empower myself as a woman, affirmations like these:

- ***I am attracting immense love to me; I know this love starts with me.***
- ***I am embracing all of who I am.***

- ***I am in charge of my life.***

At the time I was a twenty-four-year-old woman who desired to be married. At the age of twenty-five, I met my husband. He described knowing that I was the one and being attracted to a light. I was vibrating from the inside out with trust rather than fear that I would attract that which I was saying to myself.

I also have used affirmations to attract my dream job, an increase in finances, and desired lifestyle changes. Every time I have not used affirmations in my life, I notice that fear will creep back in, and I have a falling off. But when I get back to saying affirmations daily, I've noticed that my life becomes more enjoyable because my priorities all shift toward that which I am affirming. As I write this book, I have even placed affirmations on my vision wall in front of my bed so that whenever I wake up, I see them and say four affirmations daily as part of my morning routine.

The Shift

When I realized that even God used affirmations, I was all in: “In the beginning was the Word, and the Word was with God, and the Word was God” (John 1:1).

In Genesis, the first chapter of the Bible, God spoke everything into existence. When I realized that I had to be willing to affirm, to open up my mouth and speak life into

existence, things began to change for the better. And I had to stop listening to the people who said, “Why do you talk so much? Why do you believe?” And because the evidence of their lives was different than what I wanted, I decided to go for what I truly desired. You have to be willing to step outside of what others say and step into the invisible. If you want to create, I’m telling you again to be determined, to open up your mouth and claim it, speak it, and affirm it daily until there’s no doubt in your life because you are living what you say. You will have what you say!

Activity

Create at least four affirmations in the area of your heart’s desire. Go back to some of the realizations you discovered in Chapter 1 and rediscover by making them into *I am* statements. Space has been provided below to jump right in.

I am _____

I am _____

I am _____

I am _____



Raise
your
vibration.



TahiraGift



Freedom is
the ability to
experience
the best
version of
yourself.

○ *TahiraGift* ○
•

6

TIME WITH GOD

There is no fear in God. There is freedom when you put your trust in God. Sometimes that means being still, surrendering, and allowing God to fill you with his strength and receive all that he has for you.

A powerful tool you can use is the power of release. No matter the circumstance—even if life has dealt you something unpredictable or painful—the best thing you can learn to do is to let go. It takes giving up your free will for a moment to receive the strength, wisdom, and unconditional love you need to replenish and keep moving forward.

When you release and let go in God, something amazing will happen; He will catch you and give you rest. God will put you in a place where you can be safe and cared for when you learn the power of release. Often we think we have to know the answer to what is before us. The truth is that we just have to release and let God do the rest.

How can you begin to release? By being still and looking at pieces, patterns, places, and people in your life that you are willing to release. Sometimes this release even means forgiving ourselves or others for mistakes that have been made.

Being still and spending time with God also gives you an opportunity to find your flow, your rhythm in life. When you find what I like to call “alignment with your heart’s desires,” you will create a life you love. By allowing God’s wisdom to divinely guide you to the place you need to be happy, healthy, and free is life transforming. And it’s so important to run your own race and not try to keep up or compare your life to others’, but to truly be free to step into the life you want.

Truth Moment

I wasn’t used to living in ease and abundance. When you have spent years suffering or sacrificing your health and happiness, you can become stuck in that way of being. I had to find a new normal. I didn’t know how at first, so I just released and allowed God to help me.

Truth be told, I even had to get comfortable with having more than enough money to the point that, when God helped me prosper, I would actually take a double look at my bank account and redo my budget because I could not believe I had that much extra money after paying all my bills. I started

to have as much savings as I needed to live off of, and I had to find somewhere to put the money. That was a good problem to have, I know, but the reality is that I was still holding on to limited beliefs of lack and struggle: ***I would somehow run out of money, or I had to pinch dollars just in case.***

Those types of thinking came from the fear of not having enough even though, in reality, the amount I was seeing was larger than I had before. I was having new experiences with old patterns of thinking. That's why a shift needed to take place.

The Shift

Things started to shift for me with the simple habit of taking morning walks. God began to slow me way down and speak to me. He began to speak to me about my patterns of thinking about ***even though he had provided abundance for me all around, and even though I had even written a book about abundance and believed in abundance,*** I was not fully embracing that which I knew to be true because I did not want to let go and just be happy. Freedom was something I had to get comfortable receiving. I had to shift to a knowingness that I was, in fact, worthy of this freedom because God loves me and wants it for me. Let me say it again: God wants Freedom for You! So much that he died to

give it to you, so by choosing not to receive it, it's like receiving a gift and never opening it.

You don't need to fake time with God when you have a relationship. It's not about religion or going to church every week.

It's about the moments you spend with God.

It's about thanking God when you wake up.

It's about understanding that He created you, that He loves you unconditionally.

It's about giving your life, your gifts, to the one who created you because He knows all that you're capable of.

It's about understanding that it all comes back to the foundation and, without Him, there is no foundation.

The best thing that I can tell you to do is to just tap into the presence of God and really be present, really get still, and take the time. Don't try to use all of these tools in the absence of Him, but ask God to guide you through all that you're learning in this book.

I reached a place where spending more and more time with God became a pivotal part of what gave my life joy and meaning. In his love you will be able to create a life you love because He is the author and finisher of love.

So if you are ready to shift your life, begin to spend more time with God, receive his unconditional love, and grow in your relationship with Him. Start where you can with ten

minutes or twenty minutes and work your way up. Release yourself into his presence and see where you will go.

Activity

Discover what you need to be more present. Find out what you need to feel more at ease and present in your life. For some it's twenty to thirty minutes in a relaxing bath; I personally feel better able to be present after I have taken a nap or made sure to eat well and nourish myself.

Take some time to reflect in a journal. Writing space also has been provided below for a quick-start reflection or notes. Really reflect and discover what things in your life help you feel more centered and able to ease through your day. When you feel present, you tap into joy. Take some time to discover what it is and, when you feel it, say "Yes!" to it! Incorporate it into your weekly if not daily routine. To create a life you love, do more of what you discover on a regular basis rather than on a rare occasion.



Take time
to be still.



TahiraGift



Freedom is
the ability to
tap into your
authentic
Spirit being.

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7

WRITE, SPEAK, & TAKE ACTION TOWARD
WHAT YOU WANT

Everything you are doing should be moving you in the direction of your dream, your heart's desires, a life you love. If you are conscious and intentional about this life, you know that every choice you make is creating something. Are you creating a life you love, the job you love, the place you would love to live, and the way you spend your money? Is it going toward the life you want? If not, why not? Why are you not going in the direction of what you want? Have you lost hope? Have you lost passion or grown weary? Are you overwhelmed, tired, and feel you're not worthy of what you desire? Those are all great questions to reflect upon when you go deep and are willing to do the internal work so you can see the physical manifestation of your desires. Right now, in this simple step, know that you can achieve them. Make what you love a part of your daily routine. Take at least one hour a day. Write down what you want, speak

affirmations, and then take small steps toward manifesting them. Some examples of those small steps follow:

- ***If you want to write a book, schedule time and write every day for at least one hour.***
- ***If you want to start a business, write a list of things you need to do: open a business account, save the money in the bank, do the smaller steps.***
- ***If you want a new job, work on that resume, get a mentor, apply for the job.***
- ***If you want to take a vacation, put the deposit down for the hotel.***

One of the most powerful things you can write is, “What do I want?”

STEP 1: Write it in a journal:

“I want to have a flexible job where I can travel.”

STEP 2: Speak it aloud:

“I have a flexible job where I can travel.”

STEP 3: Take action:

Look at your current situation to see if there are opportunities for you to ask to travel, or do you need to look for another job that allows you to travel?

What do you need to write down today? What do you need to hope for today? What do you need to believe in today? And what action can you take today?

Truth Moment

No matter what was going on in my life—the uncertainty, its ups and downs—one thing that always guided me was having a vision for my life. A vision is bringing your imagination to reality. Every time I used the tool of writing my goals, I have created. It is about having hope and trust in yourself and Divine Support to get you to the life you want. I make sure to create a vision board every year, to look at it, to journal, and to take small steps. Having a vision is a great way to stay focused. And the times I did not create a vision board were the times when I felt most lost and that life was just happening to me instead of being intentional. So get excited, because I know that, with this step, all things are possible. Below, I have shared with you some of what I want:

- ***Create at least two family fun vacations a year.***
- ***Attend at least two personal development retreats a year.***
- ***Get through two audiobooks a month—twenty-four per year.***

Boy, did it feel good to write that down. Now it's your turn to get clear and excited about what you're getting ready to create.

The Shift

You have to be able to break past fear because fear will try to make you stagnant. Be careful of inaction because, as long as you are moving forward, you are creating a life you love. Fear comes when you are getting ready to make a breakthrough or when you declare something to see if you really want it. You can be fearless! Use faith and courage. Even if fear comes, let it go and, instead, shift into excitement.

Get excited, even though you don't know what's around the corner. Excitement says I am open and trusting and expecting my good to come. Fear says I'm uncertain and not trusting that my good is around the corner. See the difference? You have to make the choice to shift your thinking in the moment. Remember that you are not your thoughts. Fear will come, but you can choose to act in a different way. With practice, you will learn to let go of thoughts of fear and not react.

Activity

In general, what in your day excites you? What gets you excited just thinking about it? What do you do that makes you lose track of time? What makes you feel most alive when you are doing it? If money was no object what would you do? What is your heart

desiring? What energizes you? If you can answer these questions, I encourage you to add more of what you love so you can feel free. A few activities that excite me are morning walks, time with God, gospel music, napping, journaling or writing, and having fun by playing during intentional time with my kids when I'm focused on being present and watching them smile. Any time I do those things, I feel fantastic.



Keep a
Journal.



TahiraGift



Freedom is
about
learning,
growing,
discovering,
and creating.

○ *TahiraGift* ○

8

ENJOY THE JOURNEY & TRUST THE
PROCESS

I want to spend a little time in this part of the book to encourage self-love and care. Often the reason we don't enjoy the journey is because we get burnt out by the cares of this world and must learn to rejuvenate. The time is now! If you are reading this book, I want you to know the time is now for you to be happy, fulfilled, and free. It's time to create the life you want.

If you're unwilling to practice self-care, if you don't make the time, it's a worth issue rather than a time issue. You don't feel worthy of the love you pretend to give to others. Any time you give to someone else but you are depleted, you are pretending. Okay, let me give it to you in another way. You've heard the airplane announcement that, if you need air in an emergency, you should put the oxygen mask over your own face first and then assist the person next to you. But what do

people do? We go around unable to breathe, trying to pretend that we can take care of others by giving them their masks, yet we are depleted.

The ultimate love of others comes from the inside. The love of others cannot be given without self-love; therefore, the greatest love to offer humanity is the ability to love oneself truly, authentically, honestly, compassionately, and genuinely. Now with fresh eyes you are able to see and extend love to others. The absence of self-care is an absence of the ability to care for others. You are doing a disservice to others when you neglect yourself because they cannot receive your best. If you are unwilling to tap into the highest good for yourself, how can you believe in it for others? They will not trust your ability to care for them if the evidence of your life is unhealthy habits and choices. People see beyond what you say; they see what you do, and the best way to show love is to first put “you” on the agenda. It is not selfish; it is selfless because, as you turn inward, you can extend outward. So if you truly want to serve others, here's a radical thought: **pour more love inward!**

How can you begin to celebrate, get excited about, know that you are worthy of that which you desire to give to others? Start with *you* first:

- ***If you want to love your children, love yourself first.***

- ***If you want to love your husband, love yourself first.***
- ***If you want to love your community, love yourself first.***
- ***If you want to love God, trust that He commands that you love your neighbor as yourself*** (Matthew 22:35).

People often forget one of the greatest commandments. How can you love your neighbor as yourself if you lack self-love and care?

So I ask you, are you following God's greatest commandment to love him and others? You cannot do that without Loving You! You Are *not* absent from the greatest commandment; you are the greatest commandment. And when you step into this knowing, you will see how, out of this love, everything else in life will flow: your health, a feeling of happiness, fulfillment, life's purpose, trust, and protection. Everything you desire will come from the inside to the external world. There is no false hope because everything you need derives from *love*.

So my question to you is this: Are you willing to let go of what the world says about love—that you have to serve others first? No more sacrificing yourself. Hold on, embrace this new concept, and believe it is true that you are to serve self-love and care to yourself first. Then giving back and radiating that love outward into the world.

Truth Moment

I have always worked in the education and social services fields, so I have spent a lot of time giving my energy to others through coaching and training, and I remember many times feeling overworked and tired. But the truth is that I had not mastered the importance of self-care, and I began to become unhappy. Even though I loved to serve, I had a reality check: “The reason you cannot give it to others is because you don't have it for yourself.” So I started on a journey to get better at loving me and making sure that I was happy from the inside out.

I remember when I took a happiness test about how to increase happiness in your life; it turned out that I just needed to have more fun. I was working way too much and not incorporating laughter into my day. It may seem like a simple thing, but now I don't go to bed unless I have had at least my laugh of the day. That one change increased my joy. So have you laughed today? How often do you laugh? Where do you think that energy goes when you are having fun? It goes into your body, into your life. Most adults don't have enough fun; they need permission to be happy, not just a responsible adult. Remember: abundance is your birthright.

It can help if you do more of your favorite things more often. For example, if you love to travel and you've only traveled once a year, do it more often. Now I make it a habit

to plan fun into my life. Even as you are reading this book, I'm probably planning my next fun activity because, for me, it's now a lifestyle.

Another key to enjoying my life is that I decided to stop comparing my life to others' lives. When I started to look at what makes me happy, my truth without comparison, without trying to make myself like someone else, I began to get happier and clearer and to move away from fear. After all, what you need may not be what someone else needs, and that's okay. You are an individual. When you step into who you are and love yourself, you will enjoy the journey. You can create a life you love right now and trust the process. Do more of the things that make you happy; get in alignment with your priorities. Now is the time to live fulfilled. Life is truly too short to be anything but healthy, happy, and free.

The Shift

I started to create a list because what you focus on expands. It went like this: I feel happier after I (complete the sentence). This is a great way to discover what makes you happy. See my list below and use this shift to move into the next activity.

- ***I feel happier after I take a nap.***
- ***I feel happier after I pray over my kids and give them a kiss goodnight.***

- *I feel happier after I hug and kiss my babies.*
- *I feel happier after I watch a good movie and snuggle up with my man.*
- *I feel happier after I relax by the beach.*
- *I feel happier after I read a good article.*
- *I feel happier after I take my time to ease into my day.*
- *I feel happier after a great cup of coffee.*
- *I feel happier after I do absolutely nothing.*
- *I feel happier after I binge-watch a great show on Netflix.*
- *I feel happier after I enjoy a Splurge Day spending money at the mall.*
- *I feel happier after I hear my kids say what they are thankful for.*

Activity

Find your happy place.

Have you ever heard the saying, “Find your happy place”? It is that place where love meets love. Can you think of two things you love to do and that you might be able to do at the same time? For example, if you love hiking and spending time with your best friend (BFF), you invite your BFF on a day of hiking.

Happy place: Hiking with your BFF

I love the beach and writing.

Happy place: Writing by the beach

Maybe you love watching a good romantic comedy while eating your favorite ice cream.

Happy place: Ice cream with romantic comedy

Try this fun activity. Think of things that make you happy and see if you can put them together. Then do them.



Incorporate
laughter.



TahiraGift



Freedom is
the ability to
love yourself
in the
moment.

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9

PRACTICE DAILY GRATITUDE

Love woke you up this morning; when you give thanks, you tap into that love. If you want to create a life you love, tap into gratitude. Everything you need is in this love. When you tap into gratitude, you tap into infinite intelligence. Another way of saying this is that when you are in gratitude, you tap into Divine Spirit—that which comes and is derived from *unconditional love*. So when you are practicing gratitude, you are actually in tune with your higher self, your highest form, and connected to the highest good. Get this and it will change your life. Every time you practice gratitude, you are one with the ultimate source; you are one with God.

Practicing gratitude daily means more for us than anything because life has a way of throwing distractions like these at us:

- ***The car in front of you cuts you off.***
- ***Maybe someone does something unkind to you for no reason.***

- ***Maybe your kid comes home and says that he or she didn't do well in school.***

There are many things that happen throughout the day that can throw us off. That's why gratitude in the moment is so important. Gratitude is truly a prescription for life. Have you ever taken a moment to sit in gratitude? Gratitude allows you to become present; the more present you are, the more alive you'll feel. With feeling alive comes freedom, and you can create more things to be grateful for with the energy and attitude flowing from this love. Start where you are to practice gratitude; create a new habit at least once a week until you work your way up to once a day. You can choose to add gratitude into your morning or evening routine. Or you can choose to practice gratitude by pausing throughout the day.

The Bible says our prayers should be "yes" and "amen," that we should be in constant gratitude because everything we need God has already provided. I think that often there is not much we really need to be happy and free if we just see with eyes of gratitude. Often we forget about the fact that we woke up, that we can walk, that we can see.

It's the simple things we take for granted. But let me caution you that there is a difference between contentment and stagnation. God still wants you to believe in and go for your dreams. Just make sure to celebrate with gratitude along the way.

You get to live life out fully in your love life, finances, health, creativity, chosen career, well-being, or lifestyle. You get to decide, but whatever brings you to the fullest expression of your authentic self is freedom. For me, having a relationship with God, practicing gratitude, financial freedom, health and fitness, family fun time, and writing are some of the things that bring me joy and lead me to a place of freedom because I am fully expressing my authentic being.

Truth Moment

I remember when my mother gave me a wake-up call. I had called to complain about something and she told me, “You’re not being grateful.” Even though it was hard to hear because I knew better, in that moment she was right; I needed to shift. You cannot be in gratitude and complaint at the same time.

Gratitude comes out of love, but complaining about your situation gives away your power of choice and comes from fear. You can create more of what you want, so be careful that you do not allow yourself to make excuses but, instead, allow yourself to be in thanks for all that you have. Then see how your life will change.

To keep myself focused I do something called “Thankful Thursdays.” I have even included my children in the fun because kids have a way of reminding you, and they always

keep me on track. So every Thursday on the way to school we pray, and after that we all say at least one thing we are thankful for. It truly is one of the highlights of my day to know I am instilling in my children the desire to take a moment to practice gratitude.

Begin to incorporate gratitude into your life. Some people like to journal; some people like to say it out loud. Whatever it is for you, make it a habit. Gratitude is good for the soul. If you would like support, you can connect with me on social media as I do Thankful Thursdays on my TahiraGift Facebook page.

The Shift

What's your morning routine like? As a coach, I like to offer my support and guidance without judgment. I want you to list everything you do in the morning from the time you wake up to the time you go to work or your chosen destination, even on the weekends. This is important. I can tell a lot about a person's self-care, self-talk, relationships, and priorities based on how they choose to start their day. Here are some ideas if you need support with the creation of a morning routine or shifting:

- ***Listen to uplifting music.***
- ***Practice gratitude.***
- ***Practice affirmations.***

- *Practice saying “I love you” in the mirror.*
- *Take a morning walk.*
- *Practice meditation.*
- *Spend time with God.*
- *Read the Bible.*

Activity

If there were no limit to the amount of love you could give, what would you give? After making a list, make sure to apply those loving things to yourself first and then give them out to the world.



Thank
God
often.



TahiraGift



Freedom is
the ability to
practice
gratitude &
praise for the
seen and
unseen.

○ *TahiraGift* ○

EXPECTANCY

Expectation is a powerful tool when utilized. It allows you to wake up excited and in anticipation of receiving that which you are desiring. In this chapter, Step Ten is really about having an optimistic outlook on life. It is believing that what you are asking for you already have; that what you're seeking is seeking you; that the people, places, and opportunities are lining up; and that your dreams will run toward you to give you that which you desire. Having an expectation is not about "if it will come" but knowing that "when it comes you're going to celebrate." Because you are still putting in the work, taking intentional action, and practicing gratitude, the final step is receiving.

I want to remind you again about the power of visualization. Use that vision board and know that, one day, you will create a life you love. I want to challenge you to commit to being in expectation about something you truly desire and watch how your level of excitement and

anticipation draws it to you. It's all just energy anyway. Let's use money as an example. Many people desire more money for the freedom they think it will provide. Well, money is one of the easiest things to manifest with the power of expectation.

Let's say you set a financial amount that you want to save. You first start making room for what you want, which is money to come in. Here are some actions you can take to reach your savings goal:

- ***Open a savings account.***
- ***Name that account and place a goal on the memo.***
- ***Wherever you walk, if you see change on the ground, pick it up and thank God for the extra money.***
- ***Repeat the affirmation, "I am a money magnet."***
- ***Look around the house for things to sell.***
- ***Decrease the expenses of going out and save the extra.***
- ***Increase the amount coming in by starting a side business or creating other income streams and save the extra.***
- ***Go through every purse and couch looking for loose change.***
- ***Ask anyone who may owe you money to pay it back.***
- ***Allocate savings directly from your paycheck into your savings account.***

Once you put those actions into motion, the energy you give out will be the energy you get back in abundance. Keep going, and know that you can do it.

Truth Moment

I remember having a conversation with one of my besties. She said she loved to snuggle up with a good book but hadn't read a book in months. Why do we get away from the things that bring us joy? When we are having too much fun as adults, blah blah blah, we go into our “responsibility, workaholism, I've got to do the chores” mode. I'm not for it! I'm throwing out all the rules in this chapter and giving you permission to enjoy life. Have fun responsibly, but have a ball; live out loud, and live to the fullest.

I expect good things to happen, but I am also intentional about planning things that I love. That, in turn, brings more joy and things for me to look forward to in order to stay excited about life. You always have the opportunity to rediscover more joy in your life with the practice of expectation.

The Shift

Here are some questions to get the discovery process going. Use these questions to help you complete the activity below.

What's your favorite . . .

- Movie?
- Dessert?
- Place to hang out with family and friends?
- Song?
- Genre of music?
- Restaurant?
- Leisure activity?
- Holiday?
- Season?
- Color?
- Clothing?

So, you get the point. The list is endless. Why should you create a favorites list? Well, why shouldn't you? You are meant to enjoy your life. The more you discover and rediscover things that bring you joy and then take intentional action toward them, the more you are creating a life you love.

Activity

Create A Favorites List

What are some of your favorite things to do? Once you have some items on your list, I want you to commit to doing at least one a week, up to four a month, to increase your happiness and create a life you love. Go ahead now and decide what four things you will do at least once a week, and

schedule the day and time that you are going to do them. Remember that creating a life you love is about intentional living, and freedom begins now. If you do not take the time to increase your happiness, the question I have for you is this: “Why not?” You are worthy of an enjoyable life, so decide today to receive it.



Have an
optimistic
outlook.



TahiraGift



Freedom is
the ability to
be in silent
expectation
for that which
you are
manifesting.

○ *TahiraGift* ○



Congratulations! You made it through
Freedom for Today. I have one last Closing
Prayer for *you*.

Closing Prayer

Heavenly Father, thank you for this beautiful woman of God and for her courage to step into a life she loves.

I pray that she brings self-compassion with her on this journey and stays open to implementing the tools she has learned in this book.

I pray that she will continue to be honest and dive deep into self-awareness to gain the clarity she needs to live her life with joy, passion, and optimism.

I pray that she will always have hope and never give up on her heart's desire.

I pray that she will dream big dreams and step into her authentic power and gifts.

I pray that she will trust you and embrace ease when she is in silent expectation, knowing that she is worthy of your immense love and provision.

And may she carry with her an attitude of gratitude as she goes about her days. I am grateful for this woman of God and all she will endeavor to do in her Freedom for Today.

BONUS

Tahira Neckles

RELEASE, HEAL & GROW

90 Day Holistic Workbook

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Welcome,

To Release, Heal and Grow: 90 Day Holistic Self-Study
Workbook.

I'm Tahira Neckles, Inspirational Author and creator of this
amazing program for women. Please know that at any time
during this journey feel free to contact me on my website at
Tahiragift.com or email me directly at info@Tahiragift.com.

Disclaimer

The methods described within this workbook are the author's personal thoughts. They are not intended to be a definitive set of instructions for healing. You may discover there are other methods and materials to accomplish the same end result.

Before beginning any new exercise program, it is recommended that you seek medical advice from your personal physician.

This book is not intended to be a substitute for the medical advice of a license physician. The reader should consult with their doctor in any matters relating to his/her health.

Commitment Statement

(Recite Day #1 before beginning)

I commit to my divine healing. I commit to embracing this 90-day process for my emotional and overall well-being. I know that I am divinely loved and supported to Release, Heal, and Grow into the woman of God I was created to be. I am ready to receive all God has for me. I am unconditionally loved and highly favored.

At this very moment I trust in the process.

I am grateful God has lead me on this 90 Day journey to uplift my heart, mind, body and soul.

No matter what it may feel like...

I will trust the process.

No matter the uncertainty...

I will let love be the driver.

No matter the thoughts that may come to cloud my judgement, I commit to being guided and know my good and God's grace is at hand.

ALL is well!

Name (signature)

Date

The 90 Day Program: Benefits

The more consistent you are to the process the more results you will see. Benefits of Release, Heal, and Grow 90 Day Holistic Program have been observed as:

- 1) More peaceful rest.
- 2) More vibrancy throughout the day.
- 3) Closer relationship with God.
- 4) Confidence in God's love and favor over your life.
- 5) Boost in Self-esteem.
- 6) Feeling of sustained moments of joyous bliss.
- 7) More good days than bad days and attitude of gratitude despite life challenges.
- 8) The ability to move in your authentic being and embrace your unique beauty.
- 9) A desire to love yourself more, take care of your health.
- 10) A desire to celebrate life, live a long and healthy life.
- 11) A desire to feel and express what brings you joy and freedom on a more routine if not weekly basis.
- 12) Increased self-care practices, vibration of loving energy that attracts more positive and loving experiences to you.
- 13) The ability to trust the process despite uncertainty.

My Story...

I want to be completely transparent and say that God gave me this 90-day process back in 2002 as I overcame a very difficult time in my life. I had lost all trust in God, grew angry, and begun a spiral of self-destructive behavior. Even though I was only 20 years old at the time God gave me a way to journey my way out of negative patterns and into a deeper awareness and relationship with him. For a very long time I did not know then that I would develop it into what is now called Release, Heal and Grow: A 90 Day Holistic Program.

But in 2011, at 29 years old I faced another difficult time in my life that would once again bring me back to using this 90-day process. As I battled postpartum depression, separation and divorce, which plagued me for 3 years, I discovered that I had an unhealthy self-love for myself. After completing the 90 Day process again (then I called Releasing Fear) awareness came that it was unforgiveness from a decision I made at 19 and carrying around emotions of guilt and shame which clouded many of my life experiences.

God was urging me to Release, Heal, and Grow but this time developed with more attention to my Self-Care and overall emotional well-being. In 2016 now at a more restored and healthy place I felt a strong desire to share this 90-day process with others. I come to you not as a perfect person, but one who has overcome both mental and physical health conditions, one who

has allowed God to lead me to understand that at this very moment all my life experiences have lead me to use my God-given gift to do this work at hand. And I am grateful for the knowledge and resources to support other women in their healing.

I have adjusted and made revisions from the original version to reflect the busyness of modern-day workload, responsibilities, and commitment but this is still a very much comprehensive plan. Often it can take more than one thing to make things work together in life, and I am sharing with you a tool that has allowed me time and time again to live more aligned, trusting, and free.

I share my story in hopes you will find comfort in knowing you are not alone.

What is Holding you back?

There are two primary emotions; Love and Fear! Often it is fear that is holding us back from receiving all that God has for us. Do not let fear hold you back and to begin the process of letting go of the fear you must allow it to first come up to the surface. No burying it in the sand but face it. Fear can stagnant you, if you let it. When we refuse to face

our fears, we become stuck, feelings of powerlessness, or worse we can become comfortable in this paralysis. Now is the time to acknowledge and reflect because fear can show up in the heart, mind, body and soul. You can move past the fear and release it all together. Stand in your power to move past fear once and for all; Release, Heal and Grow.

How do you begin?

The answer is rooted in **LOVE** and knowing that God loves you and wants to support you by giving you the tools and comfort you need to be healed in your emotions. As you begin this 90-day journey be open, trust, and know you are surrounded by loving energy that wants your ultimate good.

You are powerful beyond measure! Use this workbook as a **LOVING** tool to help you keep moving past the fear so you can achieve the life you imagine.

Below is how this workbook will support you to Release, Heal and Grow.

The Process

Completing this workbook is the focus over the next 90 Days. It will require you to dig deep so you can Release, Heal, and Grow. Start 90 Day Program on a Sunday.

Step 1: Free-write for 4 minutes. Writing space has been provided in this workbook or you can use a separate journal of choice. Set a timer if you need to but give yourself at least 4 minutes. If you have longer or it's the weekend I say give yourself the freedom of more time.

Step 2: Go back and reread. After you free-write read all that came up.

Step 3: Validate your feelings. Describe how you feel about what you wrote. You can do this by using a one-word emotion. Acknowledge the emotion by writing or speaking it aloud. Note many times we suppress our emotions- in not dealing with things that come up this is one reason healing does not take place. Emotions have been shown to affect your body and it is all aligned to the spiritual, physical, and mental aspects. When you are able to acknowledge your emotions without fear of judgement you are free in this vulnerability. I want you to trust this workbook as a safe

space for you to be honest with yourself and transparent as it relates to your overall well-being so you can Release, Heal and Grow.

Note: If any of these one-word emotions; disgust, sadness, shame, guilt come up realize that this is the emotion God wants you to be free of.

Step 4: Acknowledge then affirm. Now is the growth part. Time to work on the mindset shift. You do this by affirming positive affirmations. I have also provided more affirmations, declarations, and scriptures in the resource section of this workbook. You are welcome to use each power statement for the week or if God has given you an affirmation feel free to use that instead. You want to say the affirmation of choice 4 times to yourself after each journal writing. Sit still in your thoughts now and check in. This part I call meditation. How do you feel? If you have time reflect on how you feel after saying the affirmation as you progress through the week.

This process works best the more you take the time to journal. If you commit to at least 4 mins a day or 4 times a week you will get the most benefit from Release, Heal, and Grow: 90 Day Holistic Program.

What's needed:

1. Workbook
2. A Journal or additional lined paper (optional)
3. Pen or Pencil
4. Assigned Weekly Topics
5. Dedicated time for Reflection and Journal writing
(Commitment)
6. Dedicated time for Meditation

Directions:

1. Each week you will write on the week's corresponding topic. There are 13 weeks.
2. Every day you will write for 4 minutes in the workbook or a journal about what comes up for you concerning the topics.
3. Record each journal entry as such. Date, Day #, Topic, and Time of Day. I.e. 1/1/2017 Day #1 Releasing Fear 7am (you will be doing a lot of writing throughout the 90 Day Plan so this will help you to reference back easily)

FAQ

Why do I journal 4 minutes a day?

Journaling is a powerful tool. By writing you will notice patterns in your life and awareness will come. When you take the time to reflect and face your fear it loses power and you gain a newer perspective. With this awareness is freedom to release your habits, your struggles, and recognize what fear does to you.

When do I journal?

There is no right time to journal, whenever you can. For example, make time in the morning to journal 4 minutes before work, 4 minutes during your lunch break, 4 minutes during a break or when you get off work, and 4 minutes before going to bed are all good times. Do what works best for your schedule. But do make journaling a priority during the 90 days.

What do I journal about?

There is no wrong or right thing to journal about, just stay on the topic for that week. There is also no minimum length or limit to how long each journal entry needs to be. Just freely

write and allow yourself the space to be honest. Write whatever thoughts come to mind. I recommend you go back and reread your journal entries at least every week, at the end of the week. Watch and you will begin to see a shift from Day 1 to Day 7 of that week.

A note on not completing the journal writings?

If you find it difficult to journal or constantly resistant to writing on a particular topic, then I encourage you to seek professional coaching around some blockages you may be having. Personal coaching can give you tools to stay disciplined and help you push through by staying accountable to your personal healing. If you are not into receiving coaching I would at least recommend you get the book [Feel the Fear and Do it Anyway by Susan Jeffers, PH.D.](#) Your personal healing is an important aspect of self-care, so take the time to overcome fear.

How long will it take?

The 90 Day Plan can be completed in more time but no less than 90 days. The process to completion is truly yours and you will learn a lot about yourself if you can keep to the commitment.

A note about the meditation?

Journaling and Meditation go hand and hand during this 90 Day Plan. The meditation is a powerful tool of turning negative thoughts into Power Talk to affirm and uplift yourself during this 90 Days. The Meditation must go after journaling and will affirm your new perspective and help you stand strong against fear.

How do I use Meditation in the 90 Day Program?

Turn negative thoughts into power statements. I.e. I am not good enough. Instead, I am a wonderful person destined to do wonderful and great things. Say it after each journal entry. Sit quietly for as long as you can (at least a minute) and reflect on the new power statement. Choose to uplift yourself even if it does not sound true in the beginning. Do the meditations anyway and consistently. Watch how much better you will feel.

A Note about Self-Care

A Self Care Tracker has been provided below and is recommended to use daily throughout this 90-Day process. Do not feel like you must do everything on the tracker daily. I have provided an example of my personal list. It is an all-encompassing list but as you will notice taking a nap or leisure time you can decide how often you want to do it. For me it is a goal of twice a week.

Include at least one thing you enjoy doing on a weekly basis. For me that was reading/ personal development and/or taking an Epsom salt bath. Though I also used Epsom salt bath twice a week to practice stress relief and prevent pain in the body.

You get to decide how often you will practice the things listed on the Self Care Tracker. Nail care can be every 3 days, once a week, or bi-weekly. Exercise can be twice a week, even though I recommend you work your way up to a more active lifestyle incorporating exercise into daily practice of 15 to 20 minutes. Exercise has been shown to benefit your overall health and well-being.

Ultimately the choice is yours but hopefully you have the discipline to make yourself a priority during these 90-days. The Tracker needs to be filled out daily because it is a truth teller of how you care for yourself. If you get to the end of the week and notice that you have not taken self-care practices it would be good to ask yourself why. If after 30 days of consistently not meeting your self-care practices you may need more support, such as seeking out a professional counselor or coach to help with any barriers to self-care. This workbook includes 13 blank Self Care Tracker templates so you can fill in. Stay flexible in Self Care practices as things may change as you go through the 90-day program.

Self-Care Questions to Ponder to help you Release, Heal, and Grow

- 1) Are you practicing daily gratitude?
- 2) Are you washing yourself with the word of God?
- 3) Are you scheduling in “Me-time” on your To-do calendar?
- 4) Are you checking in with yourself daily?
- 5) Are you taking time to commune with God daily?
- 6) Do you go to God in prayer throughout the day?
- 7) Do you feel free to express your authenticity?
- 8) Are you conscious of your dominant thoughts?
- 9) Are you comfortable in stillness?
- 10) Are you experiencing laughter or conscious enjoyment at least on a weekly basis?
- 11) Do you have life goals or a vision you are working toward?
- 12) How does the practice of faith and courage show up in your life?
- 13) Are you ready to Release, Heal and Grow so that you can receive all that God has for you?

SELF CARE TRACKER *Example*

(Check off if complete/leave blank if you did not complete)

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Affirm/Declare							
Check in w/Emotions							
Drinking water							
Epsom Salt Bath							
Exercise							
Haircare							
Healthy meals							
Hygiene/Shower							
Journaling							
Nap/Rest/Leisure time							
Prayer/time w/God							
Reading/Personal Development							
Teeth/Dental care							

LOVE Yourself

Name

Exercise: List below all the ways you are committed to loving on yourself during this 90-day process. There is no wrong or right answer but see if you can fill up the page. I recommend you use at least one thing listed here a week and add it to your Self- Care tracker.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Weekly Topics (You will journal about one at a time until the conclusion of 13 weeks)

Week 1) Releasing Fear

Week 2) Loving Yourself

Week 3) Releasing feelings of Rejection

Week 4) Feeling Complete

Week 5) Releasing feelings of Loneliness

Week 6) Feeling Worthy

Week 7) Releasing the Past

Week 8) Forgiving Yourself

Week 9) Releasing Negative thoughts-feeling like a bad person

Week 10) Feeling Good enough/feeling like a good person

Week 11) Releasing the need for Acceptance by others- need to
except yourself

Week 12) Worthy of Being Loved

Week 13) Feeling Safe and trusting in the process of life

13 Week Meditations

You are welcome to come up with your own power statements but below are some you can use to go with each week's topic. (Note: I recommend putting right now at the end of each power statement as it signals the brain to switch regardless of emotions)

Week 1) I am releasing fear and I am at ease right now.

Week 2) I love myself completely as I am right now.

Week 3) I release any feeling of rejection I am at peace within right now.

Week 4) I feel totally complete and whole right now.

Week 5) I release all feelings of loneliness, all is well for me right now.

Week 6) I am worthy of love and respect and accept all my good right now.

Week 7) I graciously release the past and allow love to ease my heart right now.

Week 8) I lovingly forgive myself all is well for me right now.

Week 9) I release all negative thoughts I am more than enough right now.

Week 10) I am good enough and expect good things to happen in my life right now.

Week 11) I release my need to be accepted by others, I lovely accept myself right now.

Week 12) Being loved is my birthright and I am worthy of immense love right now.

Week 13) I trust in the process of life and that all things are working for my good right now.

WEEK 1

Day 1-7

Topic: Releasing Fear

Power Statement: I am releasing fear and I am at ease right now.

Morning Check in: Take this moment to check in with yourself. How are you feeling today in your body, energy level, what is one word you would use to describe the emotion you feel this morning. Pray, meditate or ask God for guidance to conquer the day ahead. For a quick pep me up I recommend reciting 3 things you are grateful for, scriptures, affirmations, or declarations over your life. (Create your own ritual or see resource page as needed for insight)

Journal Entry: Take 4 minutes to freely write on the topic

above. For best results write every day for 4 minutes or at

least 4 times a week. (**Remember after each journaling**

time, re-read what you wrote, acknowledge how you feel

by picking a one-word emotion, sit still and repeat the

Power statement.

Watch for patterns in your thinking...

Watch as awareness will come....

Watch as this awareness along with the power statement will allow you to shift so that you can Release Heal and Grow.

Evening Check in: Check off daily on Self-Care Tracker. Pray, meditate or ask God for peaceful rest. For a quick pep me up I recommend reciting either 3 things you are grateful for, scriptures, affirmations, or declarations over your life (Create your own ritual or see resource page as needed for insight).

On Sunday move on to next week's topic!

**For God has not given us a spirit of fear but of power and of love
and a sound mind. 2 Timothy 1:7 NKJV**

RELEASING FEAR *Below list any fears you
have or currently experiencing. It's time to Release, Heal
and Grow!*

1.

2.

3.

4.

5.

6.

WEEK 2

Day 8-14

Topic: Loving Yourself

Power Statement: I love myself completely as I am right now.

Morning Check in: Take this moment to check in with yourself. How are you feeling today in your body, energy level, what is one word you would use to describe the emotion you feel this morning. Pray, meditate or ask God for guidance to conquer the day ahead. For a quick pep me up I recommend reciting 3 things you are grateful for, scriptures, affirmations, or declarations over your life. (Create your own ritual or see resource page as needed for insight)

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Power statement.

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Watch as this awareness along with the power statement will
allow you to shift so that you can Release Heal and Grow.

Evening Check in: Check off daily on Self-Care Tracker. Pray, meditate or ask God for peaceful rest. For a quick pep me up I recommend reciting either 3 things you are grateful for, scriptures, affirmations, or declarations over your life (Create your own ritual or see resource page as needed for insight).

On Sunday move on to next week's topic!

WEEK 3

Day 15-21

Topic: Releasing feelings of Rejection

Power Statement: I release any feeling of rejection I am at peace within right now.

Morning Check in: Take this moment to check in with yourself. How are you feeling today in your body, energy level, what is one word you would use to describe the emotion you feel this morning. Pray, meditate or ask God for guidance to conquer the day ahead. For a quick pep me up I recommend reciting 3 things you are grateful for, scriptures, affirmations, or declarations over your life. (Create your own ritual or see resource page as needed for insight)

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by picking a one-word emotion, sit still and repeat the

Power statement.

Watch for patterns in your thinking...

Watch as awareness will come....

Watch as this awareness along with the power statement will allow you to shift so that you can Release Heal and Grow.

Evening Check in: Check off daily on Self-Care Tracker. Pray, meditate or ask God for peaceful rest. For a quick pep me up I recommend reciting either 3 things you are grateful for, scriptures, affirmations, or declarations over your life (Create your own ritual or see resource page as needed for insight).

On Sunday move on to next week's topic!

WEEK 4

Day 22-28

Topic: Feeling Complete

Power Statement: I feel totally complete and whole right now.

Morning Check in: Take this moment to check in with yourself. How are you feeling today in your body, energy level, what is one word you would use to describe the emotion you feel this morning. Pray, meditate or ask God for guidance to conquer the day ahead. For a quick pep me up I recommend reciting 3 things you are grateful for, scriptures, affirmations, or declarations over your life. (Create your own ritual or see resource page as needed for insight)

Journal Entry: Take 4 minutes to freely write on the topic above. For best results write every day for 4 minutes or at least 4 times a week. **(Remember after each journaling time, re-read what you wrote, acknowledge how you feel by picking a one-word emotion, sit still and repeat the Power statement.**

Watch for patterns in your thinking...

Watch as awareness will come....

Watch as this awareness along with the power statement will allow you to shift so that you can Release Heal and Grow.

Evening Check in: Check off daily on Self-Care Tracker. Pray, meditate or ask God for peaceful rest. For a quick pep me up I recommend reciting either 3 things you are grateful for, scriptures, affirmations, or declarations over your life (Create your own ritual or see resource page as needed for insight).

On Sunday move on to next week's topic!

A friend Loves At all TIMES.
Proverbs 17:17

Yes! You finished your first 30
days.

Keep moving forward...

You got this!

WEEK 5

Day 29-35

Topic: Releasing feelings of Loneliness

Power Statement: I release all feelings of loneliness, all is well for me right now.

Morning Check in: Take this moment to check in with yourself. How are you feeling today in your body, energy level, what is one word you would use to describe the emotion you feel this morning. Pray, meditate or ask God for guidance to conquer the day ahead. For a quick pep me up I recommend reciting 3 things you are grateful for, scriptures, affirmations, or declarations over your life. (Create your own ritual or see resource page as needed for insight)

Journal Entry: Take 4 minutes to freely write on the topic

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time, re-read what you wrote, acknowledge how you feel

by picking a one-word emotion, sit still and repeat the

Power statement.

Watch for patterns in your thinking...

Watch as awareness will come....

Watch as this awareness along with the power statement will allow you to shift so that you can Release Heal and Grow.

Evening Check in: Check off daily on Self-Care Tracker. Pray, meditate or ask God for peaceful rest. For a quick pep me up I recommend reciting either 3 things you are grateful for, scriptures, affirmations, or declarations over your life (Create your own ritual or see resource page as needed for insight).

On Sunday move on to next week's topic!

WEEK 6

Day 36-42

Topic: Feeling Worthy

Power Statement: I am worthy of love and respect and accept all my good right now.

Morning Check in: Take this moment to check in with yourself. How are you feeling today in your body, energy level, what is one word you would use to describe the emotion you feel this morning. Pray, meditate or ask God for guidance to conquer the day ahead. For a quick pep me up I recommend reciting 3 things you are grateful for, scriptures, affirmations, or declarations over your life. (Create your own ritual or see resource page as needed for insight)

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Power statement.

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Watch as awareness will come....

Watch as this awareness along with the power statement will allow you to shift so that you can Release Heal and Grow.

Evening Check in: Check off daily on Self-Care Tracker. Pray, meditate or ask God for peaceful rest. For a quick pep me up I recommend reciting either 3 things you are grateful for, scriptures, affirmations, or declarations over your life (Create your own ritual or see resource page as needed for insight).

On Sunday move on to next week's topic!

WEEK 7

Day 43-49

Topic: Releasing the Past

Power Statement: I graciously release the past and allow love to ease my heart right now.

Morning Check in: Take this moment to check in with yourself. How are you feeling today in your body, energy level, what is one word you would use to describe the emotion you feel this morning. Pray, meditate or ask God for guidance to conquer the day ahead. For a quick pep me up I recommend reciting 3 things you are grateful for, scriptures, affirmations, or declarations over your life. (Create your own ritual or see resource page as needed for insight)

Journal Entry: Take 4 minutes to freely write on the topic

above. For best results write every day for 4 minutes or at

least 4 times a week. (**Remember after each journaling**

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by picking a one-word emotion, sit still and repeat the

Power statement.

Watch for patterns in your thinking...

Watch as awareness will come....

Watch as this awareness along with the power statement will allow you to shift so that you can Release Heal and Grow.

Evening Check in: Check off daily on Self-Care Tracker. Pray, meditate or ask God for peaceful rest. For a quick pep me up I recommend reciting either 3 things you are grateful for, scriptures, affirmations, or declarations over your life (Create your own ritual or see resource page as needed for insight).

On Sunday move on to next week's topic!

WEEK 8

Day 50-57

Topic: Forgiving Yourself

Power Statement: I lovingly forgive myself all is well for me right now.

Morning Check in: Take this moment to check in with yourself. How are you feeling today in your body, energy level, what is one word you would use to describe the emotion you feel this morning. Pray, meditate or ask God for guidance to conquer the day ahead. For a quick pep me up I recommend reciting 3 things you are grateful for, scriptures, affirmations, or declarations over your life. (Create your own ritual or see resource page as needed for insight)

Journal Entry: Take 4 minutes to freely write on the topic

above. For best results write every day for 4 minutes or at

least 4 times a week. (**Remember after each journaling**

time, re-read what you wrote, acknowledge how you feel

by picking a one-word emotion, sit still and repeat the

Power statement.

Watch for patterns in your thinking...

Watch as awareness will come....

Watch as this awareness along with the power statement will

allow you to shift so that you can Release Heal and Grow.

Evening Check in: Check off daily on Self-Care Tracker. Pray, meditate or ask God for peaceful rest. For a quick pep me up I recommend reciting either 3 things you are grateful for, scriptures, affirmations, or declarations over your life (Create your own ritual or see resource page as needed for insight).

On Sunday move on to next week's topic!

**I can do all things through Christ who strengthens me. Phil
4:13 (NKJV)**

FORGIVENESS LIST *Below write down
anything you need to forgive yourself for. It's time to
Release, Heal, and Grow!*

1. *I Forgive myself for*

2. *I Forgive myself for*

3. *I Forgive myself for*

4. *I Forgive myself for*

5. *I Forgive myself for*

6. *I Forgive myself for*

With God ALL THINGS ARE possible.
Matthew 19:26

Amazing! You finished 60 days.

Keep moving forward...

30 more days to go...

You can do this!

WEEK 9

Day 58-64

Topic: Feeling Good enough/feeling like a good person

Power Statement: I release all negative thoughts I am more than enough right now.

Morning Check in: Take this moment to check in with yourself. How are you feeling today in your body, energy level, what is one word you would use to describe the emotion you feel this morning. Pray, meditate or ask God for guidance to conquer the day ahead. For a quick pep me up I recommend reciting 3 things you are grateful for, scriptures, affirmations, or declarations over your life. (Create your own ritual or see resource page as needed for insight)

Journal Entry: Take 4 minutes to freely write on the topic

above. For best results write every day for 4 minutes or at

least 4 times a week. (**Remember after each journaling**

time, re-read what you wrote, acknowledge how you feel

by picking a one-word emotion, sit still and repeat the

Power statement.

Watch for patterns in your thinking...

Watch as awareness will come....

Watch as this awareness along with the power statement will allow you to shift so that you can Release Heal and Grow.

Evening Check in: Check off daily on Self-Care Tracker. Pray, meditate or ask God for peaceful rest. For a quick pep me up I recommend reciting either 3 things you are grateful for, scriptures, affirmations, or declarations over your life (Create your own ritual or see resource page as needed for insight).

On Sunday move on to next week's topic!

WEEK 10

Day 65-71

Topic: Feeling Good enough/feeling like a good person

Power Statement: I am good enough and expect good things to happen in my life right now.

Morning Check in: Take this moment to check in with yourself. How are you feeling today in your body, energy level, what is one word you would use to describe the emotion you feel this morning. Pray, meditate or ask God for guidance to conquer the day ahead. For a quick pep me up I recommend reciting 3 things you are grateful for, scriptures, affirmations, or declarations over your life. (Create your own ritual or see resource page as needed for insight)

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On Sunday move on to next week's topic!

WEEK 11

Day 72-78

Topic: Releasing the need for Acceptance by others-need

to except yourself

Power Statement: I release my need to be accepted by others, I lovely accept myself right now.

Morning Check in: Take this moment to check in with yourself. How are you feeling today in your body, energy level, what is one word you would use to describe the emotion you feel this morning. Pray, meditate or ask God for guidance to conquer the day ahead. For a quick pep me up I recommend reciting 3 things you are grateful for, scriptures, affirmations, or declarations over your life. (Create your own ritual or see resource page as needed for insight)

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On Sunday move on to next week's topic!

WEEK 12

Day 79-85

Topic: Worthy of Being Loved

Power Statement: Being loved is my birthright and I am worthy of immense love right now.

Morning Check in: Take this moment to check in with yourself. How are you feeling today in your body, energy level, what is one word you would use to describe the emotion you feel this morning. Pray, meditate or ask God for guidance to conquer the day ahead. For a quick pep me up I recommend reciting 3 things you are grateful for, scriptures, affirmations, or declarations over your life. (Create your own ritual or see resource page as needed for insight)

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On Sunday move on to next week's topic!

WEEK 13

Day 86-92

Topic: Feeling Safe and trusting in the process of life.

Power Statement: I trust in the process of life and that all things are working for my good right now.

Morning Check in: Take this moment to check in with yourself. How are you feeling today in your body, energy level, what is one word you would use to describe the emotion you feel this morning. Pray, meditate or ask God for guidance to conquer the day ahead. For a quick pep me up I recommend reciting 3 things you are grateful for, scriptures, affirmations, or declarations over your life. (Create your own ritual or see resource page as needed for insight)

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(You are complete at Day 90)

CONGRATULATIONS!

You finished Release, Heal, and Grow

90 Day Holistic Workbook

Now time to celebrate your success!

Feel free to share...I'd love to know

What is your one take away?

Email me at info@Tahiragift.com or

Comment in the Free Facebook group #Takeaway

I have one last thing for YOU...

Closing Prayer

Dear God,

Thank you for this beautiful woman of God who has courageously taken this journey to Release, Heal, and Grow. I celebrate her trust in you to live free in her emotions. As she moves forward in life let her always be confident in your love. May she surrender to your grace and all the goodness that awaits her. Let her prosper in heart, mind, body, and soul for she put in the work to enrich her well-being. Let her continue to practice self-care and receive your divine healing.

Amen

Recommendations

There are 3 books I believe will help support you to grow during this 90 Day program. If you have kindle, audible, or prefer a hardcopy I do believe these are great additional reads. If you find you have no time please consider at least reading them right after you finish Release, Heal, and Grow 90 Day Holistic Workbook. For more reading recommendations you can always visit my website at Tahiragift.com where I keep a recommended reading list on my blog.

[Feel the Fear and Do It Anyway – by Susan Jeffers](#)

I Declare: 31 Promises to Speak Over Your Life Kindle

Edition by [Joel Osteen](#)

**Get Unstuck, Be Unstoppable: Step into the Amazing Life God Imagined for You
by Valorie Burton**

Stick to an eating & drinking schedule.

Disclaimer: These are recommendations, with anything pertaining to diet please consult your physician

Drink at least 3 to 4 bottles of water 24oz

Breakfast, lunch, dinner and two snacks (stay within a 2,000 per day calorie intake, that roughly breaks down to (3) 500 calorie main meals and (2) 250 calorie snacks) For example if one whole bagel is 260 calories then you might consider doing a half of bagel, spread, and fruit to stay within that 250-snack range. When in doubt cut portion size of meals in half.

- Schedule your eating times as much as possible
- Schedule your drinking times
- Also incorporate healthy eating
- Take vitamins
- Visual example of healthy portion sizes provided

Image from Ministry of Health and Medical Services

How much should I be eating?

Choosing one of these options at each meal time should provide you with around 2000 calories over the day to ensure a healthy waistline.

BREAKFAST



OR



LUNCH



OR



OR



DINNER



OR



OR



SNACKS

(PICK TWO)



DRINKS

Staying on a routine will help you greatly during this 90 Day plan.

Stick to an exercise schedule

If you are not use to being active start with just 5 minutes a day then work your way up to 15 to 20 minutes consistently every day. This can be as easy as taking a morning walk, jog, yoga stretch, dance, or cycling. Try to incorporate something you enjoy. If you cannot make time for exercise then workout at least twice a week for 30 minutes. This will greatly improve your energy level and overall feeling of well-being.

Have personal development goals

Create a vision board or some type of visual recognition of your desires. Whether you are visualizing a new style of dress you can look at magazines if you need inspiration. This will help you to focus on areas you want to grow into. We can always learn something new. So accomplishing goals even as simple as buying new clothes can make you walk in more confidence.

Surround yourself with friendship.

During this time of Release Heal and Grow make sure to surround yourself with supportive friends who will be a cheerleader for you progressing through your goals. It is hard enough to get through the process but the company you keep can either encourage or discourage you during this time. Make sure you have joined the free Facebook group where you can connect with other supportive women who have all embraced this journey. The group can be found at bit.ly/Releasehealgrowfbgroup or visit my website at Tahiragift.com

RESOURCES (Best used if recited aloud,
words spoken and heard creates a vibration of healing
within the heart, mind, body, and soul)

Feel free to use any of the affirmations, scriptures, or quotes in this workbook throughout the 90 Day process. If you are not in the habit of using affirmations then start slowly reciting them at least once a week, then work your way up to daily use, even twice a day morning and night can be beneficial and add positive life experiences.

Below: These are the exact affirmations I used in 2012 to combat my own fears. I recited them every day until I believed. Within 2 months of reciting them I started to see the evidence of manifestation in my life.

General Affirmations

I feel the power of love working through me, I am actively surrounded by love as it flows in and out of me. I breathe in deeply this guidance of love.

I am having a magical experience. I ask and I receive. My desires manifest quickly.

I am at ease knowing that the presence of God is with me, all is well in my life.

I practice consistency in my life with my words, actions, and emotions.

And, I am radiating happiness, on a consistent and daily basis. I practice gratitude.

I have plenty of energy. I feel vibrant and healthy.

I am my top priority. I have plenty of time to care for myself. I consistently take care of my body, skin, teeth, and hair.

I have enough time and money to enjoy the leisure activities that I love on a consistent and weekly basis. I enjoy my life.

I am prosperous. On a consistent and steady basis doors of opportunity and good fortune are open to me.

I am safe, secure, and stable. I am at ease knowing my children are well provided for and that all my financial needs and desires are met.

Every month, I have more than enough money to meet all my financial bills and expenses. My finances are increasing at every turn. I have enough monthly income.

I work a job that is effortless, provides excellent income, and where I excel with ease.

I live in a beautifully designed, cozy, clean, organized, serene, and spacious home.

I am complete knowing that at this very moment I am exactly where I am meant to be and I am grateful for my life.

Thank you God for divine protection and blessing every step of the way.

Affirmations for Women

I claim my feminine power now.

I am discovering how wonderful I am.

I see within myself a magnificent being.

I am wise and beautiful.

I love what I see in me.

I choose to love and enjoy myself.

I am my own woman.

I am in charge of my own life.

I expand my capabilities.

I am free to be all that I can be.

I have a great life.

My life is filled with love.

The love in my life begins with me.

I have dominion over my life.

The truth is I am abundant.

I am a powerful woman.

I am worthy of love and respect.

I completely love and approve of myself now.

I am willing to learn new ways of living.

I stand on my own two feet.

I accept and use my own power.

I am at peace with being in a loving committed relationship.

I rejoice and enjoy where I am.

I love, support, and enjoy the women in my life.

I am deeply fulfilled by life.

I explore all the many avenues of love.

I love being a woman.

I love being alive at this point in time and space.

I fill my life with love.

I accept my gift of alone time.

I feel totally complete and whole.

I give myself what I need.

I have more than enough money.

It is safe for me to grow.

I am safe, and all is well in my world.

I am free.

Author Unknown

Declarations by Joel Osteen

I declare I walk in the blessing of the All mighty God.

I am filled with wisdom.

I make good choices.

I have clear direction.

I declare I am blessed with creativity.

With good ideas.

With courage with strength with ability.

I declare I am blessed with good health.

A good family good friends and a long life.

I declare whatever I put my hands to will prosper and
succeed.

I will be blessed in the city and blessed when I come out.

I declare I will lend and not borrow.

I will be above and never beneath.

I declare right now that every negative word, every curse
that has ever been spoken over me is broken in the name of
Jesus. I declare the negative things that have been in my
family even generations will no longer have any effect on
me.

I declare I am blessed.

By Joel Osteen

Affirmations to Meditate and Reflect upon....

Everything in my life is a choice.

I have mastered the moment of decision making.

I choose the best version of myself.

I choose my destiny for all my unlived days ahead.

I choose to love God. I choose to love myself.

I choose to be slow to anger, quick to forgive.

I am a child of light.

I choose to let my light shine. I choose not to be afraid of the
Darkness.

I am human life in its finest perfection.

The choices I have made in my past have brought me to
where I am Today.

Today I will choose what I will find when I look at my life
Tomorrow.

I choose to Prosper in every way and in all aspects of life.

My tomorrow is mine to control Today, and today is the best day of my life.

I believe and whatever I say...If I believe with all my heart it shall come to pass.

The voyage of life- living life with passion & purpose.

Author unknown

31 Spiritual Warfare Scriptures to Read, Pray, and Memorize:

1. *"Submit yourselves to God. Resist the devil, and he will flee from you." James 4:7*

2. *"You are from God, little children, and have overcome them; because greater is He who is in you than he who is in the world." 1 John 4:4*

3. *"For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of*

God, and we take captive every thought to make it obedient to Christ." 2 Cor. 10:3-5

4. *"Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith." 1 Pet. 5:8-9*

5. *"No weapon that is formed against you will prosper; and every tongue that accuses you in judgment you will condemn. This is the heritage of the servants of the Lord, and their vindication is from Me," declares the Lord." Is. 54:17*

6. *"Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God." Eph. 6:11-17*

7. *"In all these things, we are more than conquerors through Him who loved us." Rom. 8:37*

8. *"But thanks be to God, who gives us the victory through our Lord Jesus Christ." 1 Cor. 15:57*

9. *"Not by might nor by power, but by My Spirit," says the Lord of hosts." Zech. 4:6*

10. *"But the Lord is faithful, and he will strengthen you and protect you from the evil one." 2 Thess. 3:3*

11. *"Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you." Luke 10:19*

12. *"The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly." John 10:10*

13. *"Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven." Matt. 18:18-19*

14. *"The Lord will cause your enemies who rise against you to be defeated before you. They shall come out against you one way and flee before you seven ways." Deut. 28:7*

15. *"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."*
John 16:33

16. *"No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it."* 1 Cor. 10:13

17. *"And you will know the truth, and the truth will set you free."* John 8:32

18. *"Do not be overcome with evil, but overcome evil with good."* Rom. 12:21

19. *"And they have conquered him by the blood of the Lamb and by the word of their testimony, for they loved not their lives even unto death."* Rev.12:11

20. *"Fight the good fight of the faith. Take hold of the eternal life to which you were called when you made your good confession in the presence of many witnesses."* 1 Tim. 6:12

21. *"...On this rock I will build my church, and the gates of hell shall not prevail against it."* Matt. 16:18

22. *“...the reason the Son of God appeared was to destroy the devil's work.” 1 John 3:8*

23. *“But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.” Is. 40:31*

24. *“One of your men puts to flight a thousand, for the Lord your God is He who fights for you, just as He promised you.” Josh. 23:10*

25. *“Do not fear them, for the Lord your God is the one fighting for you.” Deut. 3:22*

26. *“What then shall we say to these things? If God is for us, who is against us?” Rom. 8:31*

27. *“Through You we will push back our adversaries, through Your name we will trample down those who rise up against us.” Ps. 44:5*

28. *“Have I not commanded you? Be strong and courageous! Do not tremble or be dismayed, for the Lord your God is with you wherever you go.” Josh. 1:9*

29. *“For You have girded me with strength for battle; You have subdued under me those who rose up against me.” Ps. 18:39*

30. *"He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress, my God, in whom I trust. Surely he will save you from the fowler's snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart..." Ps. 91:1-4*

31. *"This is what the Lord says to you: 'Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's.'" 2 Chron. 20:15*

Source CrossWalk.com (New American Standard Bible)

Gratitude quotes

*Upon waking let your only thought be: Thank you
Gratitude unlocks the fullness of life. It turns what we have
into enough, and more. Melody Beattie*

*Every night list 5 things you are grateful for. What it will
begin to do is change your perspective of your day and your
life. Oprah Winfrey*

*Be grateful for every second of every day you get to spend
with the people you love. Life is so very precious.*

Have an attitude of Gratitude- Thomas S. Monson

*What consumes your mind controls your life. Practice
Gratitude.*

A moment of Gratitude makes a difference in your attitude.

*Be thankful for hard times in your life; try not to look at them
as bad things but as opportunities to grow and learn.*

*I don't have to chase extraordinary moments to find
happiness- it's right in front of me if I'm paying attention and
practicing gratitude. Brene Brown*

Quotes collected from Pinterest