

She Encouraged Me

- To get to know who I really am
 - To look in the mirror
 - To realize that my emotions are all about me
 - To feel alive again
 - To let go of depression
 - To stand & speak up
 - To open up and receive from others
 - To approve of myself
 - To let go of anger
 - To consider forgiveness
 - To cry out to God & surrender
 - To trust again
 - To be still & know God
 - To help myself
 - To say no to anti depressants
 - To pick up the Bible & begin to study it
 - To have conversations with God
 - To find something to be grateful for
 - To ask Jesus Christ to be my savior
 - To eat foods that are nourishment to my body
 - To sing & dance out loud
 - To add color to my black & white life
 - To see through the eyes of love
 - To dream again
 - To be flexible fun & spontaneous
 - To take a risk
 - To create a new comfort zone
 - To love me as I am
 - To believe God walks with me where ever I go
 - To break the silence
 - To celebrate my life
 - To get creative in the bedroom
 - To create the life I've always dreamed of
 - To say I love you
 - To ask for what I want
 - To let go of control
 - To believe I'm worthy of God's blessings
 - To break through my fears
 - To never give up
 - To write my story
 - To feel my emotions
- **! Thank You DOROTHY Thank You !**
- **! I LOVE THE NEW ME !**