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Ms. L
(Belief in You) 11.12.18

- Real Talk Always - BLOG POST

How do you find the strength to rebuild your life?

(Belief in One's Self)

Once you've freed your mind of what ever is holding you back in life, you can reopen your mind to the new understanding of you. For growth is about the individual as a whole, and only you know when your ready for a change. This has to be your top priority everyday.

The only way you'll accept the new, and approved self worth is by letting go of everything "dude" program into your mind, and heart. When reprogramming yourself, you'll have to replace every negative feeling, belief about self, and thoughts that "dude" beat into you on a daily, and place positive feelings, belief about self, and thoughts into your mind daily, and "You" have to believe it, and apply it daily in your life.

Start with something simple like looking in the "Mirror" everyday, and saying out loud "I'm Beautiful". Then present yourself as just that "Beautiful". See you can't just say it, you have to walk the walk. See everything about growth is

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about you believe in yourself, and your value.

No matter how many times you fall down, you gotta get back up, and continue to fight. For everytime you get back up you learn something about your self that if you believe in it will make you stronger everyday.

(Truth)

I feel like I'm doing this alone. like your not even trying to make a effort. I feel like I'm fighting harder for you than you are. I know after what you've been threw, trust is hard to give out to other's, but if you don't take that chance how will you ever know if I'm the one who can help you rebuild.

This aint a game to me, and if this aint what you want (right) you can tell me. I won't be angry at you, and I'll still be here. But if you can't open up, and help me, help you than what am I doing all this for.

I believe in my heart that your worth as a woman is to be cherish, and valued. Your a "Queen", and it's ashame you've be knock down to the point that you don't believe, your worth the title "Queen".