

## **The Moment Everything Changed: A Decision for My Life**

One night, I sat in my California home, surrounded by darkness and silence. The thought crossed my mind, *“I see how people make the decision that it’s easier not to be here.”* This moment terrified me, because I had never experienced suicidal ideation before.

On paper, I had done everything right: I had a great job, I was making good money, I bought a house for my family. But inside, I was drowning. I was working in a toxic environment, fighting to heal family relationships, and feeling deeply unsafe.

**Have you ever achieved everything you thought would bring happiness, but still felt lost inside?**

**How many times have you pushed through, thinking success would fill the emptiness—only to realize you’re still not happy?**

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## **Choosing a Different Path**

It was in that moment of despair that I realized I couldn’t continue on the path I was on. I already knew the outcome: burnout, unhappiness, and a life lived for everyone else but me. I turned to God and asked, *“What do I need to do?”*

I also heard my best friend’s voice in my ear, *“Please don’t give up. Keep fighting for you.”*

God answered me clearly: *“Practice self-care and gratitude.”*

I knew exactly what I needed to do. I needed to go outside, to my backyard, which had always been my oasis. I realized that if I wanted to start healing, I had to do it first thing in the morning, before anyone else needed me.

**What is the one thing you’ve been neglecting in your life that could bring you peace? When was the last time you chose yourself, before the world asked for your energy?**

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## **My Morning Routine: Finding Joy in the Simple Things**

Each morning, I committed to waking up early and spending time in my backyard with a cup of coffee—just like I had seen my grandmother do when I was a child. She would sit on the front porch in the early morning, her cup of coffee in hand, communing with nature.

That became my morning routine. I didn't know it at the time, but it would be my first step toward reclaiming joy. I didn't have to wait forever to feel a shift. That very first morning, I slowed down enough to feel the air touch my face and hear the birds singing.

I had been so busy serving others that I didn't take time to just *be*—to enjoy nature and the peace that had always been there.

**When was the last time you took a breath and truly felt the world around you? What could happen if you allowed yourself to slow down, even for a moment, and reconnect with the present?**

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### **The Joy I Had Been Searching For**

This practice became my why. I was striving for joy—the kind of joy I'd heard about but never really saw modeled in my youth. It was that deep desire for joy that helped me stay consistent with my commitment to self-care and gratitude.

It didn't take long to feel the impact. The joy I felt in those quiet mornings became my foundation for healing. And now, I want to help other women find that same peace.

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## **Ready to Take the First Step in Your Own Healing Journey?**

Let's rise together.

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