

SEVEN
WAYS TO FREE
YOUR **MIND**
AFTER ABUSE



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Table of Contents

Chapter 1: Think About What You Think About.....	4
Chapter 2: Disconnect from Toxic People and Dangerous Situations.....	7
Chapter 3: Discard Material Things That Bring Back Memories.....	9
Chapter 4: Feel Your Feelings, Even If It Makes You Cry	11
Chapter 5: Fix Your Finances While Creating Financial Stability.....	14
Chapter 6: Start Enjoying Your Life! You Deserve to Win at Life!.....	18
Chapter 7: Seven-Day Healing Through Helping Challenge.....	20

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Preface

Dear woman who has survived the cycle of abuse,

I thank God that you are here. I thank God for your life. I pray that your future is better than you ever imagined it could be! Some of us endured physical abuse, some financial, some emotional, some mental and some of us experienced all of the above. I know an individual who was delivered from smoking cigarettes. She prayed and God took the addiction away immediately. She discovered although she no longer desired cigarettes, at her normal cigarette break times she still wanted to get up from her desk and walk outside with her co-workers. It is dangerous to rehearse old routines. In order to remain delivered, sometimes you have to disconnect from people who support your old habits and the people who *are* your bad habit. The same concept applies to abuse. Now let us break free from the cycle of abuse.

Dear woman still caught up in the cycle of abuse,

The thing that made me come to my senses was when I called the police (again) and they took us both to jail. The officer was kind enough to wait as I called my sister to pick up my child before he took me into custody. When I applied to law school 15 years later, I had to disclose that I was taken into custody. Although I was not arrested, it was super frustrating trying to work toward my dreams and living in fear that the past could interfere with my future. When you apply for admission to the bar, they are going to scrutinize everything about your life. That is why law schools do the same. Regardless of what it looks like, your present situation can make or break you. The choice is yours. If you are in an abusive relationship, leave asap. Your future self will thank you.

7 WAYS TO FREE YOUR MIND AFTER ABUSE

The easiest way to walk a mile is to take one step at a time until you reach your goal. Some steps will be gigantic strides; other steps will be baby steps. The best way to effectively use this book is by reading one chapter per day. They are all super short chapters that contain suggested activities you can use as steps to your goal. I intentionally alternated the more interactive activity days so that you have time to reflect and complete each activity.

1

Chapter 1:

Think About What You Think About

Everything starts with your thought life. Whatever you think is going to be what you believe. You must believe that your life is going to be super sweet! Changing your thoughts is going to take work, but it will be worth the effort. By the end of this book your thinking is going to change. It is my goal to help you become free from being hurt, free from the lies you believe about yourself, free from self-limiting beliefs, free from other people's limitations on your life, free from anger and free from disappointment.

Before you can fully move on to the next level in your life, you have to deal with the inadequacies in your thought life. You can train your brain. You can control your thought life. When we replace toxic thoughts with pure and lovely thoughts we begin to see the beauty in life. I had to train myself to be thankful for even the smallest things in my life. You must realize how blessed you are right now! There is always something to be thankful for.

Step 1: Take a non-permanent marker and write Philippians 4:8 on your bathroom mirror. Every time you go into the bathroom, read this scripture out loud. If you do not

have a mirror, write it on an index card. Tape the index card to the back of your phone. Every time you touch your phone, take 15 seconds to read the scripture out loud.

"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things" [Philippians 4:8 English Standard Version (ESV)].

Step 2: Use the space below to write 25 things you are grateful you can experience right now. For example, I am thankful for the ability to inhale and exhale. Take a deep breath through your nostrils, hold it for three seconds: one, two, three. Now slowly blow it out of your mouth. In your mind, I want you to hear yourself reading the following sentence with a calm, soft-spoken voice. I am thankful for the ability to inhale and exhale. Continue this exercise by writing down what you can experience right now and do it. Another example would be, I am thankful for the ability to drink an ice cold glass of filtered water. Think about a person who on a hot summer day can't just go to the refrigerator for a cold bottled water. Celebrate all you have to be thankful for—all you can experience!

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Whenever a thought comes to mind that is not lovely or commendable, review this list. Everything you listed above is lovely. Let's not ignore the lovely things in our lives. When my daughter finished high school and moved away for college, I didn't realize how much I would miss seeing the dining room table covered with her books, art supplies and half-filled cups of orange juice from breakfast. These were all signs that we were under the same roof. While I was fussing about cleaning behind my teenager, some woman was praying for a child she could not conceive. Life does not have to be perfect for us to be grateful for the things we can experience.

2

Chapter 2:

Disconnect from Toxic People and Dangerous Situations

Chapter two is not asking you to isolate yourself from the world. Doing so is very dangerous for anyone! We are made to have meaningful emotional connections with other human beings. Those connections are based on trust. There are some people, including your abusive partner, who cannot be trusted. I don't know why people do things that destroy the trust of a person who loves them. Unexpected things happen, but we can't spend the rest of our lives trying to understand why. Accept the fact that you may never get an apology. You may never get an answer to your questions or even acknowledgement that he (or she) was wrong. When you entered that bad relationship, you entered into the realm of his demonic battle within himself. Women often try to comfort, mother and help others. This natural instinct may have even been used by your partner to guilt you into staying. He may have given you hope he would change, and you hoped to see him become the person you wanted him to become for you. It does not work that way. Instead, he may have crushed your spirit, hurt the people who truly love you and derailed or nearly ended your life. The pain you have experienced becomes an entry point in your life for bitterness, shame, insecurity, low self-esteem and depression. You have to properly heal in order to fully recover. A broken bone can heal, but unless it is set in a cast, it may heal improperly. A bone that has healed improperly causes other problems. That is why I encourage you to continue this process. I am not asking you to do anything I did not do myself.

Step 1: Cut off all communication with your ex. That means block your abusive ex-boyfriend's number from your phone. If you have children together, this is the only reason you may not be able to do this. You will instead need to find a program that supervises visits and exchanges with the child and the abusive parent. One such program is the Duluth Family Visitation Center (DFVC) in Duluth, Minnesota. Ask your local Department of Social Services or Family Court for services that coordinate

supervised visits or exchanges, or contact DFVC for partner programs throughout the United States. If you cannot block his number (because of the children), change his name in your cell phone to "Do Not Disrupt My Healing" or "No Future with Me" or "Abuse is Not Love" or anything that reminds you of the boundaries you have set. You cannot go back to toxic persons and dangerous situations.

If the two of you have friends in the same circle or are now family because of the children or marriage, let your friends and family know that you are no longer with him and you will need some time for yourself. You don't owe anyone a further explanation. Don't break down and give mutual friends information because they will pass that information on to your ex. Reach out to your other friends who are not mutual friends with your ex. Let them know you are recovering from an abusive relationship and really need their support. They can support you by checking on you, being a listening ear or even completing activities in this book with you. There are also support groups online and in most communities. Connect with my Facebook group so that you can interact with me and other successful women. You can conduct an online search for *domestic abuse survivors support groups near me*.

Step 2: Disconnect from dangerous situations. Do not meet with your ex. Do not have sex with your ex! Step 2 requires you to think with your intellect and not your heart. Because you have history together, meeting with your ex would be such a relevant occurrence that it could influence your goals and your well-being. Even science concludes the same: "...an event is relevant for an organism if it can significantly influence (positively or negatively) the attainment of his or her goals, the satisfaction of his or her needs, the maintenance of his or her own well-being, and the well-being of his or species" (Sander et al., 2003) (p. 311). Therefore, we must rewire our brains in a sense, but you can't do that by staying emotionally, physically, spiritually or mentally connected and influenced by dangerous people or situations. It may not be easy, but it is necessary to cut off, purge and disconnect from your abusive ex-boyfriend. If you followed step one, he should not even have the opportunity to ask. Let's say he sent a message through someone else. Your response is the same: You don't respond. Silence clearly communicates your permanent absence from someone's life. Do not go back and forth with this person.

3

Chapter 3:

Discard Material Things That Bring Back Memories

The reason you should discard reminders of your ex is because you do not want to keep reliving those moments—consciously or subconsciously. I owned black lingerie that was my ex-boyfriend's favorite. After we broke up, every time I slept in it I would think about him. He did not buy it, but I had sex with him while wearing it. One day as I pulled it out of the drawer to get rid of it, he called. It was as if there was a connection that drew his spirit to me. The same thing can happen when you wear perfume that your ex gave you or you smell your ex's favorite cologne. These can trigger memories of good or bad times. During your healing you want to accept your reality without being entrapped by your past or your pain. If there is anything you own that triggers you emotionally or mentally, it is time to depart from it. As soon as my lease was up, I moved out of the townhouse my first fiancé and I rented together. Some women cannot move—maybe you own your home. I suggest buying a new mattress (so you aren't sleeping on the same bed). You can repaint, redecorate and even buy or refurbish your furniture. At least you will have a fresh new look throughout your home that reflects your new outlook on life.

Step 1: Donate, sell, trash or burn anything that reminds you of him. If you have children, you may want to create a time capsule for your children with family pictures that included him or tangible items that belonged to him (unless you have a court order allowing him to retrieve items from the home or have arranged with his family or the police to have him pick up his items). At the appropriate age, share the time capsule with the children. Explain that you kept these things because although mommy and daddy could not stay together, they came together sexually and created a beautiful human being who is loved very much.

Holding on to tangible items can also slow your healing process. Immediately following any relationship you must give yourself “me” time. My general rule is if I was in a relationship for two years, I need to take an equal amount, or at least half that time, so I don't move

into a rebound relationship and I can get to know me again. I am still learning not to lose myself in someone else's world. Although you may not see it now, one day you will love again. When I do get married I do not want to take lingerie from another relationship into my marital bed. I do not want to wear an outfit and my husband says that is nice, but my immediate thought is of another man who bought it. You would not wear your first wedding dress at your second wedding, would you? Holding on to other items equates to doing the same thing. If you have a difficult time discarding anything, ask yourself what is more important, your future or your past?

4

Chapter 4:

Feel Your Feelings, Even If It Makes You Cry

Giving yourself permission to feel okay about how you feel is important. When you are emotional, take a moment to ask yourself why you feel this way. Are you angry? That is okay. You have a right to be. Are you sad? That is okay. You have suffered a loss. Are you depressed? We all have those moments. The key is not to remain in depression. I am not a trained psychologist. I did see a therapist and it helped me tremendously. There is always something we don't see about ourselves. I didn't seek therapy until 20 years after my abusive relationship. I was in my first semester of law school. Law school is not for the faint of heart. The pressure from one area of my life brought about the change needed in another area of my life. I highly recommend a therapist who is trained to help with trauma or post-traumatic stress. We should not lock our feelings up and throw away the key. I don't want partial recovery for you, I want you to know that you are completely whole.

The thoughts you dwell on will certainly influence your emotions. When you feel sad or discouraged, remember to control your thoughts. It gets easier once you face your past. Some women have experienced so much trauma that they do not feel like living. That is the worst lie you can tell yourself. The enemy does not care what method it takes to take you out. Late one night as I was laying in my bed, I realized my way of thinking had changed. The room was completely pitch black. The street lights were not even shining through the curtains. My mind was distraught over life situations that I walked into willingly not knowing it was a satanic assignment. Satan's goal is to kill, steal and destroy. If the devil can take your mind, he has an open door to take your soul. Don't ever say something will make you lose your mind or allow someone to speak that over you! I don't care if it is an expression, a song or a joke. The words you speak over your life are powerful. What you say may not happen right then, but don't invite that spirit into your life.

I was at a point where I told myself this is it; if I give in right now, I may never be in my right mind again. It was more than a breaking point. I could feel a heaviness in the room that was darker than the room itself. Darkness does not reflect light. There were demonic spirits in that horrifically dark place with me. Every evil that tried to attack me throughout my life was back to take my mind. Satan wanted me to give in. It took all my strength to say out loud, "Jesus." An evil spirit was trying to keep my lips and entire body from moving. I yelled, "Jesus," knowing only that name could save me. I trusted that cry would free me...and it did. Before I finished saying His name, in a split second I could physically and mentally feel the evil instantly leave the room. Don't give in to the urge to give in. The devil is a liar. You will make it.

You have heard the saying, "An idle mind is the devil's workshop." I declare that our minds will not be idle but will be at peace. I break every curse over your mind. Golgotha is an Aramaic word that means skull. This hill in Jerusalem is shaped like a skull and was the place of Jesus' crucifixion. This is not a coincidence. Your freedom and deliverance start in your head. It was on Golgotha's Hill that we were set free. I pray for every soul reading this book right now. "For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places" (Ephesians 6:12). Soldiers prepare for battle before the war. I pray that the plan of the enemy is destroyed. Every evil attack on your life has been destroyed. I pray your mind is set free by the power of the blood of Jesus that was shed on Golgotha. Make a decision in your mind to be free and stay free. Write down the things in your life that you need to be free from.

We have emotional memory, physical memory and mental memory. Emotional memory is when you feel a way and you recognize that feeling from another prior experience. Children will forget what you said but not how you made them feel. I think the same is true for adults. The first time my abuser hit me I felt shock, shame, confusion, self-doubt, demeaned and undignified. The self-doubt was the biggest one that kept coming back in other areas of my life, long after the abuse ended. My emotional memory did not heal. Living in self-doubt sabotaged a lot of my success. Physical memories will return to an abuse survivor. In addition to physical scars, at times, I have

found myself questioning a male's intentions even in a professional environment when he just gives me a pat on the shoulder for a job well done. When your personal space is invaded with violence, it may be the case that everyone who touches you requires you to break free from a physical memory. This is especially true for rape victims. The first time your abuser hugged you, it was not a violent act. Eventually the same hands that hugged you became the hands that hurt you. You are not the only one who questions acts of kindness. While healing you realize that not everyone is the same. It takes some women months, even years, to trust simple kindness. You can't live life fearing the "what if."

Step 1: Go to a peaceful, quiet place. A public park, the beach or someplace you can enjoy fresh air; your back yard or in a parked car will do. Sit for at least ten minutes. Clear your mind. Be still. Do not think about anything at all. Be you. Feel who you really are. You are created in the image of God. Envision your life full of everything you want. Feel how joyful you are. Feel the peace and self love within.

5

Chapter 5:

Fix Your Finances While Creating Financial Stability

Wealth is not built overnight. Let's face it, some decisions will take longer to get out of than they took to get into. You are not going to be debt free overnight. The good news is you have a 100% chance of fixing your finances and creating financial stability if you execute a plan to get there. That plan must include creating multiple streams of cash flow, saving money, and making sound investing decisions. You will need to make some changes and take consistent steps while working toward this goal.

Step 1: Write out your budget. Track every penny during the next 30 days. Doing so will show you where your money is going. If you do not determine where your money is spent, someone else will. Visit my website, RhondaGreen.com, to download a simple spreadsheet you can use each week to track your spending.

Step 2: Now that you can see where your money is going, eliminate some expenses. If you are spending money eating out, eliminate that expense for the next 90 days. Yes, I said 90 days. When you prepare your meals at home, freeze some for a few weeks later. I once was spending \$500 a month eating out. That is ridiculous! Ladies, if your goal is financial freedom, you will need to make some temporary sacrifices! I know beauty is important, but I promise you can cut back on getting your nails done. I don't wear acrylic nails, so it is easier for me to do this. Even now, I go to the nail salon three or four times a year and spend less than \$50 when I go. I cancelled my gym membership and started hiking up Stone Mountain in Georgia. I even found a group of ladies who walk the mountain weekly and stop to exercise mid-way up. Stay out of the mall. There is always going to be a sale. You are going to see something you want and will buy it. I know how to talk myself into getting something I do not need. Perhaps you have a job interview coming up and you do need a new suit; if that is the case, go to your local thrift store. I have found brand new outfits at Goodwill with the tags still on them. No one knows where your clothes were purchased. The

same \$500 suit someone else bought at Neiman Marcus can be yours for \$20. There are job services that also give women clothes.

Take half the money that you are saving and pay off those credit cards. If you are behind, reach out to the creditor to negotiate. Ask if they will stop charging interest or late fees while you catch up. If the credit card is already outside collections, learn your rights. Research the Federal Debt Collections Practice Act. I've had creditors violate this act and get away with it simply because I did not know the law. The Fair Debt Collection Practices Act (15 USCS §§ 1692 et seq.) is designed to protect consumers who have been victimized by unscrupulous debt collectors, regardless of whether valid debt actually exists. Hopefully you have never felt this way, but at times it seems like I work just to pay bills.

Once you eliminate unnecessary expenses, take the other half of the money and start saving. The goal is to have a six month cushion. In 2020 people realized how necessary it is to have enough money saved in the event they cannot work. I absolutely want to have a roof over my head, electricity, a cell phone, clothes, gas in my car and all student loans paid off! I've experienced the reality of paying all of the aforementioned bills and having nothing left for me. Putting just a little aside makes a difference over time. If you don't have the discipline to save or want to use more than 50% towards eliminating credit card debt faster, find a bank that will put a small percentage of what you spend into a savings account. Every time I swipe my debit card, a percentage of what I spend goes into my savings. This is a way to start saving, but you will need to condition your mind to do it intentionally. Use a card that gives you cash back or some other reward. If you are using credit cards, pay the entire balance before the due date. Once you are in a better financial situation, increase the amount you set aside in savings. Commit to not touching your savings account. Make sure wherever you stash your cash, you are earning interest. Build a habit of paying yourself.

Step 3: Create another stream of income. Like most adults, I have a list of bills. The way I look at it is if my money leaves my hands different ways, I should ensure it comes in different ways. Do not rely solely on your job to finance your life. Everyone has a means of creating income; you need to find what works best for you, preferably something you enjoy. I enjoy writing. I have made money by ghost writing, transcribing and editing for other authors. I also work from home marketing for a health and wellness company. In October 2018 I had my yearly physical and my cholesterol was 208. This was a first. I attributed it to what I eat (omelets) but was unwilling to switch to egg whites. I told my doctor, Melaleuca makes a supplement called Phytomega. Let me try it first." I said that because I know any prescription

he writes will have side effects. I went back in three months without making any dietary changes, and my total cholesterol was down to 164. I enjoy hearing the testimonies of my customers who use all of our products. Plus, I get household products free. (<https://www.melaleuca.com/rhondagreen>). Once you learn the money game, you learn how to make your money work for you. As a matter of fact, every bill that is taking money out of your pocket can be turned into a way to make money. Here are a few examples of what I mean:

For all of you who are still contemplating if you can give up getting your nails or hair done, I have at least two relatives who turned that expense into income. If you love to fix hair, become a cosmetologist (<https://www.instagram.com/hairbyheather0988/>). One of my other cousins loved doing her eyebrows so much she became a certified lash and brow tech. She even teaches brow tinting classes (https://www.instagram.com/flawlesstouch_byjuana/). If you enjoy shopping for a new wardrobe, promote yourself as a stylist. Turn your beauty and fashion passion into a business. There are people who get paid to organize closets. People will pay for your expertise!

Your car is an expense. It began to depreciate as soon as you purchased it. Drive for a rideshare company and make money off the vehicle that is costing you money. I drive for Lyft. At the time of writing this book, I work part time at a law firm. On my way to work, I filter my destination and complete a rideshare on the way to work and back home. I have made anywhere from \$5 to \$40 in one day (I did not drive after dark). In a month's time, you can make enough to pay your car note or rent. If you do not like the idea of picking up strangers, there are delivery services. You can deliver groceries, carry-out meals, prescriptions etc. If you don't have a car, maybe share referral links on social media. Use my link to get 10% off natural hair products: <https://naturalicious.net/discount/RHONDAGREEN>. When you use my link I also get credited for the sale. It is easy to find ways to make money.

You are either a buyer or a seller. What can you sell? Anyone can have a garage sale. Get a few signs from the dollar store, advertise in the free section of your newspaper or coordinate a community-wide yard sale day. This will also help you declutter and dispose of those gifts from your ex. Whatever you do not sell at the yard sale, take pictures and sell it on eBay. If that does not work, just give the remaining items away. If you give to Goodwill, be sure to get a receipt for a tax write off. What else can you sell? Do you know how to make anything? Gift baskets, blankets, clothes, arts, crafts? What can you do that someone will pay for? If nothing comes to mind, try cleaning. You can clean someone's home for a minimum of \$50 and it should take less than 4

hours. If you clean that house just once a week, you now have \$200 each month to either save or pay off a credit card. If you live in a tourism area, see if any of the bed and breakfasts are hiring a cleaning crew.

In summary, know where your money is going, cut back, create additional income and learn the investment game so you can do it yourself (taking calculated small risks that you can handle). I watch The Come Up Series with Mark Monroe, Earn Your Leisure with Ian Dunlap (both on YouTube) and I follow the Stocks and Stilettos Society (on Facebook) founded by Cassandra Cummings. I know that some women are financially devastated after abuse. Do not let the trauma of abuse prevent you from reaching your goals. I made more money than my abusive fiancé. He was not able to withhold money from me but because of him I made a lot of bad financial decisions. Okay, I'll just say it: like a dummy I supported him. He lied about working, he lied about buying the home he lived in, he lied about his finances and everything else. I moved out of a very nice condo that I had the chance to buy. I moved into a house with him only to learn he did not have a sales contract. The owner did eventually sell the house and we had to move. By that time I had no extra money and had gone through my savings. I still get a little hot about it, but I will never again financially support a male. Ladies, that is not your job. A man provides for his family. If a male is willing to take from your pocket, he is using you. There is a difference between doing something for your man and doing a male's part.

6

Chapter 6:

Start Enjoying Your Life! You Deserve to Win at Life!

Begin your journey of personal development today. Personal development is the positive process of progress. When you go to the gym and feel sore the next day, you know that you have worked that muscle. This may not seem like a positive thing, but it is the sore muscle that alerts you to the fact that your muscles are being worked harder. What happens when you work your muscles harder? They grow. They don't grow overnight but over time. Your growth process can be painful, but give it time. In the gym, one would measure progress by looking in the mirror and flexing those new muscles. We are going to measure progress the same way! I hope you will be able to look in the mirror as a survivor of abuse who has moved far beyond her worst days and flex. The pain in your past has made you strong!

One year from today when you look in the mirror, what do you want to see? Write your answer below and include where you will live and what you will be doing. Describe the person you are becoming.

How will you become everything listed above? The answer is described below.

Step 1: Set a goal.

Step 2: Make a plan.

Step 3: Get to work.

This is how you win and start enjoying your life. Determine a realistic timeframe to reach your goals. The list below is how I answered these questions and planned out each goal. Break each of your goals down into one concept. Don't worry if things don't seem to happen fast enough. Muscles don't just pop up into place. Divide each concept into smaller monthly milestones. Next determine what you need to do weekly to reach the monthly goal. Notice how I work my way up to exercising four days a week. I do not try to do it all the very first month.

Goal: Toned Muscles, Flat Abs

- ⌚ Weeks 1-4: Focus on eating healthy. Take body measurements and weight every other week. Walk 3 miles once/week for one month. Drink half my bodyweight in ounces of water daily.
- ⌚ Weeks 5-6: Start Zumba classes on Tuesday's in addition to Thursday walks. Begin interval jogging.
- ⌚ Weeks 7-8: Add Friday upper body and ab workout to weekly schedule. Add protein shakes and creatine to diet.
- ⌚ Weeks 9-10: Add Saturday hike when weather permits.
 - Tue - Zumba
 - Thu - Walk/Jog
 - Fri - upper body workout
 - Sat - hiking/lower body workout

7

Chapter 7: Seven-Day Healing Through Helping Challenge

Taking the focus off of yourself and helping others is good for your soul.

"In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, 'It is more blessed to give than to receive'" (Acts 20:35 ESV).

One day I volunteered to feed the homeless. This was not your ordinary feeding. I was introduced to "Lady T" through my church family. For over twenty years she has gone into Atlanta's streets to meet people's needs wherever they are. I was amazed at how everyone knew her, protected her, announced her presence, showed her love and appreciation. I met individuals who had jobs but no homes. I met people whose addresses were street corners. I learned ways I could help outside of volunteering with her. I told her about a specific male who has been standing in the same spot, begging for an entire year as if that was his job. She taught me that God is looking at my heart. Yes, I must use discernment, but at the same time I don't know if maybe he had been praying for someone to stop and give him \$1. I may have been an answered prayer and his faith in God may have increased because of my generosity. Will you be someone's answered prayer during the next five days? The last challenge is to spend five days helping others. You do not have to do this on five consecutive days, but please finish the challenge. If you are subscribed to my email list, you will receive notification when we schedule the challenge as a group, but you do not have to wait to spread the love!

Over the next five days plan to volunteer or just do something kind for others. I have listed a few suggestions below. In the section after the suggestions you will find space to write your small or large acts of kindness and reflect on the activity.

- ④ Find an animal shelter that has an adopt-a-pet-for-a-day program to help animals socialize with humans while waiting for permanent homes.
- ④ Visit an elder care center to read, sing or play cards with them.
- ④ Fill a few gift bags or gently used purses with toiletries, wipes, bottled water, socks etc. and donate them to a women's shelter or give them to a young teen who can't afford them. You can purchase these items at the Dollar Tree.
- ④ If there is a Ronald McDonald house in your area, ask if they have volunteer activities you can participate in.
- ④ Volunteer at a hospital. (You will likely have to complete a background check through the facility first).
- ④ Participate in a community clean up or a Habitat for Humanity build.

Date	Activity	What I Learned
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These seven steps will allow you to breakthrough in specific areas of your life. My private online course to help you break free is now available. Visit <https://www.rhondagreen.com> to be notified of activities, live events and to follow me on social media.