

The WalkAbout

Come Walk with Me



Day 1 - Introduction

So, just how much do you truly know about yourself? Are you clear on your divine purpose or do you find yourself on the wrong path, going in the wrong direction? Are you easily influenced by all of the noise, all of the opinions of the others in your life? Do you suffer from the "shiny-thing" syndrome? Do you feel like a rag doll constantly pulled in many directions? Do you find it difficult to stay on your own journey toward your divinely inspired destination? Perhaps you feel like you are constantly trying to fit in, break society's mold, and just find belonging, authentically without adjusting, adapting or morphing or changing into someone you are not. Do you struggle to be in love with yourself? Do you often find yourself speaking or thinking unkindly about yourself or allowing the opinions of others define your self worth? Have you lost yourself as you give yourself to the point of exhaustion as you care for others... family, friends, significant others, co-workers, etc.?

Well... I am here to tell you that you are not alone! *Me too! Me too!* I was once right there, in the wilderness, at a crossroads wondering which way to go. My heart longed to move toward healing, self-love, and my divine calling of helping others. My mind wanted to continue on the destructive path of unhealthy behaviors, lack of boundaries, giving to the point of exhaustion, and constantly struggling to fit in and find belonging. Why? Because it was all I knew and change seemed foreign and too difficult, a mountain to climb.

That was, until, with God's help, I AWAKENED the LIONESS WITHIN, redefined my life, stepped into the LIGHT and discovered by divine purpose and path. This is why I created the 40-Day WalkAbout; I will guide you on your own personalized this journey. I will share stories from my own Walkabout, Biblical scripture, self reflection exercises, tools & techniques (prayer, meditation, journaling, the arts), and discussions. I will help you define your life, AWAKEN the LIONESS WITHIN. In doing so, I will equip you so you can find belonging and step into your authentic self in God's image... *body + mind + spirit.*
xo, KC, The AWAKENED Lioness

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Join [MyPride Sisterhood](#), a community (*currently hosted on Facebook*) of lion-hearted women founded as a safe space to connect + find fellowship + share + support each other in life. In this community, I share additional blog posts, videos and other thought provoking, motivational, and inspirational materials and tools. Join us [here](#).

