

*Free Guide on
How to move forward after
experiencing some of life's
hardest moments*

*My top five pivotal steps
highlighting how to move past
the numbness, being stuck,
lost and confused*

*I receive so many messages,
emails, and text from people
telling me thank you for
sharing my journey. Because it
is helping them change their
view. And they want to know
how they can also keep going
with some of the things they
are walking in.*

*How does one move on after
experiencing some of life's
hardest moments?*

*How does one move forward
when you don't understand
what's next?*

*I am asked the same question
multiple times within a week
and the question is this.... How
are you still standing after
enduring something so*

traumatic? How have you been able to stand in the midst of the storm? So, I have decided to show others in this free guide what it took for me to keep going. Applying these tips will push you to move so you can now begin to Unleash The Power Of Greatness

Being an author, motivational speaker & life enrichment coach Kimberly is going to share, motivate & inspire others that a happy, fulfilling life is possible after facing such heartaches. She will show others that the past doesn't have to dictate how your future looks. Life can and will go on and it will be amazing no matter what the past looks like.

In 2014, Kimberly fought and WON her fight with breast cancer, with Devan by her side every step of the way. He never left her to do it alone and she never thought that she would lose him so suddenly just 2 years later in September of 2016. Kimberly thought that she had just faced the

toughest battle of her life as she beat cancer. She decided that it was time for her to rise from the storm and walk authentically in her purpose! GOD showed her how to Unleash The Power of Greatness within.

Since Kimberly has been thrust into her purpose she is going show others in this five-step guide on how to keep going, walk in their truth, live in the moment & just be.

The steps that I'm about to share with you are important because they will set the foundation as you enter into this new and unfamiliar place in your life. These steps will literally set the flow for this walk and you will begin to move past being stuck, being numb and feeling lost.

You must understand that you have an assignment already destined to you and honestly

your assignment has nothing to do with you. Your assignment is attached to so many others and they are waiting for you to apply these tips to your life so that you can no longer be stuck, numb and/or lost!

1. Faith:

**Is number one because my faith is what has kept me from throwing in the towel and giving up. When you don't understand the "why" of it all remember that God knows. Therefore, you must trust the entire process. God has been consistent with who he is in my life and I will not take away from Him and pretend that it's some magic potion.*

**The only credit I will take is my Faith in God. Having faith is crucial because you must believe that it will get better. As I awake each and every morning I immediately pray and thank God for another day. This is a very important and crucial step.*

Because this will set the tone for your day. Therefore, pray and spend that time with Him so you can receive your instructions. Also, make sure to allow yourself the proper time to spend in this area because you are fueling up for the day.

Your routine may be to meditate, whatever you choose make sure you do this in the morning.

2. Support Tribe:

**After the sudden and unexpected transition of my husband, my support tribe stood next to me and they never let me go. They came to my house every single day sometimes they would stay with me and most other times they took me out of the house. This helped me because it kept me from being alone during such a traumatic season in my life.*

**No one can walk this new journey alone, therefore, your*

support tribe will be very important. They should push, encourage, love and support you in whatever way you need. Also, don't be afraid to ask for help and don't be afraid to verbally express to them how you 're feeling. Your support tribe can consist of one person or a group that's up to you. I just want you to understand that you will need someone to talk to.

3. Find an outlet:

*Two weeks after my world changed I started writing my book. I didn't know I was going to write a book this was something that was birthed after my world was suddenly altered. Writing allowed me to identify and express how I was feeling it was extremely cathartic. So along with the understanding that I had to trust God and that I had to allow my support tribe to embrace me, I quickly understood that having an outlet was crucial.

**You must have some type of outlet and for me, it was writing which I highly suggest. Don't be concerned about how it looks because you've never written before. Journaling/ writing is important because it is allowing you to get things out that can get easily buried deep inside.*

There is no right or wrong way to do it.... Just do it!

4. Release:

**Releasing is allowing yourself to feel whatever you need to feel, whenever you need to feel it. You have to understand that you have to go through to get through. Which mean if you don't go through the process you will become stuck and you will not move from where you are. This release is a little different than the "outlet" tip #3 because this is a physical release.*

**Working out is a good release because that serves as an antidepressant but you can find whatever physical release*

that serves you. I suggest something highly intense so you can get the full effect of releasing. Once you begin to operate in this tip you will begin to quiet the noise and unwanted thoughts inside of your head. I found that working out allowed me to release anger, hurt, fear, worry and every other emotion that comes along with the loss. And the many other thoughts that were trying to keep me in bondage.

5. Self-Care:

*I, (fill in your name) _____, will take time for myself to pray, exercise, eat right, sit quietly & listen so that I can fully hear God. I will make time to go out to eat, have a massage, get my hair done/cut, go shopping and/whatever else I need to do for myself care. I understand that having time alone is also part of the process as well.

*Carving out time for self-care is very important you must be

*patient with yourself please
don't stop loving on yourself.
Take care of yourself in every
aspect of your life spiritually,
emotionally, physically &
financially.*

**I immediately started doing
things for myself including
buying roses once a week. My
husband made sure that I had
them so I continue to do that.
Remember that self-care
comes from you and no one
else!*

*You have to decide that you
want to take the steps forward
in spite of where you are at
this very moment. These are
my five pivotal steps towards
Unleashing The Power of
Greatness. And if you are
consistent with these tips you
WILL begin to move forward.*

*You CAN do it but you have to
keep going!*

*You WILL do it but you have to
keep going!*

God has chosen you for a purpose so keep going!
I know you can do it but you have to keep going!
You have to keep going even though some days you may not have an ounce of strength.

Remember this is bigger than you and people are waiting to see your Power Of Greatness Unleashed and I'm here to help you do just that.

You are not alone I want to walk with you through this. I understand exactly where you are and I want you to know that this is part of the "process" and you will have the answer to the question "How does one move on after experiencing some of life's hardest moments!"

Please email me at each milestone, I want to know how these tips are transforming you.

Be sure to follow me on social media as to personally reach out to me. I'm excited to hear your testimonials and walk with

you!

*Facebook: Kimberly Nicole
Johnson*

Instagram: lcdiamonds

~Kimberly Nicole Johnson~

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