

*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 thanking me for sharing my journey. Because it is helping them change their view with regards to their life and purpose. They want to know how they can also continue as they are sitting in and at the crossroad of adversity, due to some of the things that they are currently walking in.*

*So how does one move on after experiencing some of life's hardest moments? How can one begin to move forward when you don't understand or see what's next?*

*I am asked the same questions multiple times within a week and one of the questions I receive just a bit more is this....*

*Kimberly, how are you still standing after enduring something so traumatic? How have you been able to stand in the midst of your unexpected storm? After receiving so many people asking the same questions led me to create a free guide highlighting some of the things I had to decide and choose to do as soon as my husband transitioned. So, I have decided to help others within this free guide as to what it took for me to continue.*

*Applying these tips will help **PUSH™** you from sitting in stuck, confused & numbness so that you can begin moving into purpose and assignment ultimately allowing you to **Unleash The Power Of Greatness***

*Being an Author, Motivational & Empowerment Speaker, Life Enrichment Coach & Mentor I am going to share, motivate & inspire others that a happy, fulfilling life is possible after facing such heartaches. I 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, I fought and WON the fight with breast cancer, with Devan and God by my side every step of the way. They never left me to do it alone and I never thought that I would lose him so suddenly just 2 years later in September of 2016. I thought that I had just faced the toughest battle of my life as I beat cancer. I decided that it was time for me to rise from the storm and walk authentically in my purpose! God showed me how to Unleash The Power of Greatness within.*

*Since I have been thrust into my purpose and full assignment I am going show others in this five-step guide how to keep going, walk in their truth, purpose & assignment, live in the moment & PUSH™.*



*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 are no longer stuck, numb, and/or lost!*

### **1. Faith:**

*Faith, is the first step 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 that 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 even though you can't even imagine how it will get better. Everyone has faith in something or someone and for me it's God. As I awake each morning I immediately pray, spend time with God asking for my instructions for this day. I thank Jesus for another day because it tells me that I have a purpose inside of this 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 it in the morning*

## **2. Support Tribe:**

*After the sudden and unexpected transition of my husband, my support tribe was very essential right away. They came to my house every day and sometimes they would stay with me. Other times they would take me out of the house. All of this helped me because it kept me from being alone during such a traumatic season in my life.*

*No one can walk through their journey completely alone, even Jesus had disciples. Therefore, your support tribe is very important. they will need to PUSH™, encourage, love, and support you in whatever way you need to be supported reminding you who you are.*

*Also, don't be afraid to ask for help by expressing how you feel.*

*Keep in mind how YOU feel is valid to YOU which means that it should be valid to them. No one can tell you how to feel about where you are in this hard and difficult moment. 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.*

### **3. Find an outlet:**

*You must have some type of outlet and for me, it was writing which I highly suggest. Two weeks after my world changed I started writing my book "Walking Without My Cane" I had no idea that I was going to write a book. This was something that was conceived and birthed after my world was suddenly altered. Writing allowed me to identify and express how I was feeling, it was extremely cathartic.*

*Again, I had no idea that what I was doing was part of the healing needed and necessary for me to PUSH™. So along with my understanding that I had to 1. trust God 2. allow my support tribe to embrace me, I quickly understood that having an outlet was another crucial step in moving along.*

*Don't be concerned about how it looks or what it sounds like. The objective is to get it out of your head and heart and onto paper. Journaling/writing is important because once again it is allowing you to get things out that easily become buried deep inside which can cause you to become stuck. 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. This means if you don't go through the process you will become stuck and you will not move forward. The release is a little different from the "outlet" tip #3 because I am speaking of a physical release.*

*Working out is a good release it serves as an antidepressant but you can find whatever physical release that serves you. I started working out with a trainer 2 weeks after my husband's service. I've never been a workout*

*buff but I've always taken care of myself pretty well regarding exercise. However, this was different and I knew that simply writing wasn't going to be enough of an outlet. I knew that I needed to release it. I suggest something highly intense so you can get the full effect of releasing. Once you begin to operate in this step 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 loss and adversity. And the many other thoughts that were trying to keep me in bondage.*

### **5. Self-Care:**

*We hear the term 'self-care' thrown around a lot but what does it mean to you?*

*Carving out time for self-care is very important. This is going to require that you are patient with yourself, please don't stop loving on yourself. Take care of yourSELF first, in every area and aspect of your life and that includes spiritually, emotionally, physically & financially.*

*I immediately started doing things for myself, including buying roses once a week because that's what he did. I needed to have something for me that looked "normal" my husband made sure that I had them so I continue to do that.*

*So whatever that "self-care" regime is for you make sure that you stick to it; remember that self-care comes from you for you and no one else!*

*This is your Self-Care declaration*

*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 my self-care. I understand that having time alone is also part of the process as well. I have decided and chosen to love my self the way that God loves.*

*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 PUSHing as you begin  
Unleashing The Power of Greatness.  
If you are consistent with these steps 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 must keep going; even on the days that 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.  
You are not alone, I want to walk with you. I understand exactly where  
you are and I want you to know that this is part of the "process" of "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 steps 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: Icdiamonds*

*~Kimberly Nicole Johnson~*

*Visit my website [www.KimberlyNicoleJohnson.Com](http://www.KimberlyNicoleJohnson.Com) for more information*