

*Purpose on the other side
Of
Divorce*



By: Keisha Montfleury

You have a PURPOSE!

A gift something that comes natural to you. What are your gifts?

- 1.
- 2.
- 3.

How can you cultivate your gifts?

- 1.
- 2.
- 3.

**Remember your PURPOSE is attached to service!
How can your gift and talents SERVE others?**

Self-Care

Caring for yourself is a huge part of having the ENERGY and WISDOM to do what GOD has called you to do?

Here are some ideas:

Eat healthily and mindfully

Keep track of your accomplishments

Express gratitude

Create a cozy space

Read a book

Move.

Unplug

Create something

Build a self-care kit

Gift your inner child

1. _____

2. _____

3. _____

4. _____

5. _____

Investment

Investing in yourself is necessary to make sure you are always staying connected in a healthy way with yourself, others, and most importantly GOD!

This is making time for yourself, and others.

Name 1 person you need to make time for to connect with?

Name 1 place you are interested in volunteering your time, money or resources to :

Notes:

Scriptures used

- For we are GOD'S handiwork, created in Christ Jesus to do good works, which God prepared us in advance to do
(Eph 2:10)
- The Lord said to Abram *AFTER* Lot had parted from him, "Look around from where you are, to the east and west. All the land that you see I will give to you and your offspring like the dust of the earth, so that if anyone can count the dust, then your offspring can be counted. Go walk through the length and the breadth of the land, for I am giving it to you (Genesis 13:14)
- Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus the pioneer and perfecter of our faith
(Hebrews 12:1)

- I eagerly expect and hope that I will in no way be ashamed but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death. **(Philippians 1:20)**
- Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, “Lord, save me” Immediately Jesus reached out his hand and caught him. “You of little faith” he said. “why did you doubt?”
(Matthew 14: 29-31)

More useful Scriptures:

- I am a friend of Christ (John 15:15)
- **I am more than a conqueror through Christ
(Romans 8:37)**
- **I am a new creation (2 Corinthians 5:17)**
 - I am a child of GOD (John 1:12)
- I am able to do all things through Christ who strengthens me (Philippians 4:13)
 - ***I am filled with Christ's joy
(John 17:13)***
- I am chosen by GOD (1 Thessalonians 1:4)

Some of my favorite scriptures:

About Keisha Montfleury



Keisha Montfleury is first a believer in our Lord and Savior Jesus Christ, then a mom, and next an entrepreneur. She is the founder of Abundantly Authentic which is a nonprofit organization whose purpose is to encourage our young girls to know their worth through Christ and the owner of HandiWork LLC an organization that supports our girls in giving her resources and tools so that she is able to practice having a HEALTHY CONFIDENCE so she is NOT giving into negative behavior such as self-harm and bullying. Keisha has written 3 books specifically designed for our girls to practice the skills to a HEALTHY CONFIDENCE while giving them the practical tools. She is also the proud mom of 3 beautiful kids, and currently resides in Southern California.

How to keep in touch:

Websites:

(Abundantly Authentic) www.abundantlyauthentic.org

HandiWork LLC www.keishamontfleury.com

Email: keishamontfleury@gmail.com

Phone #: 951-465-5351

Instagram and Facebook:

@abundantlyauthentic & @confidentkeisha

