

# Everyone has a Story...

V L U H P D D A H A P P I N E S S T W G O B A X  
I A S L U S K T F G U E E G A M I Y D O B O W B  
N N A Q T Z H S D Z X F L C W K M E N T A L E S  
K O X P N U P G G T P E C N O C F L E S Q G L R  
Z I S L E U T N S E D U T I T T A M U J Z F L E  
I T E A M L Z I U A A L L Q M P T K H D E I N S  
N O R I H O T L P K S T D E Y H F I W I Y Z E P  
N M U C S Y P E P W Z S Z I L O Z V V T B U S E  
V E S O I Z H E O L I F E S K I L L L H I A S C  
Q N S S L G E F R M O H T R I J N H N O U K M T  
Q O E F P V A Z T E M A B T T Q Z Z Y U R S U O  
G I R S M Y L E S E Z C L S K I X U F G V G T A  
O S P R O U T D Y T B N Y E P J V E P H C L P F  
S I R C C A H U S S D C V R W H R E R T U K L L  
T C E Y C N N B T E O L P E F I V C N S H G O L  
C E E T A P X I E F P F C T R X F J S E W D R T  
V D P S T L F L M L U T E N V A L U E S S T T I  
Y D S E M J Q U U E O V T I W C P T T P T S N G  
V O U N N V N M J S I F L V P Z T X U D C Q O Q  
V O C O P I M W G T Y B X Z O H L B H H B F C A  
G G C H F U A M I S H S E Q M L V R F C P G W X  
L Q E R V D S S L M U T X A E B C U A Z B W I N  
G P S M E L O F E A E L J X B V Q P V U J N V G  
I U S P B P C H A L L E N G E P H Y S I C A L V

The biggest fear that haunted me was that my daughter would forever be stuck in her unhappiness.

This led me to the discovery of our amazing brain and our ability to feel emotions. Both have a huge impact on our daily lives.

Write the first 3 significant words that you see below.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**WRITE:** A one sentence story about your childhood using these words:

(Examples: It was a challenge to find physical value in myself. b) My childhood was filled with happiness when I was younger but was emotionally empty as a teen and life became a challenge.)

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**FEEL:** What emotions do you FEEL when you read your sentence: \_\_\_\_\_

**PRAYER:** Dear God, help me to acknowledge the emotions that were too big to feel when I was young. Show me what I need to let go as I discover what a beautiful creation I am. Take my hurt and fill me full of your powerful love. I ask you to heal \_\_\_\_\_ aand help me to \_\_\_\_\_.

You are a good, good Father and will bless my child and family with only good things. Thank you, Jesus.