

A photograph of three diverse women smiling and laughing, overlaid with semi-transparent text and abstract brushstroke graphics in yellow and pink. The woman on the left is wearing a yellow top, the woman in the center is wearing a blue top, and the woman on the right is wearing a yellow top. The background is a light, neutral color.

HER K.I.T

Knowledge In Transformation

Self-Reflection

Amelia I. Benson

LadyB Empowerment, LLC



Hey Girl Hey!! You probably downloaded this because you listened to my podcast Episode "Self-Reflection" or you just felt like you needed some self-reflection.

During the quarantine so many things have been running through my head, but what stood out was, my habits, the people around me, and what things I needed to do to move forward in my life.

My name is Amelia "Amelia LadyB" Benson, I am the founder of LadyB Empowerment LLC, Millennial in Menopause®, @Amelia_Motivates and HER K.I.T Knowledge In Transformation Podcast. I have a master's degree in Mental Health Christian Counseling (No I'm not licensed, it's a long story), I am a Certified Nutrition & Wellness Consultant, and I Love Ice Cream.

We all want to find out what our purpose is, we take courses follow people like myself in the hopes that someone will tell you or help you find your purpose unfortunately No One can tell you what that purpose is except God. Finding out what your purpose/calling is all about self-reflection your relationship with God, and your willingness to change.

I hope that using this tool will help you put your puzzle together and put things into perspective for you. Keep in touch and let me know how it does, e-mail me toladyb@gmail.com

Blessings,

Amelia LadyB

Instructions

I hope you are excited because I am. Listen Ladies I'm not just giving you this tool because I wanted to create something. I did this myself and it helped me to put certain areas of my life in perspective, in fact I am actively working these areas especially my finances and I am proud of the results and I see God moving in the other areas as well. It's all about reflection and ACTION!

The next few pages are areas of reflection, if there is an area that you have in your life that is not present in this workbook I have a few blank pages where you can insert additional area of your life. Here is what you are going to be ask yourself as you reflect:

1. What is currently happening in this area? and What are the good things that I'm doing in this area?
2. Ask God what are the broken areas & teach me how to operate in each area.
3. What am I going to do to fix the areas that need improvement?

As you move forward in your Self-Reflection please be open to hear from the Lord and be open for change.

Happy Self- Reflection

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you..."

Jeremiah 29:11-14 (NIV)

Let's start breaking down some areas of your life. Write down what the current status is:

Relationship With God



How would you like this relationship to look? or What Are you going to do to fix/make this area better?

Relationship With God Continued



What is your current relationship Status? Married ____ Single Dating ____ Single Not Dating ____

What is currently taking place in this area?

Romantic Relationship



How would you like this relationship to look? or What Are you going to do to fix/make this area better?

Romantic Relationship



What is currently taking place in this area?

Relationships: Friendships



How would you like this relationship to look? or What Are you going to do to fix/make this area better?

Relationships: Friendships



What is currently taking place in this area?

Fitness & Health



How would you like this relationship to look? or What Are you going to do to fix/make this area better?

Fitness & Health



What is currently taking place in this area?

Career



If you are not where you want to be describe ideal career, and How you are going to get there?

Career



what is currently taking place in this area?

Business / Entrepreneurship



How would you like this area to look? or What Are you going to do to fix/make this area better?

Business / Entrepreneurship



What is your current education level? Are you working in your degree field?

Education

Is there anything you would like to learn more about? How can you go about that? ex.. Certifications, online courses etc.. What programs/Schools are you looking into?

Education

Use these next few pages for any areas that were not mentioned that you would like to work on.









I pray that this time of self-reflection is beneficial to you, and you are able to put some things into perspective. Although there is so much going on in the world around us and even in our personal lives we still owe it to ourselves to take the time and build ourselves up in every area of our life. Thank you so much for downloading!

For More Information visit: www.ladybempowerment.com
on instagram: @amelia_motivates

