

# 15

# Reasons to Heal and get Real

## YOUR WHY MOTIVATES YOU TO KEEP MOVING FORWARD ON THE HARD DAYS!

### **GAIN**

inner confidence to take you to new levels in relationships, work and play.

### **LEARN**

to respond to offenses rather than re-act to them.

### **EXPERIENCE**

restored relationships.

### **LIVE**

in peace - even in the storms of life.

### **GIVE & RECEIVE**

love in greater measure.

### **DEVELOP**

a deeper faith to take you to higher places.

### **DISCOVER**

ways to positively affect others.

### **TAKE RISKS**

to love more, trust more, give more.

### **RECEIVE**

a new perspective on people and your circumstances.

### **BREAK**

the generational cycle of hurting people hurt people.

### **REMEMBER**

the past without re-living the pain.

### **IMPROVE**

your physical health.

### **UNCOVER**

dead dreams and watch them come to life.

### **OPERATE**

out of abundance of hope which overflows to those around you.

### **FULFILL**

God's will for your life.

*from Hope In The Ruins - A Rescue and Recovery Plan for Hearts in Crisis*

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