

The background features a light-colored wooden surface with several dried, brown leaves scattered across it. In the bottom right corner, a portion of a green, textured notebook and a gold pen are visible. A large, semi-transparent peach-colored rectangle is centered over the image, containing the text.

BLUE PRINT

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8 Key's to Restoration

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01

Welcome to the 8 keys to Restoration

What does it mean to be Restored? Restored means to bring back to your original state. Meaning when God created you, you already had everything you needed to be successfully.

Life can be hard on us, which causes us to need restoration. Heart breaks, bad friendships, childhood trauma , the list goes on and on. The key is to not let these things completely stop us.

In this quick E-Book we will go over the the 8 keys to Restoration. I want to start by validating your experiences. I am very sorry these things happened. But you have the power to move past your story, because you are so much more than the things that happened to you. The goal is to move from pain to purpose. Think of it like this, those things as terrible as they are happened for you not to you.

You've already made the first step by saying yes, let's continue on the journey of healing, elevation, and restoration. I'm here for you.



Your Thinking

our mind is the soil by which everything grows. Your thinking directly effects your life. This may sound cliché, but thoughts become things. Mind your thinking.



Your tongue

Your mind is the soil by which everything grows. Your thinking directly effects your life. This may sound cliché, but thoughts become things. Mind your thinking.



Your tribe

Who are you connected to? You are affected by the 5 people you spend the most time with. This also excludes what you watch on tv, what you listen, and the places you visit most.



Your Temple

Who are you connected to? You are affected by the 5 people you spend the most time with. This also excludes what you watch on tv, what you listen, and the places you visit most. We are going to go deeper into this in the next page.



Your Time

Your mind is the soil by which everything grows. Your thinking directly effects your life. This may sound cliché, but thoughts become things. Mind your thinking.



Be teachable

Nothing will happen until you take action. Let me let you in on a little secret. God honors movement. Get going and watch magic start to happen.



Transparency

Who are you connected to? You are affected by the 5 people you spend the most time with. This also excludes what you watch on tv, what you listen, and the places you visit most. We are going to go deeper into this in the next page.



Take Action

Nothing will happen until you take action. Let me let you in on a little secret. God honors movement. Get going and watch magic start to happen.



8 keys

Implement these 8 keys and watch your life start to change



Your Thinking

Scripture tells us as a man/women thinks in their heart so is he.

Proverbs 27:3. We love to blame our haters for our insecurities but the truth is 80% of what we say to ourselves is negative. It starts with how we speak to ourselves.

Let's change those negative thoughts into positives by using I Am Affirmations!

I AM
SUCCESSFUL

1.

I AM

2.

I Am

3.

I AM

4.

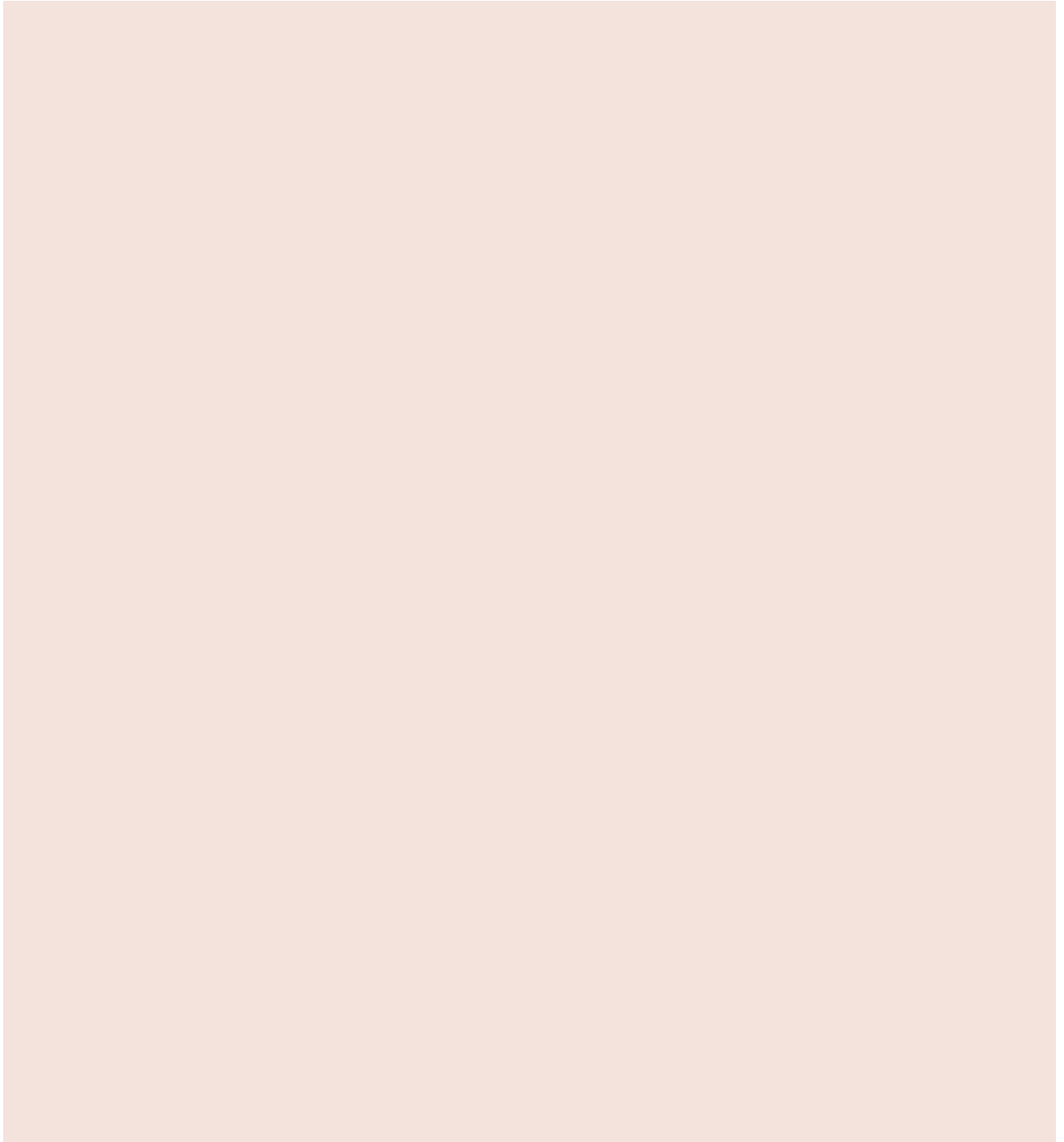
I AM

5.

I AM

Reflect on your Thinking

How does your thinking affect your life?





Your Tongue

Proverbs 6:2 You have been snared with the words of your lips, if you have been trapped by the speech of your mouth.

How many times have you spoke something and you look up and its a reality? Words create worlds. What we say about our healing matters.

Promise yourself that you will never again say things like "I'm dead, I'm trash, I'm crazy" Your subconscious mind does not know that you are just joking.

*ALLOW WHAT COMES
OUT YOUR MOUTH TO
HIT YOUR WISDOM
TEETH FIRST*

What negative words or phrases do need to cancel out of your vocabulary?

What positive phrases are you replacing them with?

Reflect on your Tongue

Women have a hard time keeping their mouths closed at times. I need you to reflect on times really allow your words to hit your wisdom teeth before they leave your mouth.

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Your Tribe

It has been said that we are the sum total of the five people we spend the most time with. We often associate ourselves with people that co-sign our mediocrity. Let's look at where you are spending your time and energy. Take a few minutes to take inventory of the people, places, and activities that you are giving your time too. Add (+) to those that add value and (-) to those are energy drainers. Be honest.

Its time to get clear



People: (look through your phone, who are you texting and talking to most)

1.

2.

3.

4.

5.

Places: (this includes social media sites):

1.

2.

3.

4.

5.

Things: (hobbies, reading material, ect)

1.

2.

3.

4.

5.

Reflect on your Tribe

Is it time to get a new tribe? Side note healed women don't cut anyone off they grow and people that are energy drainers will fall off.

A large rectangular area with a light peach border, containing a vertical red line on the left and horizontal blue lines for writing.



Temple care

Unfortunately many of us didn't learn proper temple care until adulthood. We have an idea of how to take care of all of us from the top of our heads to the soles of your feet. Together we will explore how love and accept all of you. Are you nourishing your mind? Are you drinking enough water and moving your body? What about what you are putting on and in your body? Healed women know that the way they present in the world matters.

*YOU ONLY GET ONE
YOU TAKE CARE OF
YOU*

Sleep Tracker

MONTH:

HOURS OF SLEEP

NOTES

	1	2	3	4	5	6	7	8	9	10	11	12
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3												
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Horizontal lines for notes, corresponding to the 31 days of the month.

Water Tracker

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



MONDAY



Self-care bath

Self-care Bath instructions

First thing first you deserve this. Self-care baths are something you should incorporate at least once a month. If you don't have a tub you can still do some of these practices in the shower. The purpose is to fall in love with yourself over and over again.

- Set the atmosphere~ Turn on some soft music. I prefer worship instrumentals. However jazz, classical, gospel or any other music that soothes you will work. Just make sure that music is on a medium volume.
- Light two-three candles if they are scented choose lavender, vanilla, or jasmine. All of these scents promote calmness and reduce anxiety
- Prepare a nice cup of tea for during the bath or when you get out. Also make sure you have water. I drink 50-80 ounces of water throughout the day but on self-care day's I increase it to make sure I am fully hydrated.
- Epsom salt to relieve your muscle and completely relax your body.
- Lastly and most importantly. Speak your affirmations out loud. Start from the top of your head to the soles of your feet. Thank your brain for the ideas and creativity. Thank your neck for holding your head.
- Thank you chest for protecting your vital organs. Thank your arms for and hands for helping you create wealth. Thank you belly for carrying your babies. Thank your legs for standing through some tough times. Thank you feet for holding you throughout your lifetime.

Reflect on your temple

Have you been drinking water? Have you been moving your body? Did you go purchase a new fragrance?

A large rectangular area with a light peach border, containing a vertical red margin line on the left and horizontal blue lines for writing.



Transparency

Transparency can be a tricky thing. Over the years I have been told that I share too much. I understand that person was coming from a place of fear. They were worried that people would judge me for sharing my truth. What I've grown to understand is I have to be completely myself. I got tired of being someone different at work, church, and with my kids. Living a transparent life is freeing. I pray that you heal so well that you walk in your truth always.

YOU CANT HEAL WHAT
YOU HIDE

*Five people you feel you can
be completely yourself with*

Reflect on being Transparent

Is this something this something that you struggle with? Have you every been told you talk to much? Have you ever felt like you had to shrink to make others comfortable.

A large rectangular area with a light peach border, containing a vertical red line on the left and horizontal blue lines for writing.



Teachable

Every great leader is first a great student. Our world is so incredible. If we open our eyes we can learn from just about anything. Here's a few examples

1. I have learned some of my greatest lessons from my children. They have taught love, boundaries, and my limits.

2. Nature has taught my that nothing is produced without a seed. If we want something you have to give something.

LIFE IS A CLASSROOM
WAITING TO BE
LEARNED

What do I still need to learn about

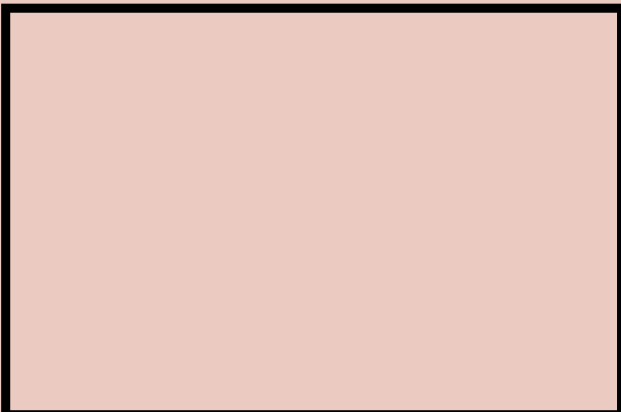
BUSINESS



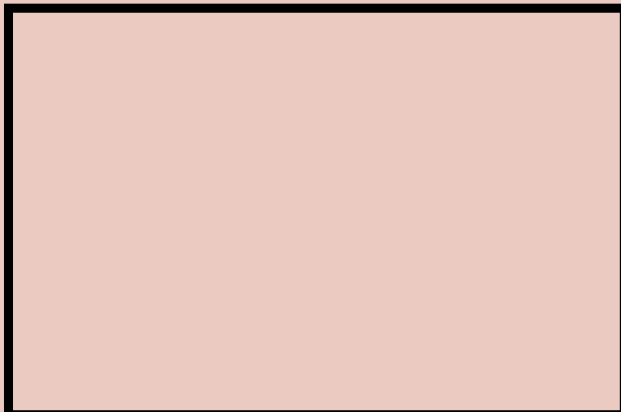
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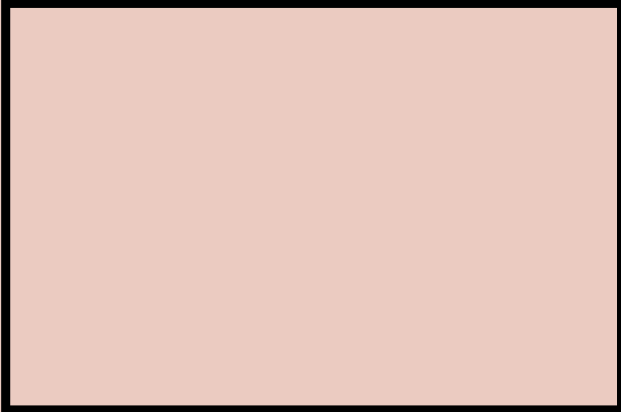
FAMILY



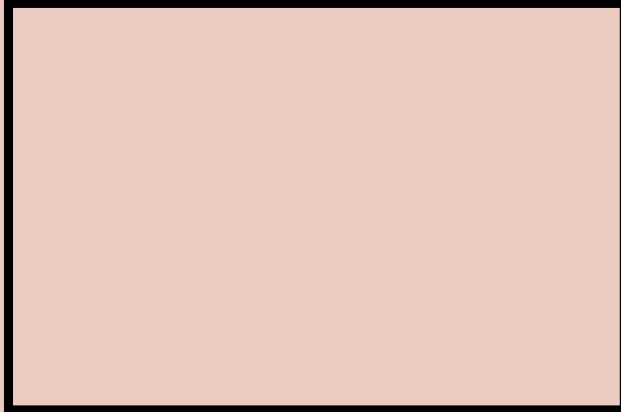
MONEY



FAITH



LOVE



Reflect on being teachable

When have you learned your greatest lessons? What did you learn?

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Time Management

My dad preached it to me over and over that time waits for no one. He taught me that one day is not on the calendar. I learned very early that if I had the desire to do something I needed to make time for it. I also learned that we don't have to find time to do the things that are important to us in fact time is not lost it is available for those waiting to utilize it. What area's do you need to management time more affectively? Reminder: Healed women don't operate in overwhelm.

TIME IS VALUABLE TREAT
IT AS SUCH

Daily Planner

DATE:

Healed women don't operate in overwhelm GOALS

6AM _____

7AM _____

8AM _____

9AM _____

10AM _____

11AM _____

12PM _____

1PM _____

2PM _____

3PM _____

4PM _____

5PM _____

6PM _____

7PM _____

8PM _____

9PM _____

10PM _____

11PM _____

12AM _____

GOALS

TO DO

TO DO

Reflect on your Time

If I had a magic wand and could restore time in any area of your life what would it be? List as many areas as you like. Its magic

A large rectangular writing area with a light peach border. It features a vertical red margin line on the left side and horizontal blue lines for writing.



Take Action

Now that we have identified your energy drainers and wrote out positive affirmations its time to take action. Think of what holistic restoration means to you. What five action steps are you ready to implement today to get the ball rolling?

This could include hiring a coach, registering for school, starting to book. Here's the secret make your action steps realistic.

LET'S GO ACTION
TAKERS



1.

I will take action on

I will complete the above by (date)_____

2.

I will take action on

I will complete the above by (date)_____

3.

I will take action on

I will complete the above by (date)_____

4.

I will take action on

I will complete the above by (date)_____

5.

I will take action on

I will complete the above by (date) _____

Reflect on Taking action

Are you ready to take radical action

A large rectangular area with a light peach border, containing a vertical red line on the left and horizontal blue lines for writing.

Hey, it's Tamika

Devine restoration and clarity are your birth right. Remember you have everything in you already to be fully restored. Continue to trust the process.

Joel 2:25 And I restore to you the years that the locust hateh eaten, the cankerwarm, and the caterpillar, and the palmerworm, my great army which i sent among you.

LET'S KEEP IN TOUCH

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