



THE WILLINGNESS JOURNEY

FOR HEALING AND PEACE



By Miranda L. Chism



WELCOME!

As a woman who has lived through seasons of heartbreak, healing, and renewal I wanted to create a space for women to heal and grow. This workbook grew out of my own journey through grief, self-discovery, and the difficult process of rebuilding my life after painful experiences. As I healed emotionally, spiritually, and mentally, I felt led to share 3 of the 8 “Am I Willing?” Principles that helped reshape how I think, grow, and move forward.

Today, I’m committed to living abundantly and purposefully, and I’m honored to walk alongside other women ready to do the same. My hope is that these pages offer you the same clarity, strength, and gentle encouragement they offered me.

This workbook is your heartfelt invitation to begin your own healing journey.

To pause.

To breathe.

To reflect.

To rediscover the parts of you that have been waiting to be seen.

You do not have to walk this path alone.

I’m here with you, every step of the way.

MIRANDA C.



Loneliness can feel heavy, especially when it's wrapped in depression, avoidance, and denial. You may notice yourself pulling away from family and friends, not because you don't love them, but because you're too exhausted to pretend everything is okay. Hiding how you truly feel takes more energy than you have. So you retreat. You isolate. You drift through days feeling numb, and little by little, the avoidance begins to feel like safety... like the only place where you don't have to perform.

If this sounds familiar, you're not alone.

I know this space well because I've lived in it more times than I can count.

Growing up, conversations about mental health and self-care barely existed. Instead of being guided with compassion, I was labeled: anti-social, awkward, distant, difficult. In college, the confusion only deepened. I didn't have the words to describe what was happening inside me, so I covered it up. Later, as a single mother and caregiver, my life no longer felt like my own. There was no room for my emotions, no space to pause, and no time to care for myself. I hid my depression behind unhealthy relationships, idleness, and denial—ignoring the signs that God was calling me to something deeper, something healing, something whole.

Eventually, the weight became too heavy to carry. I reached my breaking point. The moment when you know that if nothing changes, something inside you will shatter.

In that moment, I chose surrender. I chose to check in with myself.

I chose honesty, reflection, and slowly healing.

Through what I began calling my “mental work,” I uncovered eight simple but transformative principles that guided my journey back to myself. These principles didn't magically fix everything, and they didn't make the process easy. But they gave me direction. They gave me clarity. They helped me peel back the layers, confront the truth, and finally begin to heal.

It took years, courage, and countless moments of letting go.

And now, standing here on the other side of the pain with peace, purpose, and a renewed sense of self, I feel called to share these principles with you.

A SAFE PLACE FOR YOUR HEALING



Acceptance is often the hardest place to begin. It asks you to look honestly at where you are and face the parts of your life that feel uncomfortable, disappointing, or painful. But acceptance is also the doorway to emotional freedom.

- What truth are you struggling to face today?
- Are you realizing you want more for your life but lack the confidence to move forward?
- Are you giving your energy to someone who doesn't appreciate or value you?
- Do you feel stuck in situations where your heart longs for something deeper, healthier, or more fulfilling?

You are not alone in these feelings.

Many women have stood exactly where you are, confused, hurting, and unsure how things drifted so far from what they hoped. And it's okay. Life doesn't always unfold the way we imagined. That doesn't make you a failure. It makes you human.

Healing begins with acceptance, and acceptance always starts within.

It may sting. It may stir up sadness, frustration, or even shame. But denying your reality only delays your breakthrough. When you allow yourself to see the truth, you give your soul permission to breathe again.

Scripture reminds us of this powerful truth:

“And you shall know the truth, and the truth shall make you free.” — John 8:32
This principle marks the beginning of your freedom.

It is your invitation to acknowledge what is true so you can begin moving toward what is possible.

PRINCIPLE ONE

“AM I WILLING TO ACCEPT IT?”

AM I WILLING TO ACCEPT IT

Let's begin by acknowledging what may be holding you back. Take a moment for honest self-reflection and ask yourself:

What do I need to accept in my life right now in order to move forward?

Listen to your inner response without judgment, shame, fear, or anger. Allow yourself to gain clarity and a clear, conscious awareness. Stop running from your reality and gently choose to face it. This is not weakness, it is a powerful shift from denial to clarity and soon to peace.

REFLECTION QUESTIONS

1. What is one thing in your life that you sense may be holding you back from becoming your fullest, most authentic self?

Take your time and approach this gently—there is no right or wrong answer.

2. If you allowed yourself to release this weight, even just a little, what might your life begin to look and feel like?

Imagine the possibilities with openness and curiosity.

3. When you hold on to this, what emotions arise for you?

Notice them with compassion, knowing they are valid and human.

4. If you chose to let this go, what emotions do you imagine might emerge in its place?

Visualize what healing, freedom, or peace could look like for you.

GUIDED JOURNALING PROMPT

Write:

"The truth I have been afraid to accept is..."

Let the sentence lead you. Don't edit. Let honesty flow.

AFFIRMATIONS FOR ACCEPTANCE

"I release what no longer supports my growth and welcome what nurtures my spirit."

"I trust that letting go creates space for healing and new possibilities."

"I embrace the lessons of my past while allowing myself to move freely into my future."

ACTION STEPS

Choose one truth – big or small – and name it aloud or write it down.

That single act begins your healing. Take the first step today. Be willing.

If this introduction to ***The Willingness Journey*** spoke to your heart, there is so much more waiting for you. Your healing deserves space, support, and tools that meet you with compassion.

The full workbook guides you deeper through the first three principles, offering you extended reflections, journaling spaces, affirmations, and actionable steps that help you move forward with clarity.

Your next step is simple and accessible:
Download the complete Willingness Journey Workbook
for only \$5.99!

Give yourself permission to keep growing.
[Click here to get your full workbook.](#)

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