

ALL THAT

I



AM TO BE

2nd Edition

“A WOMAN’S WORTH”

Paulette Hubbert

Overview

What are your attributes? Your qualities? What makes you who you are?

Learn how we unconsciously make decisions from a place of brokenness that often times affect our behavior, beliefs and attitudes. We are often unaware from an unconscious level how our thoughts, beliefs and behavior are affected by unresolved issues, and distorted perceptions. Identify and overcome self-defeating thoughts, behaviors, and obstacles that prevent you from walking in your purpose.

Each chapter begins with an inspiring poem that addresses the issues that we deal with in our daily lives, and ends with how to exercises to help put everything that has been learned into action. Also included are thought provoking questions that motivate the reader into action.

- * Go beyond excuses and self-defeating behaviors.
- * Discover what's working and what's not working for you
- * Overcome obstacles.
- * Define, set and achieve goals.

Have everything you want in life!

THE ROSE



The rose universally symbolizes love and beauty. In order for a rose to grow it must to be placed in an environment that will cultivate its growth. It requires pruning to rid its self of parts that no longer serve its purpose. It requires light as a source of energy to bring forth its beauty to show the world.

In order for you to come forth as a symbol of love and beauty, you must plant yourself in environments that will continue to cultivate your growth. You must reflect on the parts that block your light, and prune those parts that no longer serve you. It is then, through your source of energy, your light, that you will reflect your purpose and bring forth your beauty to show the world.

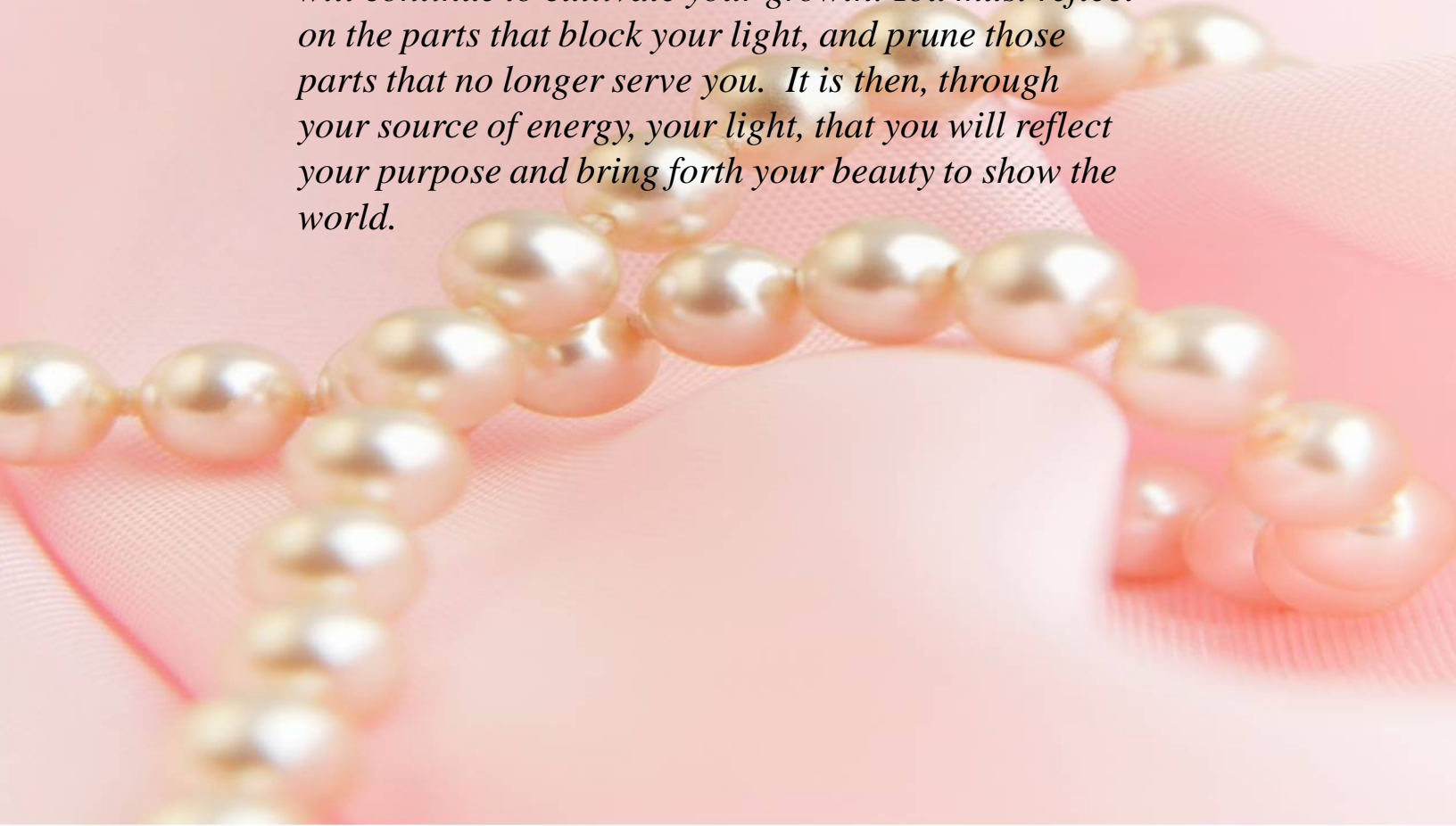
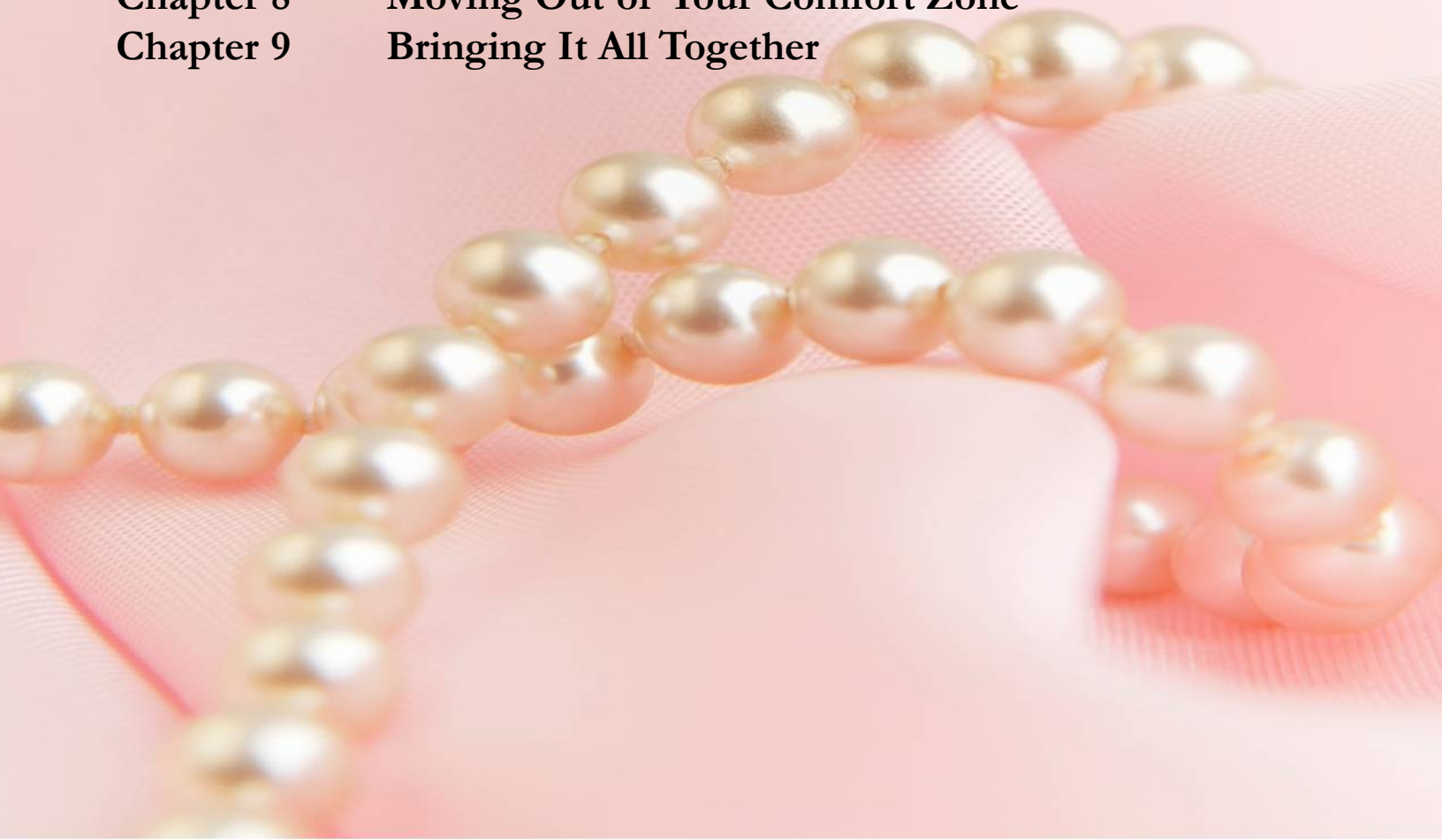


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Excerpt

My Journey

It was 1999 and I was driving along the Beltway in the Washington, DC area. All of a sudden it hit me. The memories came rushing in like a tidal wave and there was no way to stop them. I suddenly remembered the pain. All of the negative consequences that come with living life on life's terms and all the feelings that come with those experiences.

Feelings of abandonment, isolation, loneliness, frustration, disappointments, shame, guilt, anger, rejection and a host of other negative feelings that all add up to fear. I realized that I had been surviving instead of living. I had been living in fear. Fear of living my life the way that God had intended for me to live. Fear of walking in abundance and letting my light shine.

My life was falling apart and I finally understood why. I understood how I had been looking for love in all the wrong places. I understood why I kept doing the same things, expecting different results, but always ending up in the same place. I finally understood why I didn't feel loved, even though I was surrounded by it. I realized that I had been depressed (dysthymic) for most of my life but didn't know it. I finally understood it all and I cried.

I pulled over on the side of the highway and I cried. I cried until my blouse was drenched with tears. I cried until I had used a package of tissues blowing my nose. I cried until my head hurt and I couldn't stand it anymore, and then I cried some more. I cried for all the times I had been hurt, disappointed, criticized, rejected, felt lonely, shameful, guilty, unloved, or left alone. I cried until I couldn't cry anymore, until the tears dried up on my face, and my eyes were red and swollen and nothing else would come.

Then I cried some more, but this time it was cleansing tears. I cried for what was to come. I cried for the healing and restoration that I knew was taking place, and I cried for the revelation and the journey that I was about to begin. I cried for how my life was going to be. Filled with joy, freedom, and abundance, but most important peace. I cried tears that I had never cried before because it was that day my spirit was reborn, the day I was set free.

Then I cried out for God to continue to heal me to make me whole. It was that day that I vowed to God and myself that I wouldn't turn around. No matter what the cost, if he would keep me, I would go forth. I would do whatever it was going to take for me to remain free, to be whole, to heal from all the past pains, and sorrows. I vowed that I would not accept any more chaos in my life. I promised that I would walk in all that he has for me and I vowed that I would trust him. I vowed that I would be the woman that he has called for me to be. Then I put my car back in gear and drove home. But I knew that I had been changed.

I use to lead a song in the children's choir called "I've been changed". One of the verses said I've been changed and rearranged. Our choir director use to tell me to sing that song with attitude, that I had to sing it with conviction so that others would know that there was no doubt in my mind that I had been changed. That day, in that moment, I had attitude. I couldn't explain it, but I knew beyond a shadow of doubt that I had been changed and rearranged, and that no matter what, there was no turning back.

I began to embrace the pain because I knew that out of the pain my healing would come. Not just healing but wholeness. I knew that I would walk with my head held high, with no apologies, and no excuses for who I am or who I was called to be.

I wish I could say that it was all over and I lived happily ever after that day, but that's not the case. Understanding something and putting it into action are two separate roads and if the two are ever going to meet it's going to take some work. Instead of instantly living my life happily ever after it became even more chaotic.

Once you've been set free, truly set free, you're willing to pay the price, any price to remain free. I had been set free that day and I wasn't willing to give up my freedom. I was free from the inside out and I wasn't willing to trade that for the sake of anything or anyone. I had it all and I walked away from everything I had ever wanted, everything that added up to the American dream. I realize now that up until that point security was what had been most important to me, my driving force, and I had been paying the cost for that security. The expense was my peace of mind, my worth. I wasn't willing to settle anymore.

Most important, I couldn't continue to be an example to my children that it was "OK" to settle for less than what you can be for the sake of being. I wanted to be an example to them that you could have it all and not have to settle or compromise any area of your life to have what you deserve.

Because we are children of God it is our birthright to live in abundance. Up until that day I had not been a good example for my children of how to live life in abundance. I wasn't quite sure how I was going to teach them the opposite, but I did know that if God was for me, who could be against me. So I set out to discover who I was and how to live life more abundantly. However, my life couldn't start over until I confronted my pain and all the issues I had created in my life in the pursuit of happiness.

Until that day on the Beltway I was sure I had resolved all of my issues. Instead, I had just buried most of them deep within. Because I had buried my issues instead of resolving them, I was ripe for picking anytime the right situation or circumstance was present to trigger those issues. Once triggered, my unresolved issues would come out in my attitude and behavior.

God has a funny way of showing you yourself when you don't want to deal with the issues in your life. The issues that prevent you from walking in your purpose. He used others to show me who I was. At the time of my revelation I was a substance abuse counselor. As a counselor you help others deal with all of their heartaches, pain, disappointments and fears.

Many of my clients would come to me seeking counsel on the very issues that I hadn't resolved. At the time, I wasn't aware and hadn't acknowledged their issues as my issues. (The irony is that I helped many resolve their issues.) My client's had been the catalyst for change in my life. At the time I didn't know or realize what had taken place. God had used my client's as an instrument of change, to stir up all of those issues I thought I had "taken care of".

I am not sharing my faith in God or my life lessons to try and persuade you to adopt my beliefs, faith, Christianity or even a specific denomination. I am simply sharing what has been my source, or rather who has been my source of strength throughout this journey of healing and restoration that I am about to take you on. However, I do invite you to embrace God as you know and understand him as we begin this journey.