



The Glow-Up Journal: Part II

Healing the Messy to Find Your Blessing (Chapters 14–26)

Inspired by Jacqueline Johnson Mitchell

Relax
Relate,
Release

Sis, Tell
Your
Business

Vibe
Check

How to Navigate Your Journal



The Breakdown:

them

A quick summary of where
we are on the journey.



The Gem:

the

The core lesson to lock into
your spirit.



Sis, Tell Your Business:

them

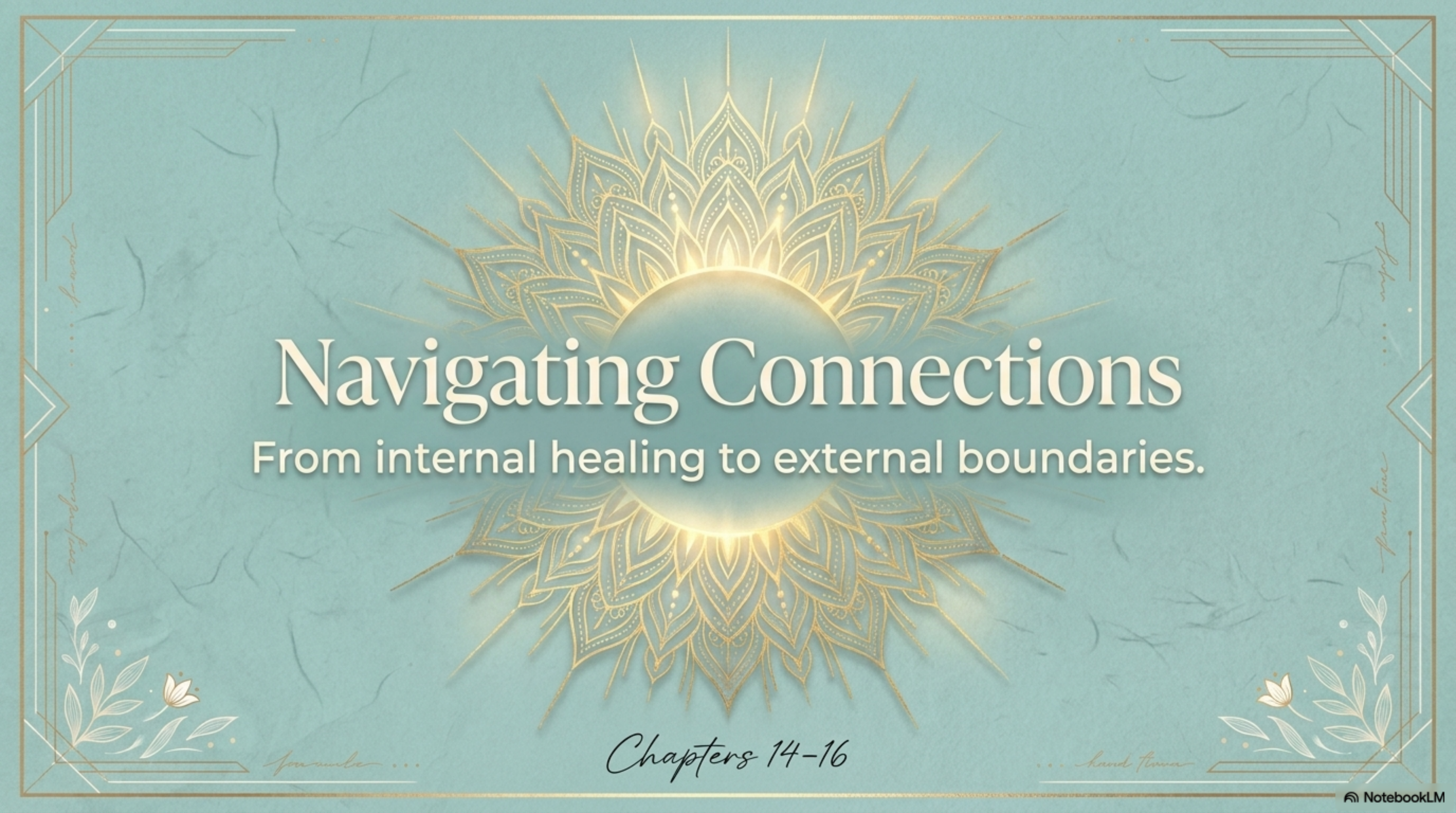
Your sacred space to write,
reflect, and get real.



Vibe Check:

Vibe

The soundtrack to your healing.
Press play and let it flow.



Navigating Connections

From internal healing to external boundaries.

Chapters 14-16



Vibe Check: 🎧 'Bag Lady' by Erykah Badu

Chapter 14: Love Languages & Deciphering Signs

Evaluating connections before getting emotionally invested. Learning to read the flags and understanding modern love languages.



The Gem:

Walking away from misaligned connections isn't a loss—it's the ultimate act of *self-love*.

Sis, Tell Your Business: What modern love languages (Emotional Security, Financial, Digital Affection, Personal Growth) do you need most in this season?

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"Teach Me How to Love" by Musiq Soulchild



Chapter 15: The Bridging Conversation

Breakdown: An honest, elevated conversation between Black men and women focused on empathy, accountability, and mutual emotional safety.

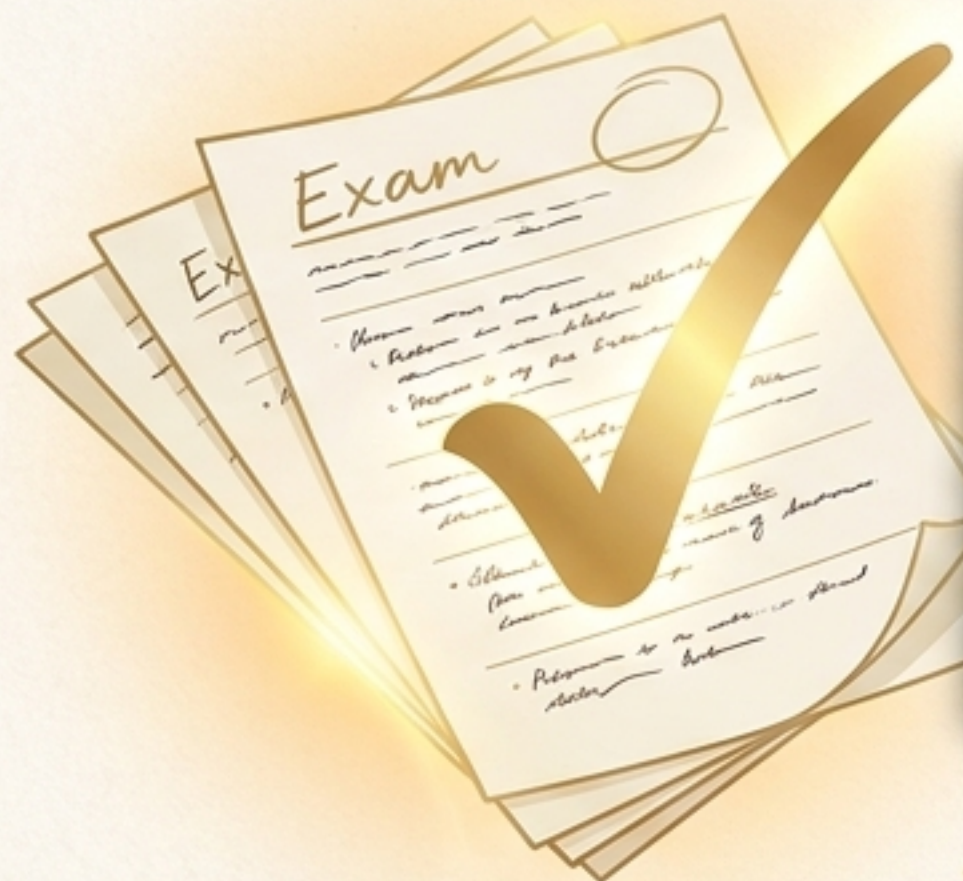
Sis, Tell Your Business: Have you given a man space to show his or have you settled for surface fruit out of fear of being alone?
alone?

The Gem:
Peace begins
when we stop
competing in our
pain and start
collaborating in
our *healing*.



Chapter 16: The Final Exam

Breakdown: The Accountability Mandate. Reviewing the lessons of dating, gathering data data instead of over-talking, and refusing to repeat toxic loops.



The Gem:

Don't decorate the house in your mind before checking if the foundation is cracked.

Sis, Tell Your Business:

What is one relationship lesson you used to fail, but you are now proud to say you've officially passed?

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prospering in all things

Aligning the Self

Establishing sovereign stewardship
and holistic wholeness.

prospering in all things

Chapters 17-18

Chapter 17: Sovereign Stewardship

Breakdown:

Shifting from reactive survival spending to intentional wealth building and resource management.



Sis, Tell Your Business: What is your current relationship with money—is it rooted in survival and scarcity, or strategy and abundance?

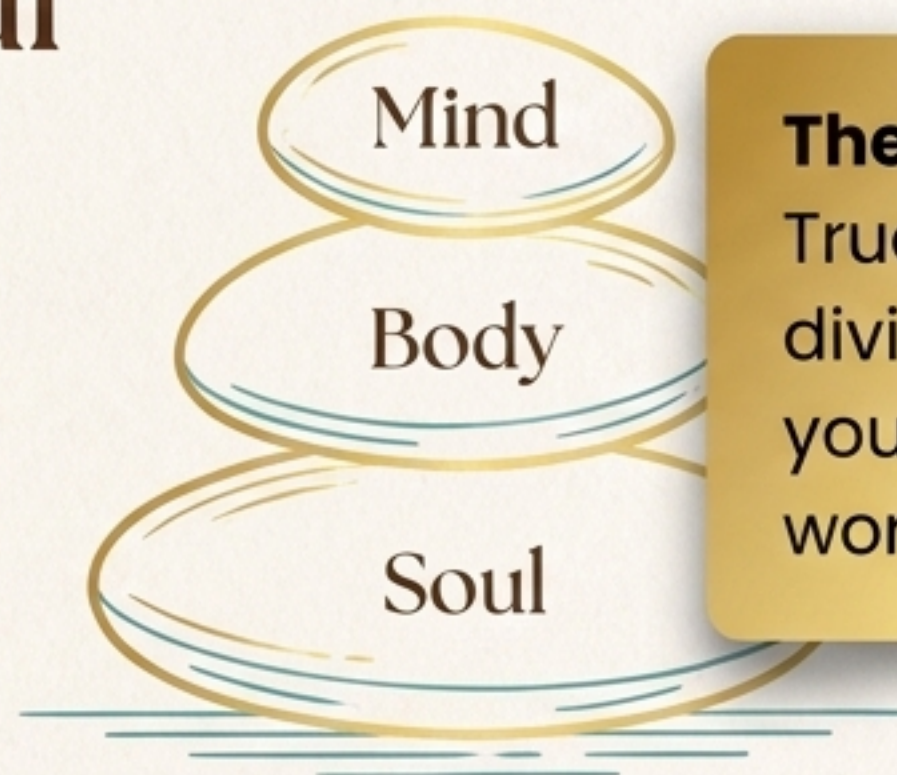
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Chapter 18: Mind, Body, and Soul

Achieving holistic balance.
You cannot operate with a renewed mind while neglecting physical exhaustion or starving your spirit.



The Gem:

True glow-up living is the divine synchronization of your inner and outer worlds, guided by God.

Sis, Tell Your Business: What is one physical or emotional weight you need to release today so your spirit can breathe?

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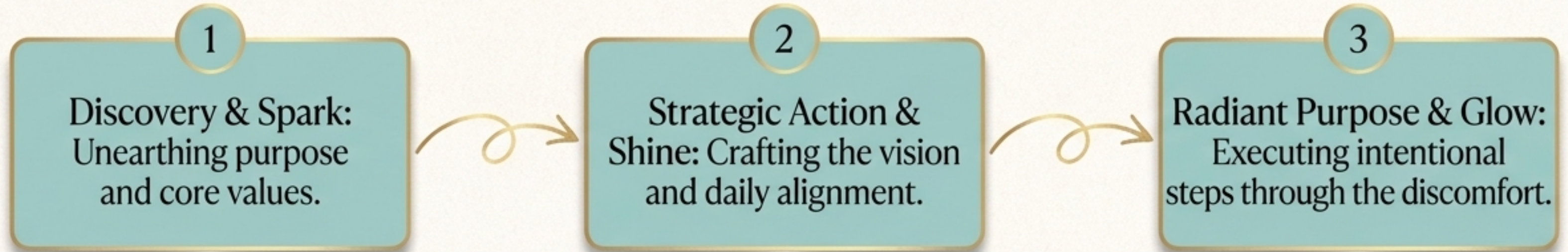


The Master Blueprint

From healing to building.
Designing your intentional future.

Chapters 19-20

Chapter 19: Your Glow-Up Blueprint



The Gem:
A vision without action is just a dream. Intentionality is the deliberate, grace-filled decision to move forward.

Sis, Tell Your Business:
What is one habit or commitment you are officially 'deleting' this week to make room for your divine assignment?

 "Are You Ready" by Bianca (feat. Hulvey)



Vibe Check: 🎧 ‘More Than Enough’ by Ce’Jae



Chapter 20: Sustaining Your Shine

Maintaining your glow when life gets loud. Focusing on quiet consistency and utilizing service as an advanced form of self-care.

The Gem:

*You don't have to perform
your peace for an audience.
Get deep roots in private.*

Sis, Tell Your Business:

*When you are in the middle of a trial,
how can you step outside of your own
head and serve someone else this week?*

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The Legacy & The Future

Forgiveness, Allies, and The Final Promise.

Chapters 21–26

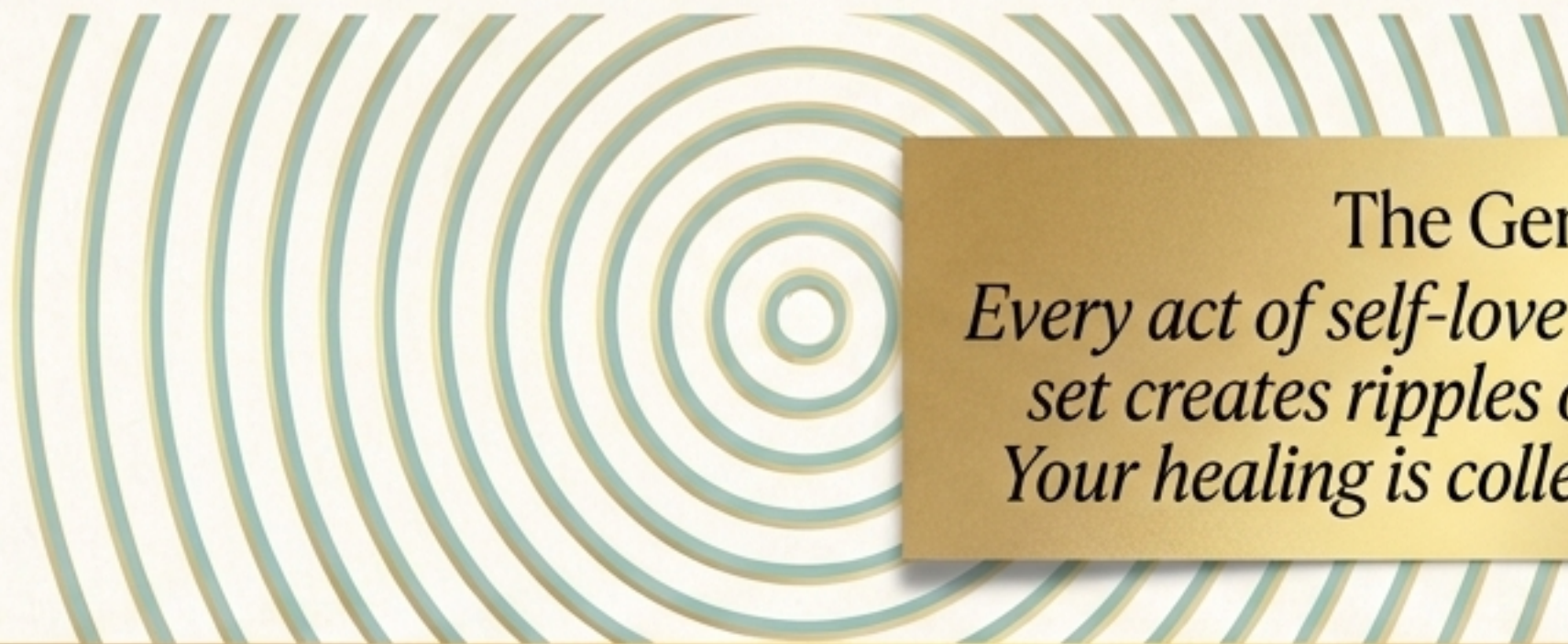


Vibe Check: “It Ain’t Over” by Maurette Brown Clark



Chapter 21: Beyond Your Story

Your glow-up isn't just for you. It's about building generational wealth (spiritual, emotional, and intellectual) and amplifying your voice.



The Gem:

Every act of self-love and boundary set creates ripples of possibility. Your healing is collective healing.

Sis, Tell Your Business:

What specific personal transformation from your journey do you feel most called to share or model for others?

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Vibe Check:  "Praise" by Elevation Worship

Chapter 22: The Freedom of Forgiveness

Sealing your peace through the act of forgiveness, releasing burdens that were never meant to dictate your future.



The Gem:

Forgiveness is the ultimate key to releasing burdens and ensuring your legacy is built on peace, not pain.

Sis, Tell Your Business:

What is one area where you need to extend grace to yourself for just doing the best you knew how to do at the time?

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Vibe Check:  “Surrender” by Naomi Raine

Chapter 23: Glow Up Your Words

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The unending work of reframing your narrative.
The battle for your peace is won in your mind
by the words you choose to believe and repeat.

”

The Gem:

*No challenge gets to write your
story—you decide your narrative.*

Sis, Tell Your Business:

What is a limiting thought you had today, and how can you instantly reframe it into a declaration of power?

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Chapter 24: Seek the Source

Understanding that the journey requires more than just personal reflection. It requires safe, objective, and professional support.



The Gem:

Release your loved ones from being your therapists. You are worthy of safe, professional spaces.

Sis, Tell Your Business: Where in your life have you been putting expectations on family or friends to fulfill a role that belongs in a professional space?

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Chapter 25: Therapy vs. Life Coaching

Choosing the Right Blueprint for Your Season



Vibe Check:
“Just Fine” by
Mary J. Blige

Season:

Processing the “Messy”.

Focuses on healing, unearthing wounds, unpacking the past, and emotional recovery.

Season:

Stepping into the “Blessing”.

Focuses on action, strategy, building the blueprint, and future execution.

Sis, Tell Your Business: *Based on where you are today, are you in a season that requires deeper healing, or are you ready for action and strategy?*



Chapter 26: Bringing It All Together

You didn't just survive the messy—you used it as fuel. Healing is continuous, words shape your world, and peace must be protected.



The Gem:

Lay down the weight you were never meant to carry. Own your strength, and know that your story is still being written.

The Final Promise

Sis, Tell Your Business: Write a short, powerful promise to yourself for this next chapter—one boundary or belief you pledge to honor as you walk in your radiance.

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Your journey doesn't end here.

Visit.

You can visit our NotebookLM views and learn more about the website way.

Equip.

You can run your Equip. to build, learning materials where you need get the own equip.

Watch.

Watch, run your NotebookLM, have, and how does, and never and watch to your book.

Order.

Get the book "Sis! Let's Get This Glow Up!". Your journey has already started - you just are not alone anymore. Why not you? Why not now?