


Miss Godssip Girl



Encouraging
Single Moms
to Liberate
their Minds,
Bodies, and
Spirits and
Reposition
their Lives
through
Journaling

TaReese Womack

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LIVES THROUGH JOURNALING



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"Friendships"

Dear God,

I pray that I obtain new married friends that I can chill with sometimes. You know, take lady vacations and have "ladies night out" with. I want female friends that are reliable, consistent, trustworthy, supportive, fun, mature, "grown and sexy," and women that I can be myself around.

*And it is so!
Amen*



Deep Conversation

Hey girl, hey!

Have you ever felt that people wait for the perfect moment to stop being “cool” with you? It is crazy how quickly people turn on you when they are either mad at you, or envy you. See, the only time I “turn” is when I am turning my life around. Truth be told, if we were as determined to impress ourselves as we are determined to impress others, we would always WIN and look good while doing so. I want to live my dream and not someone else’s and I’m sure you want to as well. The key to living a successful and more fulfilling life is to reposition your life by praying, changing your mindset and not allowing your past to disable you, but to strengthen you. Okay, yeah it’s most definitely easier said than done because when you build I mean really build a life that’s pleasing to God be prepared to battle! There’s no doubt about it, the devil will arrive with schemes, scams and intimidation with the intent to kill, steal and destroy any and everything that will give you joy, peace and abundance. But God! Everytime I feel like my world is upside down, God reminds me that it is actually right side up. When I feel like I’m down and out in a season that causes anxiety, depression or a spiritual warfare, I am reminded that I just need to pray and have a substantial amount of faith—

faith strong enough to receive God's plan for me. I also need to have a substantial amount of faith to know that if God brought me to it, He'll bring me through it! I'm also praying that God will give you the same grace!

Girlee, listen...I just want you to know that God will never give me the heart to stop being "cool" with you, and I will never tell you what you should do. My God-given purpose is only to encourage you.

We are now pen gals! Okay, I'm not gonna lie...that was a bit much lol, but I am so excited that you are here in our private safe space. Please know that this is an environment where we can chat and write about any and everything that will help us reflect and grow as women. I have always wanted friends so, hey there new bestie! Now that we are friends, I would like to be honest with you. Though my level of transparency has transcended, writing Miss Godssip Girl has not been an easy task. In fact, there have been countless moments when I gave up on writing this book. I had a forget-it attitude because my insecurities and self-doubt forced me to ask myself, "How could I possibly write a book to help single moms reposition their lives while I am still going through it myself and trying to stand firm in my position as a wife, mother, and writer?"

As this book was in the editing phase, I was on the 'Clubhouse' app in a room titled "Connections." On this call, a prophetess said, "I need you to speak while you're healing. You can no longer be silent because there are people connected to your sound." I sat there on the other end of the receiver in total shock. I said to myself, "This is the confirmation I needed to

keep going.” Instantly (just like that in a snap of a finger), my branding changed. Yes, I am still advocating for single moms. I strongly believe in setting goals and taking action steps to see those goals manifest. HOWEVER, most importantly, this introverted woman (me) wanted to create a safe space for like-minded women who have suffered in silence. A place where they could joyfully come out of hiding with their heads held high from guilt and shame and witness freedom through transparency and truthfulness, all the while sharing their turning point and testimony.

Girlee, before you came into my life, for years I proclaimed that I didn't have any friends. It wasn't that I didn't want any, there were just so many factors that played a role in why I couldn't make any. The crazy thing is, I am just now becoming comfortable with who I am. So in retrospect, how could I have made friends when I wasn't even a friend to myself? I had the most difficult time being my true authentic self; I had this bad habit where I would lower my standards to please other people. If I could describe it, I would say that I was like clay: I would conform and become molded into whatever environment I was in, just to be accepted. In spite of all this, I still ended up without friends. I strived way too hard to fit in when I was created to stand out. Since then, I have obtained so many insights just from simple conversations with my daughter. I distinctly remember when my daughter, Royalty, was five years old. We were driving home one day and she began talking about the stars and how she wanted to see them. It was at that exact moment that I then realized that the SUN is the ONLY star you can see during the day. This ah-ha moment

taught me that just like the sun, I need to stand out and shine bright. Therefore, I want to encourage you to tell the haters to put their sunglasses on, because you will be seen irregardless of their distaste. Remind yourself that some people may not understand the things that you do and be okay with accepting that fate—especially since these “people” are not aware of the plan God has for you. Despite the way others might feel about you, your biggest priority is remaining true to yourself and surrendering to the will of God that He has set forth over your life.

For me, I experienced freedom when I finally realized and accepted who Ta'Reese really is. I came to love my outspokenness and sassiness. Although I'm an introvert, I can have deep conversations for hours especially if the topic refers to outer space (my curiosity surpasses my shyness). You see, I am a woman who loves God—although at times, I can be too church for street folks and too street for church folks. This character trait is one of the main reasons that I stay in my own lane and establish my own personal relationship with God. I get spiritually fed the way that I comprehend it, and I want to encourage you to do the same. Soooo...let's godssip!

You might be wondering, what is godssip? I'm glad you asked! Godssip is a casual conversation sharing details about what God has done for one's life. You know, like a testimony! I just wanted to be fancy and change the name (lol). Is that okay with you?

Anyways, as biased as this may sound, I believe that single moms are the strongest moms in the world! We don't let any

obstacles get in our way from getting the job done. Yeah, we might sneak in the bathroom just to let a few tears out every once in a while, but once we step out that door, we continue on. There are just some things we are fed up with and tired of going through. For example, although I am now happily married, I can not distance myself from the “baby mama” title. As plaguing as the drama with my child’s father has been, I have continued to endure and bounce back from every level of adversity thrown my way. This experience has taught me that what we persevere through in life is only capable through faith, and dedication to hard work. Although it was just a few years ago that I was visualizing my future, today, I speak to you as a married woman who happens to be doing the damn thing! Okay, with some hiccups here and there, but with those hiccups, I’ve been placed in position to become a Godly wife—because that’s the wife I desire to be.

Before I met my husband, I went through the “typical” single-teenage-mother story. I was on welfare and only made seven thousand dollars a year working as a cashier at a department store in which I had no future. In addition to this, I was in college and failing. I had my license, but I couldn’t afford a working car; my “bucket” broke down all the time (leaking fluids), and then it had the audacity to start smoking on the inside! Yeah, you heard me right: smoke blew in my face from the air vents every time I hopped on the highway. I tried desperately to better my life by working three jobs and yet still brought home pennies on the dollar. Like for real, I was broken, crusty, and disgusting, and because I wasn’t happy with who I was, I started to make terrible drama-filled decisions. In hindsight

though, I am grateful that God forgave my past faults when others wrote me off.

Looking back, I was desperate for stability because I knew that becoming stable was the only way I was going to be able to create a better life for my daughter and me. With bold tenacity, I finally made a decision to be loyal to myself and strive for the life I wanted. My shamed-based wounds forced me into my hiding place. I hid in my journal, where I felt safe and found peace. My journal had a little bit of everything in it. Through it, I expressed how I felt, what kind of woman I wanted to be and what kind of man I wanted to marry. I set goals in my journal, wrote Scriptures, and added my favorite quotes to go with how I was feeling at the time of my entry. I even thanked God for all He had done for me and expressed my gratitude. Basically, I wrote love letters to God. Writing to God helped me press through my emotional pain, intense situations, as well as provided me with clarity; essentially, writing to God helped me to press through everything. I learned during this time that for me, writing came easily and naturally. I also found that journaling was very therapeutic. Furthermore, I have faith that if God could hear my pleas and carry my burdens, then He can also do it for YOU!

After talking to a few single moms, I noticed that while many love writing and journaling, there are many who do not know where to start. This challenge encouraged me to create this personalized journal to help single moms get the jump-start they may need. Is there a reason why I shouldn't? Well, friends help friends right!?

You may be wondering what's the difference between Godssip and a journal that you could buy at your average bookstore. Allow me to explain: many bookstores carry nothing but journals that only have lined paper inside. How boring is that? The purpose of this journal is to help you reach your full potential and help you organize your thoughts. My hope is that it will prove itself to be a very useful resource!

I want to remind you that God has much to offer, but you must change the way you think in order to receive His blessings (for me, that consists of getting out of my single mother/baby mama mindset). Your level up may be in alignment with mine, but it may very well be different from mine due to the fact that we may have different goals, interests and passions. My ultimate goal was to become a wife, have a good man (that God created just for me as my husband), be a bomb mother to healthy and successful children, get my degree, start a career, and buy a home. No matter what your goal is, just know that just like me, you will still need to work towards your goal to see it come to pass. And don't forget to add a little seasoning on your goals with an "amen." I also want you to know that it is okay to outgrow people and things because as we grow, we disconnect from our past and connect to our future. Break those ungodly soul ties that are keeping you bound because this may be your season for spring cleaning—a spiritual spring cleaning! Spring cleaning doesn't always have to be your physical house. Sometimes the term can relate to removing some of those toxic people out of your life so that you can grow mentally, emotionally, spiritually and financially. It's time to say "Yes," and "Amen," to all things new. Always remember

that breakthroughs are recurring and we are going to keep trying until we get it right. We are not “young and dumb”; we are young and learning. So, turn the page NOW and let’s get started!!

P.S. Let me let you in on a little secret...I have included some of my real journal entries in this book. You will notice them based on the corresponding dates! ;-)

