

Started feeling that she has a purpose in life | Feels more confident as a mother | Testimonial

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<https://www.youtube.com/watch?v=7g0E48wJayE>

SUMMARY

The speaker shares their transformative experience after joining a community focused on personal growth and parenting. They express newfound purpose and confidence through engaging in activities like journaling, which has helped them reconnect with their passion for writing and self-improvement.

- *Joined a community for personal growth and parenting after feeling lost and overwhelmed.*
- *Inspired by a sister's recommendation, they found a supportive environment.*
- *Engaging in graduate journaling has become a daily practice, enhancing focus and appreciation for life.*
- *The experience has rekindled their love for writing, which they felt had been lost.*
- *They feel a sense of purpose and motivation to improve themselves first, believing that personal growth will lead to better parenting.*
- *The community activities have helped boost their confidence and provide structure to their life.*

join the community I think it's been this is my second month yeah nice this is the second one yeah so I was looking forward to the moment activity uh so I'm doing that now uh there's so many changes I could see uh when I started exactly this this start was uh when the reason why I wanted to do this was because this was not just focused on the kids you know because I was I was like

all I felt like I was all over the place you know I couldn't figure out myself or you know what I wanted to do I just wanted to get better but I don't know however I was able to do that and I didn't know what to do and then finally when I came across this was actually sent by my sister like we share posts on Instagram so we have a group so my sister sent this to me like you know

this looks interesting maybe you want to you know just check it out and all that so I was like okay what you know what I'm just gonna join this uh thing let me just go through the Facebook for becoming a better parent so that's when this started and here I am wow and uh I I feel like you know I have a purpose now like when I wake up like you know I have like I know I have to do this like

you know I I instantly know that I need to get up I need to do my graduate Journal a lot because not just out of you know competition uh since it's a part of the challenge but also it it you know first three days it doesn't you know do they do the challenge into the talent I need to do it and then you know and then after three days after seeing the photos inside becoming like a part of me you

know yes it was so addicting that I finished the first round and then I'm a part of the second round as well because you know it's something that you know keeps me grounded like it helps me to get a focused on the thing that I already have the thing that you know I can appreciate in my life apparently you know having my thoughts turning around things that you know I want or maybe I'm not able to get it at the moment and

stuff like that uh and then I think my confidence also has suited and then it's it's good because in a way sometimes it's too consuming certain situations that you get down on energy and stuff uh but uh I I feel like I've gone back to my college days in school days where you know open a notebook you know attend to my teacher and even take notes that's what I'm doing any new topics that's going on uh and I'm just opening my book

and I'm like you know what I need to write it down for my peace for my sanity even though I get it when I just listen to it but I like to write so writing writing and typing is something I love to do so I felt like that was lost somewhere so through this I'm back on writing so I really like that I'm writing it down now I'm just looking forward and I'm still doing the momentum

Talent now okay I'm just hoping that I I become better as a person first and then a parent so that's what my focus is right now yes I get a better person than and I think that that's where everything starts getting you know going back to place yes so I'm really grateful that you know I I joined this and I I would really like to appreciate and thank you for that much thank you thank you so much

foreign [Music]