

BUILT TO OVERCOME

— BREAK EVERY CHAIN —

I WAS
MADE
NOT
BREAK

I DON'T
JUST HEAL,
I RISE.
I DON'T
JUST SURVIVE,
I TRANSFORM.
I DON'T
JUST EXIST,
I THRIVE.
I AM HER.
I AM
FREEDOM.

I AM
ENOUGH
BUILT
DIFFERENT
STRONGER
PURPOSED

ANXIETY

DEPRESSION

PTSD

LACK OF
SELF-ESTEEM

SIN

GOD'S PLAN
MY PURPOSE
MY POWER
MY FUTURE

NO WEAPON FORMED AGAINST ME SHALL PROSPER.
ISAIAH 54:17

STRONG. RESILIENT. UNSTOPPABLE. UNBREAKABLE.
I AM HER. I BREAK EVERY CHAIN.

Built To Overcome

Break Every
Chain

Your mind matters just as much as your body.

A healthy mind is the foundation of a healthy life.

Presented by: Angela Rawls

Sister Mantra

There's nothing too hard for God.

I am a daughter of the King.

God sees me!

He has great plans for me!

I will strive to live as a Christian should.

I will inspire and encourage my sisters to do
the same.



Does This Sound Like You?

We often face unique challenges and obstacles that can be difficult to overcome on our own.

- They conditioned you to play small.
- To stay quiet.
- To apologize for wanting more.
- But here's the truth: Strength isn't about pleasing everyone — it's about standing firm in your values.
- Real growth starts when you stop explaining yourself to people who never cared to understand you in the first place.

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Listen and Offer Support

Sometimes, All We Need Is Someone To Listen and Offer Support

It is okay to call someone you trust and get their advice. We all need someone we can call and talk to without feeling judged. This is important especially if you have had a lot of trauma.

We all need help
Therapy is good

No one is immune. Mental health challenges can affect anyone — regardless of age, gender, background, or status in life.





You Do Not Have To Suffer Alone

Carry each others burdens-

Galatians 6:2 - Help each other in troubles and problems. This is the kind of law Christ asks us to obey.

Matthew 28:20 and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”



HOW TO SUPPORT YOUR MENTAL HEALTH

- *Stay Connected*

Strong relationships are one of the biggest protective factors for mental health.

- *Move Your Body*

Regular exercise releases endorphins and reduces stress, anxiety, and depression.

- *Sleep Well*

Adults need 7–9 hours of quality sleep each night to function and feel their best.

- *Talk About It*

Sharing how you feel with someone you trust is a sign of strength, not weakness.

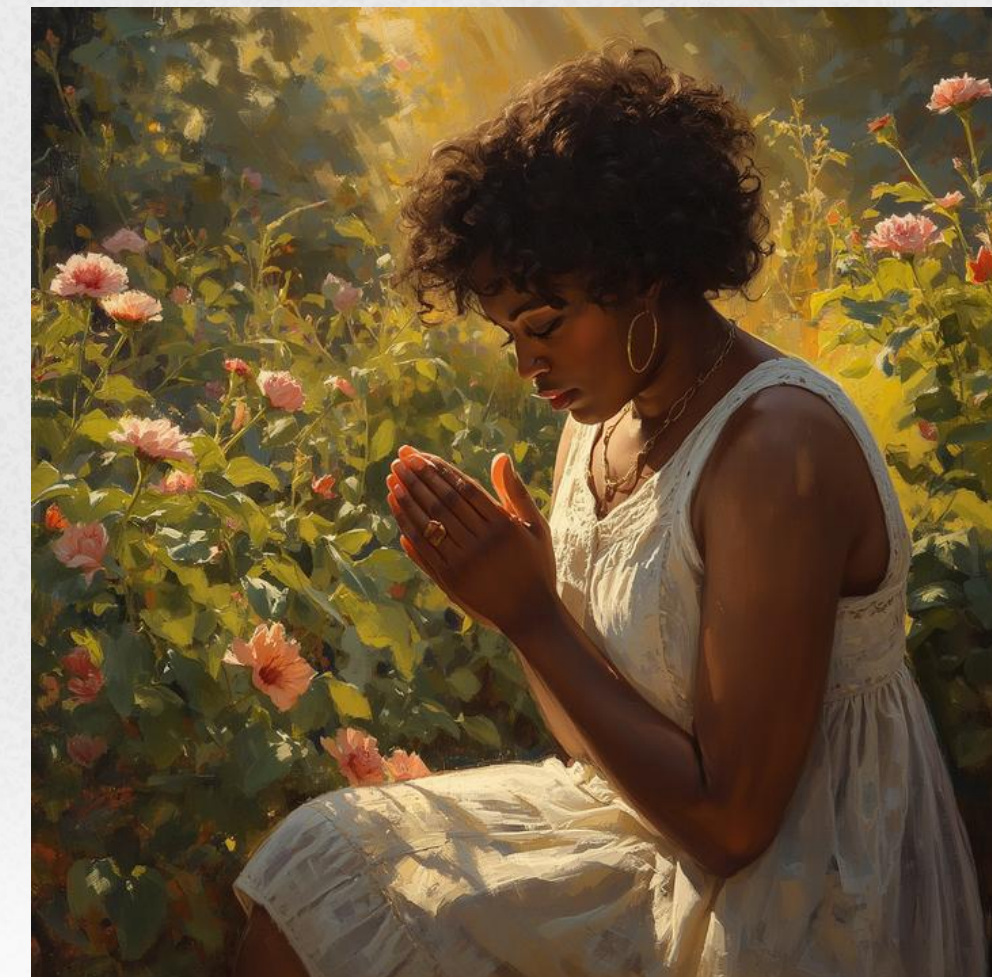


Are You Hearing God?

Isaiah 60:22 says when the time is right, I the Lord, will make it happen. Sleep in peace tonight. God is with you through this.

When God decides that something is no longer for you, He will not let you have peace with it.

Sometimes the wait is longer, because the blessing is bigger.



You are
Beautiful ♥
Never Alone.
Always Loved.



YOU ARE BEAUTIFUL

"You are altogether beautiful,
my darling; there is no flaw
in you."

SONG OF SOLOMON 4:7



YOU ARE NEVER ALONE

"I will never leave you
nor forsake you."

HEBREWS 13:5



**YOU ARE CREATED
WITH PURPOSE**

"For we are God's masterpiece.
He has created us anew in
Christ Jesus, so we can do
the good things he planned
for us long ago."

EPHESIANS 2:10



**YOU ARE LOVED
BEYOND MEASURE**

"I have loved you with an
everlasting love; I have
drawn you with unfailing
kindness."

JEREMIAH 31:3

*You are
enough.
Just as
you are.* ♥

Daughter of the King. Made with purpose.
Covered by grace. You are enough.

You are everything. ♥

As Women...

We have the power to uplift and empower each other. By building a strong community and supporting each other, we can achieve great things and create positive change in the world.

- Having a strong sisterhood is more than about a friendship- it's about growing together in faith and glorifying God through our relationship.
- **YOU ARE NOT ALONE**

What steps are you taking in your own life to uplift and support the woman you are trying to become?



Remember:

If you're not changing it you're choosing it!!!
After every breakdown is a bigger breakthrough!!

I'M IN MY PROTECTING *my Peace* ERA

I choose peace over drama, distance over disrespect, and purpose over people-pleasing.



I SET BOUNDARIES

My peace is not negotiable.



I SAY NO WITHOUT GUILT

Not everything deserves my time or energy.



I CHOOSE ME

I'm not selfish, I'm protecting my health, my joy, and my future.



I GUARD MY HEART

I let in what's good, and I release what's not.

Created for a Purpose

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago."

EPHESIANS 2:10 

My Peace Matters 

TODAY I WILL:

- ☒ Pray
- ☒ Stay focused
- ☒ Let go
- ☒ Keep growing
- ☒ Trust God

Today's Affirmation:



I protect my peace like my life depends on it.

I release what no longer serves me. 

I AM BEAUTIFUL. I AM ENOUGH. I AM LOVED.
I am protected. I am favored. I am free.
I AM AT PEACE. 



In Your

Protecting Peace Era



YOU ARE NOT ALONE

If you are struggling, please reach out. Help is available, and you deserve support.

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