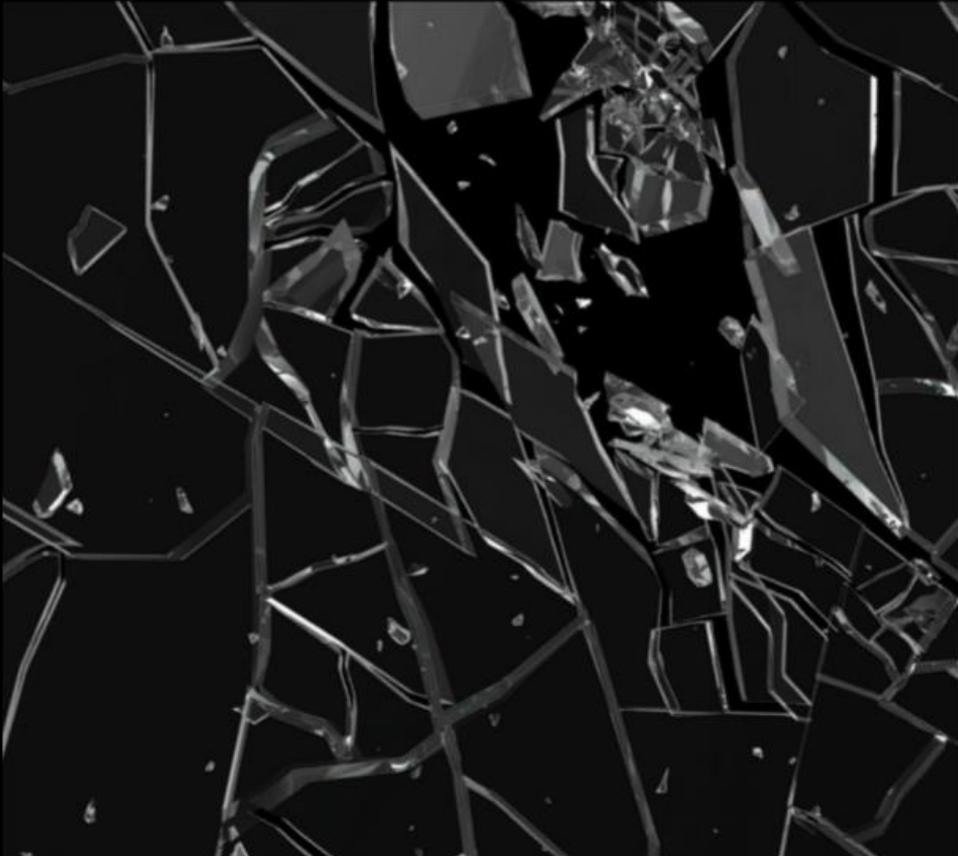


NOT POSTED

L.I.V.I.N.G. YOUR TRUTH

A MOTIVATIONAL MEMOIR

"Reconnect the broken pieces of a masterpiece"



Tabitha D. James

TABITHA D. JAMES

S.H.E. thought She could, so She did.

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Not Posted:
L.I.V.I.N.G. Your Truth
a motivational memoir

Composed By:
Tabitha D. James

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First Printing: July 2018

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DEDICATION

To anyone living in or attempting to live in their own truth. Often times it is easier to sweep reality under the rug rather than embrace and live in it. Reality is HARD to face. It is easier to live in what we wish was reality than to face our truths, so here it is to those wanting to embrace and live in the truth, whatever it may be.

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FOREWARD

Well hello, it is again that we meet to journey through a difficult aspect of this thing called life. “Living your Truth” What in the world does that even mean? What is your truth? How do you “live it”? How do you live beyond the shame of what it may actually be? Well, as you see, I am no expert on what or how, however I can attest that there is a peaceful relief when you embrace your truth. No, not when you write about it on social media or when you write a blog about it or even when you tell those around you. The moment YOU live it, YOU accept it and YOU embrace it – that is the moment when things shift. You may never tell a soul what it is but you decide to accept it for yourself. Oh boy, what a relief!

If all your life, the truth is swept under the rug and kept a secret, you suffer. Maybe not externally, but definitely internally thus leading to your relationships suffering, your career suffering and ultimately your well-being suffering. Abuse, neglect, violence, lies, secrets, diseases, addictions –the list goes on– all have impact our lives. Often times, we see these things very young and we live through them as if they’re normal because nobody is bold enough to address that they are not. Guess what happens? Those things become our normal. We all have a different perspective of normal based on the environment we were in when our awareness of life kicked in. For example, if abuse was okay in your household, it is highly likely that you won’t see it as a big issue in life. Abuse as it relates to physical abuse, mental or verbal abuse, substance abuse, etc. It will not strike as strange to you if reintroduced to it in life as you have already encountered the beast.

Even with living your truth, if openness was a thing in your environment then living the truth isn’t as hard to navigate as it is your norm. For many, that is not the case. The rape, divorce, drug addiction, uncommon illness, imprisonment, fornication . . . is a secret. Not to be discussed, acknowledged or even thought about, left to linger. How many family dynamics are ruined because of these case scenarios . . . Don’t be a victim . . . Live your truth!

House Rules

1. **Take your time with this read.** Ideally this can be completed in one sitting, however I need you to do more than just read this, I need understanding and strategic alignment to occur as a result of this read. Thus saying, take this one day at a time for seven(7) days, allotting for time to really comprehend what is being consumed by your mind.
2. **Don't just read this.** Take action, apply principles and practices to your life so that you can be better. Maybe you are already living your truth, maybe you've been on a healing journey for quite some time and this book will serve as a catalyst for support, hooray! You still have work to do; it is now your job to empower someone else to embrace authenticity.

If on the other hand, you will begin living your truth as a result of this read, you may have to read and re-read some sections, take a few notes or maybe even seek professional help. DO IT! This is not to be taken lightly, you have a life to be living so get to doing what needs to be done!.

3. **Share the wealth.** When you finish this, tell someone, not for me or my personal gain but for the betterment of people. Not sure if you've checked the rates for suicide, depression and the similar lately but they are rapidly increasing. People are hurting, people are neglecting the process of healing and living their truth. I mean, lets be honest, truths aren't easy to live but they are necessary. By sharing this you may very well save a mind, save a life and change a trajectory for someone else. Be the change!

Repeat After Me: I accept the rules, I am ready to read . . (Say It)

1 LETTING GO

"THINGS THAT DO NOT SERVE YOU HAVE NO PLACE IN YOUR SPACE"

So apparently there is some unwritten rule that the truth is not welcome. It is okay to just live in an imaginary mindset that things are okay, that you are okay and that whatever happened just happened. I am not sure where this derived but let – that – go. Letting go of what we are accustomed to can be one of the hardest challenges of living our truth. Often times, we fear the judgement of our family, peers or colleagues if we truly embrace who we are or what is going on. The truth is, if you are not comfortable enough to publicly embrace issues or circumstances, it is okay! Letting go isn't for them, it is for you. Letting go is about self-coping and dealing with things internally so that your life, your family, your career, your well-being can be okay and free from burdens of the past.

Letting go takes a heck of a lot of courage and is the first step from my perspective because it's tough. Let's just make an example, you know I love examples! If 25 years ago, (10 years, 5 years, adjust as necessary) Uncle John or Aunt Susie, because yes women do partake in sexual abuse, touched you and you never came to senses with the situation, it is highly likely that this still affects your well-being today. Rather directly or indirectly, especially if this person is still alive and around. Somethings we never

forget. If dad struck mom upside the head that one night when he thought you were asleep, the thought may very well still linger in your mind. Am I saying address Uncle John, Aunt Susie, Dad or Mom, no, you don't have to unless you feel comfortable. I am telling you to address you—Have you coped? Have you come to peace with the past? Or have you neglected that the truth of that matter is that person you love did wrong and it hurt you. It's difficult, I know, I tend to love tackling the “toughies”

Maybe the previous examples haven't hit home, maybe it's something you did that you need to let go. Maybe there is no action, only thoughts that you need to let go of which can be just as hard or harder to shake. What's ahead is more important than what's behind, yet it doesn't negate the fact that what's behind has impact. Possibly you were once abusive, possibly you used drugs or resorted to alcohol excessively, possibly you engaged in activity that you never want to see the light of day. Have you embraced that? Have you accepted that, “yes, once I did, but that is no longer me and I can move forward”.

I have the pleasure of working with people from pre-teen to elderly. From rural town to inner city. From various races and cultural backgrounds. Diverse education levels and so on . . . A common denominator continually shows among these varying groups of people – the inability to accept the things

we cannot change and move on. We're human, we mess up, people mess us up, things happen beyond our control, a lot just happens – it's life – gotta love it, gotta live it! The beautiful thing is we have choices, once we become of an age to understand what is going on, we have options. And here's a gag for ya, ***there is no set age that this occurs***. I hate to be the bearer of bad news, but age doesn't always equal wisdom. Sometimes it does, other times you can encounter people who have been around a while but don't know a thing. They haven't seen much out of their bubble. Often times these are the folks that hinder healing. As a result of them never venturing from their bubble, the bubble mindset and bubble principles are deeply engraved.

How do I escape the bubble? Thanks for asking! Challenge yourself, challenge your mind, challenge your motives and challenge “what you had in mind”. Inside the bubble, your bubble, is all the great things that you are accustomed to and feel very comfortable with. The things, the people, the routines, the thought processes, all inside your bubble, just relaxing. Well, outside of your bubble are the trillions of other bubbles. The bubbles that others live in; the bubbles that are similar to yours, the bubbles that are drastically different and the bubbles you can't even imagine. See we all have this vision of what “normal” is, however we often neglect to realize that our normal is someone else's weird and vice-versa. By stepping out of our own

bubble and embracing the normal tendencies of others, you are accepting a piece of the challenge. The next piece of this particular challenge gets a bit tricky. Understanding the differences of others, rather you agree or not, understanding that everyone doesn't think, act or react the same way you do. Furthermore, you may only be thinking, acting and reacting in the way you do because you have neglected to let go. I will allow you a moment to ponder on that last statement *moment*

Pain, unaddressed anger, negative thoughts and all things related can negatively impact us in ways we do not even realize. Don't you remember Pessimistic Patty from S.E.A.S.O.N.S. of the Untold, she had become bitter as a result of never dealing with pass pain, never healing and never embracing the untold as a catalyst to living her truth. You my friend will not fall victim to being Pessimistic Patty, Negative Nancy or Complaining Carl. You are about to go on a journey over the next few days (or hours if you decide to read this all in one setting) to living your truth. It is time to tap into your *intrinsic motivation* that will carry you through the challenges, *venture out* from your norm and try *new* things, *intentionally connect* yourself with folks that align with your *new mindset* and commit to *good vibes only!* Are you ready? Well, ready or not, let's go, let's live!

So What's Next?

Repeat After Me: I commit to living my truth. I give myself permission to forgive those who have never said sorry, to no longer blame myself for unnecessary things and to live in my authentic uniqueness.

“Living your truth requires intrinsic motivation; the desire must come from inside of you, this journey ain’t for everybody”

TABITHA D. JAMES

ABOUT THE AUTHOR

Tabitha D. James “Tiny Tab”, is a native of the rural South.

She is originally from Lake View, SC, a very small town located about 45 miles north of the tourist destination Myrtle Beach. She can be classified as an entrepreneur, educator, facilitator, philanthropist, life-learner, woman of God and several other things as it relates to her accolades; however she is not the biggest fan of titles.

She is simply and authentically herself, a humble servant.

A Survivor, Helping to Empower.

www.tabithadjames.com

A handwritten signature in black ink that reads "Tabitha D. James". The script is cursive and elegant, with the first letters of each word being capitalized and prominent.

May your journey be as blessed as mine; even in the challenging times, remember that you deserve peace and positivity. Don't jeopardize yourself for others; it ain't worth it!

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L.I.V.I.N.G. YOUR TRUTH

"Living your truth isn't easy, it's necessary."

Often times one will wonder why life isn't evolving as it relates to relationships, friendships, professional ventures and family; ask yourself these questions - Hey self, are you living your truth? Are you aware of your triggers and how to keep your peace? Have you identified the things that drain you and eliminated their existence? Have you tapped into your intrinsic motivation and derived ways to venture out from your norm? And lastly, have you taken off your mask? If your answer was no to any of the questions, cmon friend, let's go on a journey to living your truth.

L.I.V.I.N.G. Your Truth is the second release of the Not . Posted series. This motivational memoir challenges the mind to identify and connect with the truths under the core. Living your truth doesn't mean you have to release your secrets or challenges to the world however it does mean that you have to accept them for yourself, leaving you with a better connection to your inner-being. Your life will transition as result of being truly transparent with yourself about yourself.

The author makes intentional comparisons and shares methodology to ensure readers from various backgrounds can make connections to the excerpts. Within the memoir, the author reveals real life examples from personal account and her own journey to truth. Be sure to also check out the complementing books of the series:

Not . Posted: S.E.A.S.O.N.S of the Untold

Not . Posted: A Collection of the Untold



"Reconnect the broken pieces of a masterpiece"