

The Overcoming Hurtful Words Pledge



You have value, worth & dignity.

JOIN OUR COMMUNITY


The Speak Healing Words Community is committed to the three-fold cord of emotional health and spiritual maturity: healthy sense of self, healthy behavior patterns and healthy communication skills. Receive inspirational messages and highly practical content:
www.janellrardon.com

MEET JANELL

Author, Board Certified Life Coach and Professional Speaker, Janell Rardon, loves helping women find their God-breathed capacity, purpose and potential. She lives in Virginia with her husband of 33 years, Rob, and passionately misses her three children who live all over the globe!

SOCIAL

 [linkedin.com/janellrardon](https://www.linkedin.com/janellrardon)

 [facebook.com/
JanellRardonAuthor](https://facebook.com/JanellRardonAuthor)

 twitter.com/janellrardon

Today, I pledge that I am ready, willing and able to commit to this heartlift journey. I know it will require honesty, hard work, and a big dose of humility. When the going gets tough, I will remember that God, the author and finisher of my faith (Hebrews 12:1-2) is with me, even if, at times, I feel as though I am all alone.

His silence is not His neglect; He knows the perfect time, has the perfect plan, and is never late (Ecclesiastes 3:14). He will help me move through this scary place of pain and into the beautiful, sacred space of peace, so that I can live, love, and laugh again.

When I need help, I will ask for it.

When I want to isolate myself and hide away, I will instead seek the company of wise women who will walk beside me. When I need courage, I will whisper my brave, three-word-prayer
–**God, help me.**

Amen.