

The Overcoming Hurtful Words Pledge



You have value, worth & dignity.

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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:
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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!

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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.