




## HOW TO START TAKING INVENTORY AND DECLUTTERING YOUR HEART SPACE

# HEART DUMP

- 1 Grab a red pen, marker, pencil, crayon, and your favorite pen.
- 2 Draw a heart. 
- 3 Pour your heart on the paper. Be sure to write for at least 7 minutes.
- 4 Look at your heart and with a different color pen...
  - a. Circle all fears
  - b. Mark anything that is rooted in shame or guilt
  - c. If you want to go deeper, label each fear as (rejection, lost, no control or failure)
- 5 Take your shame, concerns, and guilt to God and ask to be released from them.
- 6 Draw a fresh heart on a clean piece of paper.
- 7 Ask God for scriptures to replace each fear. Go to the Bible app and do a word search on a negative emotion you're feeling to help find a scripture that can help you.
- 8 Write the scriptures in the new heart and ask God to help them take root as you color in the center.

# Meet Kristiauna

Certified Christian Counselor, Mentor &  
Emotional Health Expert



Kristiauna Lattimer is a wise, passionate, and purpose-driven Counselor whose heart is full of compassion. She carries the unique gift of helping others when they need emotional, spiritual, and mental support. As a Certified Christian Counselor, Kristiauna takes a mentorship/ mentoring approach in helping women to gain emotional wholeness after experiencing heartbreak and feelings of being lost, overwhelmed, undervalued, and unheard. As a Visionary, Kristiauna has helped to birth many businesses through imparting wisdom and investing in emotional health.

Kristiauna's radiant personality compliments her unwavering faith in the face of adversity! Kristiauna always makes it clear that she is not special, but takes the time to do the necessary work and partner with God. Her mission is to join with other women and support them as they also do the work to achieving internal wellness. Wholeness is a gift worth being unwrapped!

As a business-savvy entrepreneur, Kristiauna has worked diligently in the beauty industry for the last 14 years and has been featured in national commercials, advertisements, and newspapers such as the New York Times, Oprah radio, and syndicated news station Inside Edition.

Her God-given success has also landed her in magazines such as Allure, Cosmo, and Elle. Through these many successes, developing young girls and women into the image of Christ has always been Kristiauna's strongest desire.

Kristiauna's triumphs have also been met with great pain in her personal life, but through that pain, her God-given wisdom has been tested and proven. When you go through the fire with Christ, you come out as pure gold. Kristiauna always desires to help others turn Ashes into Beauty.

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