**Why I Started This Blog?**

By: Almetrice Shavers

I’ve always loved journaling and writing down my thoughts. Going all the way back to middle school I started journaling, just a habit I picked up. I never thought about it being therapeutic, just a hobby. In this new season of my life, I have been doing several journal prompts I've found either on Pinterest, Instagram or a self-help book. It’s been really therapeutic digging deep in the various topics. I have had to uncover wounds, patterns and unresolved past trauma. It has definitely been an eye opener. So I decided, why not start a blog and share with the world. Sharing topics in my personal life with others. In other words, give my testimony to the world. I have thought about it for years, but thought it was too much work originally. I found a pin on Pinterest to get started. It does take some time in the beginning to get a website set up. I just hope this blog is everything I imagined it to be. I hope everyone enjoys my blog as I allow others to enter into my life. I believe this will be life changing for me and i’m excited!!! So welcome everyone and let’s talk about it all!