



Based on a True Story...

Introduction

Before my 20s start, I believe reflection will heal me; revisiting those not-so-pleasant moments alongside the beautiful, inspiring ones. I am about to turn 20, and I acknowledge my teenage years were not as great as the ones most of my peers experienced.

Why would a 20-year-old write her memoir when she hasn't even lived?

The reason is simple. Those who have already lived through their 20s and 30s reflect on how their lives changed during that period; how they changed as people. I believe writing about my teenage experiences will help or heal someone enduring what I did and can navigate those vulnerable years better than me; maybe even avoiding the mistakes I made.

Sitting in stillness and reflecting on my journey, I am reminded about the power of vulnerability and the importance of sharing. This book is a glimpse into my life; a window into my spiritual awakening and an exploration of the gift entrusted to me. It navigates the twists

and turns of life; seeks guidance and wisdom and addresses learning to trust the unknown.

I am not one for grand gestures or boastful claims. I am a humble, quiet young lady attempting to live with intention and purpose. I have walked a path marked by joy and struggle and realised it is in the moments of darkness and light that we grow, learn and evolve. This memoir is a testament to that journey; one that has taught me the value of patience, perseverance and faith.

I invite you on my journey of self-discovery and spiritual exploration. I hope my story resonates; offers comfort and guidance and inspires you to embrace your unique path. I am honoured to share my experiences and pray they will bless your journey.