



Introduction to *Spunk and Tears* – A Guided Journal

Let's be real - healing from a toxic relationship isn't pretty. It's raw, messy, and at times, it feels like you've been stripped down to nothing. But here's the truth: you are far from nothing. You are a warrior. You are a King or Queen who's rising from the ashes, fueled by every ounce of pain, betrayal, and resilience you've endured. This isn't about being a victim. This is about reclaiming your power, owning your story, and reminding yourself—and the world—just how damn strong you are.

Spunk and Tears isn't your typical self-help journal. It doesn't pat you on the back and tell you "It'll all be okay." This journal pushes you to face the hard truths, reflect on what you've been through, and channel that raw energy into power. Through unapologetically bold writing prompts and mantras you will awaken and unleash the version of you that has been lost for a long time. This book is your guide to digging deep, finding your voice, and rebuilding your life on your own terms.

Here's what you can expect:

- **A Clear Mirror:** You'll confront the red flags you ignored, the boundaries you didn't enforce, and the moments you doubted yourself—but not to dwell on them. You'll face these truths to learn from them and grow.
- **A Fire Starter:** Every page is designed to ignite your inner power. This isn't about "getting over it." It's about getting through it stronger than ever.
- **A Game Changer:** By the time you've finished, you won't just feel better, you'll be better. You'll walk away with the confidence to call out bullshit when you see it. You will set boundaries like a boss, and never, ever settle for less than you deserve...again.

This journal is your chance to recapture everything you have allowed to be taken and turn it into fuel. Your spunk, your tears, your grit, and your passion—they're all part of your power. This journey isn't about pretending it didn't hurt or hiding your scars. It's about wearing those scars like badges of honor and letting the world know: you didn't just survive, you thrived.

Welcome to the new you. Let's get to work.

