

Girl, Get Up!  
You're Not *Stuck*  
It's Time For You to Move

Gia Blessings



## Ready for What's Next?

You haven't been forgotten.

This isn't the season to shrink. It's the season to move — with power and with clarity.

Grab other resources in the *Girl, Get Up! You're Not Stuck* series [www.GiaBlessings.com](http://www.GiaBlessings.com) to walk in your divine release.



Gia Blessings

# Girl, Get Up! You're Not **Stuck**

## It's Time For You to Move

This publication, including all written content, workbook exercises, layouts, graphics, and supplemental materials, is protected under U.S. and international copyright law.

No portion of this book may be copied, reproduced, stored in a retrieval system, shared, distributed, transmitted, translated, or used in any form or by any means—whether electronic, mechanical, photocopying, recording, or otherwise—without the express prior written permission of the author.

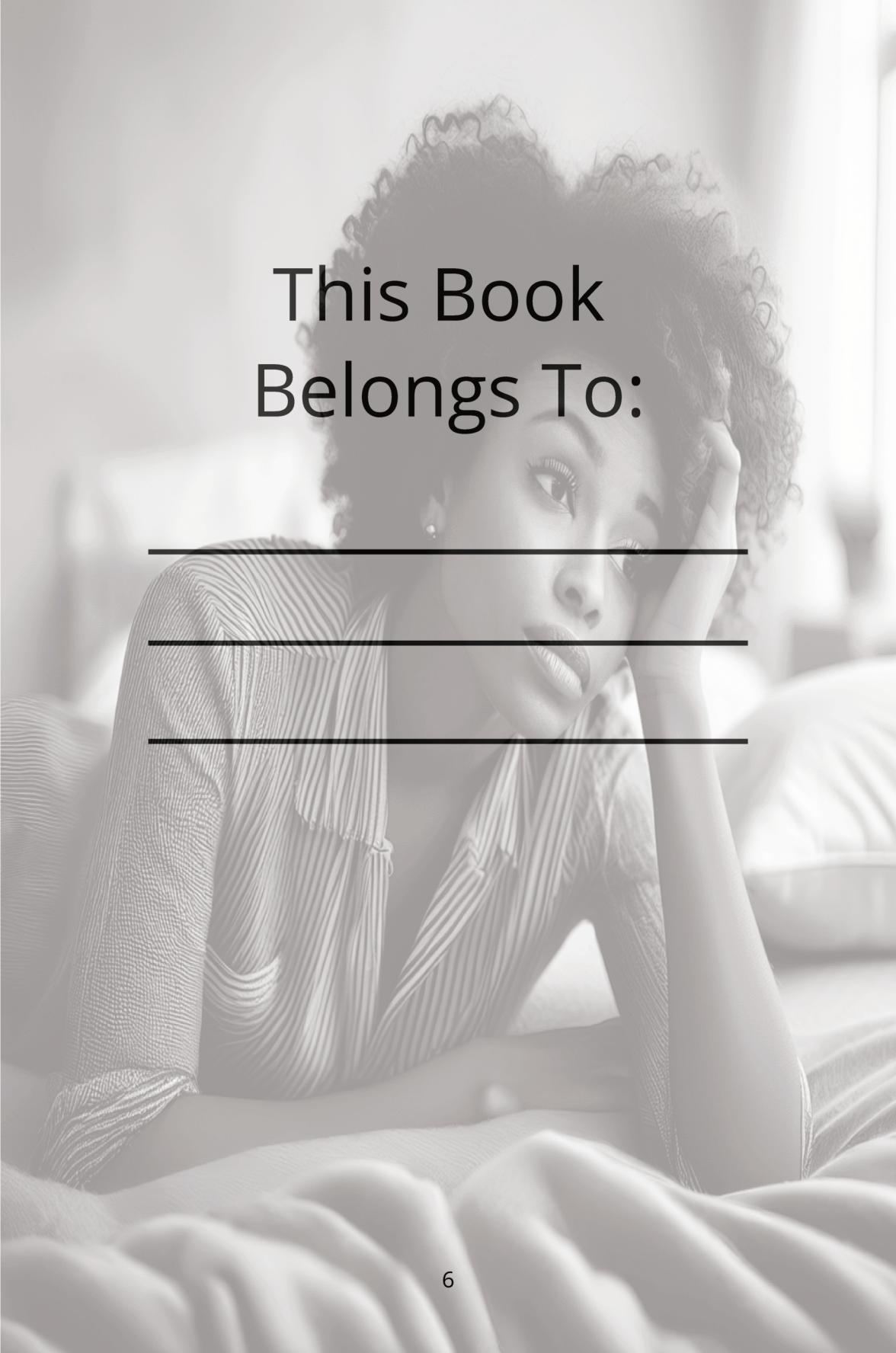
No part of this work may be used, referenced, adapted, or included in other materials, books, workshops, courses, or digital products. Any attempt to do so without written authorization is a direct violation of copyright law.

Permission has not been granted to anyone, at any time, to reuse or reproduce this material, in whole or in part. All rights are fully retained by the author.

Violators will be prosecuted to the fullest extent of the law.

© 2025 ShirleyAnn Publishing Company - Only Imagine. All Rights Reserved.





# This Book Belongs To:

---

---

---



## DEDICATION

To the woman who almost gave up,  
the one who thought stuck was her forever,  
the one who cried silent tears nobody saw —

This is for you.  
You're not broken.  
You're not finished.  
You're just getting started.  
Let's go get everything with your name on it.

## Letter from the Author

Hey Beautiful,  
Let me get real with you:  
I didn't write this book because I had all the answers.

I wrote it because I had all the scars.  
Because I know what it's like to feel stuck — like you're going to lose your mind, just plain stuck.

And worse, to feel like nobody sees how hard you're trying just to keep breathing some days.

I know what it's like to show up with a smile while your heart is silently screaming, to pray with shaky faith, to cheer everybody else on while wondering when it's going to be your turn.

### **I've been there. Deep in the pit.**

Wrestling with purpose. Wrestling with pain.  
Asking God if He remembered my name at all. At times, I was a little more cynical and asked God if He had fallen asleep!

And yet...here I am. Writing this letter. Living proof that stuck seasons don't last — but strong women do.

Girl, you don't need another pep talk.  
You need a **pull-up**, a **push forward**, and a **reminder of who you are** when circumstances try to make you forget.

**You are not stuck.**  
**You are not broken.**  
**You are not forgotten.**

You are a force that hell is terrified of,  
a miracle still in motion, and a masterpiece in progress.

## Letter from the Author

This book is me reaching back to snatch you forward. It's me refusing to leave you where life knocked you down.

It's me believing in you until you believe in yourself again.

You are still in the fight.

You are still God's best work.

You are still on schedule for greatness.

Now, wipe your eyes. Straighten your crown.

And let's go get everything God promised.

With all my prayers and positivity,

In Purpose,

— Gia



## Table of Content

Introduction: Girl, Get Up! You're Not Stuck	pg. 13
Chapter 1: Sis, You're Not Broken	pg. 17
Chapter 2: Your Feelings Are Valid, But They're Not Facts.	pg. 25
Chapter 3: Faith Over Feelings — When You Can't See It But Have to Believe Anyway	pg. 35
Chapter 4: I'm Snatching You Out of the Pit, Into Your Purpose!	pg. 45
Chapter 5: The Power of One Yes	pg. 55
Chapter 6: Growing Pains — Stretching Into the Woman You're Becoming	pg. 63
Chapter 7: Girl, It's Already In You — Wake It Up!	pg. 71
Chapter 8: New Beginnings — Stepping Boldly Into Your Next Season	pg. 79



## INTRODUCTION

Hey Sis,

First things first — I need for you to breathe.  
I mean it. Right here, right now.  
Inhale all the way down to the deepest part of your chest.  
Hold it.  
Now, let it out slowly through your mouth.

Good.

You made it here. And that's proof you're stronger than you even realize.

I don't know exactly what storm you've been walking through, but if you picked up this book, something in you is tired.

You're praying, but still waiting. You're giving but feeling invisible. And in the quiet of it all, you're wondering if maybe this is just... it.

Can I tell you a secret your best friend might not want to say?  
**You can't stay here...in disappointment, discord, and even in dysfunction.**

And you are definitely not stuck — even if everything around you is screaming otherwise.

I'm not here to preach at you.  
I'm not here to pat you on the head and tell you, "Just pray about it" without offering you real, solid steps.

## INTRODUCTION

I'm here as your sister — the one who loves you too much to let you stay in the state you're in.

I'm here to tell you the truth... and snatch you out if I have to.

Because I've been there.

I've sat in my room, with the covers over my head not wanting to get out of bed. I've cried in the car while pretending to be "good" for everybody else.

I've asked God, "When is it going to be my turn?" And I've questioned if I even had what it took to climb out of the situation I was in.

Sis, I get it.

But I also know this: **Stuck is not your portion.**

Defeat is not your destiny.

You were made for more — and whether you feel it yet or not, **more is already inside of you.**

This book isn't about hyping you up for a few minutes. It's about shifting you — your mind, heart, and soul — back into alignment with who you really are.

The woman you were becoming before life tried to break you. The woman you still are underneath all the disappointment and confusion.

The woman who can get back up.

So, let's be clear before we turn another page:  
This isn't going to be a pity party.

## INTRODUCTION

I'm not here to stroke your wounds.

I'm here to love you, challenge you, and pull you up out of anything trying to bury you.

You're going to feel seen.

You're going to feel stretched.

And by the end of this book — if you lean in — you're going to feel FREE.

Not because everything instantly changes overnight, but because you're finally going to start moving again.

Moving towards healing.

Moving towards growth.

Moving towards purpose.

Girl, get up.

You're not stuck.

You've got way too much inside of you to stay sitting in what hurt you.

And I'm walking right alongside you the whole way.

Turn the page, sis. Let's move!

# Chapter 1

## You're Not Broken

## Chapter 1

# You're Not Broken

### Girl, Pull Up A Seat...

Let's have a real conversation —  
not the cute, surface-level kind.  
I mean the "Girl, I love you too much to let you sit in that mess" kind.

Because if you're anything like me, you've had seasons where it felt like life just kept swinging — and after a while, you stopped trying to bob and weave.  
You just took the hit.

You stopped dreaming.  
You stopped hoping.  
You even stopped praying the way you used to.

Not because you didn't believe anymore,  
but because it hurt too much to keep believing and not seeing anything shift.

So, you started thinking...  
*"Maybe something's wrong with me."*  
*"Maybe I'm the problem."*  
*"Maybe I'm too broken for even God to fix."*

**Girl, listen to me.**  
You are not broken.  
You are bruised.  
You are tired.  
You are battle-tested.

# Chapter 1

## You're Not Broken

But you are not broken.

### **The Night I Almost Quit**

I remember sitting in my car one night, parked outside a motel (homeless), keys still in the ignition, tears sliding down my face so heavy it blurred everything.

I was tired of pretending.

Tired of trying.

Tired of feeling like no matter what I did, I couldn't get ahead.

I gripped the steering wheel so tight my knuckles turned white, and I whispered the words I was almost too scared to say out loud:

*"God... maybe it's just not meant for me to have."*

I didn't need a sermon in that moment.

I didn't need a "God's going to do it" Facebook post.

I needed **truth**.

I needed **presence**.

I needed to remember who I was before the disappointment, before the failures, before the silent heartbreaks.

**And in that moment, I heard it so clear in my spirit:**

*"You're not broken, daughter.*

*You're becoming."*

## Chapter 1

# You're Not Broken

### Wounds Heal, Purpose Doesn't Die

Hear me:  
Your wounds are real.  
I will never tell you to ignore them, suppress them, or "just get over it."

But wounds don't define you.

**What you've been through might have slowed you down — but it didn't cancel your calling.**

The delays you've faced didn't destroy your destiny.  
The betrayal you suffered didn't bankrupt your worth.  
The seasons you thought were wasted are actually seeds waiting for the right time to bloom.

### Brokenness Is Not Your Identity

Sis, if the enemy can convince you that you're broken, he can trick you into sitting down when you're called to stand up.

He can whisper to you:  
*"Don't even try, it won't work."*  
*"Don't start the business, it's a waste of time."*  
*"Don't even pray that prayer, God won't grant it for you."*

**LIES.**

## Chapter 1

# You're Not Broken

You were never called to be broken.  
You were called to be a bridge —  
someone who carries hope across broken places.

The things you've survived?  
They weren't random.  
They were revelations — shaping you, strengthening you,  
setting you up for the very thing you've been praying for.

### **Let's Tell the Truth: It's Heavy**

I'm not minimizing your pain.  
It's heavy, sis.  
It's real.

The sleepless nights.  
The silent tears.  
The moments you had to hype yourself up just to get out of bed.

I see you.

But I also see **the warrior underneath the weight**  
And it's time you see her too.

### **How the Pit Prepares You**

What if the very thing you thought was disqualifying you was  
22

## Chapter 1

### You're Not Broken

actually qualifying you?

What if every cracked place was being filled with something new:

Resilience.

Wisdom.

Courage.

Compassion.

You aren't broken — **you are becoming a powerhouse.**

It's time to stop seeing your story as a graveyard. It's a greenhouse. Everything planted in tears will bloom in due season.

You are not broken.

You are blooming.

### Sister-to-Sister Moment

You don't have to fix yourself before you move. It took an *extremely* long time for me to realize this.

You don't have to be "perfect" before you pivot. You'll never have it all together because there will always be room to grow. You don't have to have all the answers before you trust God again.

Healing doesn't mean you'll never feel the sting.

Healing means you stop letting the sting control your steps.

**Sis, this chapter isn't the whole journey.**

## Chapter 1

# You're Not Broken

**It's just your first step.  
But it's the most important one.**

You're not broken.  
You're a warrior with battle scars — and trust me, beautiful,  
**you wear them well.**

Let's keep moving. There's too much waiting on you to stop now.

Let's keep moving.  
There's too much waiting on you to stop now.

## Chapter 2

# Your Feelings Are Valid, But They're Not Facts

## Chapter 2

# Your Feelings Are Valid, But They're Not Facts

### Let's Get Into It...

Sis, if feelings were facts, a lot of us would be somewhere in the fetal position, still waiting on an apology we're never going to get.

Let's keep it all the way real.

**Your feelings are real.  
But they are not the full reality.**

I'm not here to gaslight you.

I'm not here to tell you, "Just be happy" or "Just pray about it." Because honestly? Some days prayer feels heavy. Some days you don't want to hear another "it's all going to work out."

I'm here to tell you:

**Feelings are messengers, not masters.**

You are allowed to *feel* them.

You are not allowed to be *led* by them.

### The Day I Almost Let My Feelings Wreck Me

I'll never forget a season in my life where everything I touched seemed to fall apart.

Opportunities dried up.  
Friendships got weird.

## Chapter 2

# Your Feelings Are Valid, But They're Not Facts

I lost my job – took the fall for someone else's screw up.  
It felt like a dark cloud was parked over my head.

One afternoon, I laid across my bed, stared at the ceiling, and thought: *"What's the point of even trying anymore?"*

I *felt* forgotten.

I *felt* invisible.

I *felt* like giving up.

If I had let my feelings be the final authority that day,  
**I would have quit on a life that God was still writing.**

Imagine that — aborting a promise because I didn't *feel* like it was happening fast enough. And more importantly I wouldn't be here for you. You're a part of my promise.

### **Feelings Are Temporary, Purpose is Permanent**

One thing about feelings?  
They are quick to change.

- You can feel hopeless in the morning and hopeful by the afternoon.
- You can feel invisible today and recognized tomorrow.
- You can feel unloved this week and adored next week.

But your **purpose**?

## Chapter 2

# Your Feelings Are Valid, But They're Not Facts

Your identity?

Your calling?

**Solid. Fixed. Sealed.**

Your feelings will fluctuate.

Your future will not.

You can't build a solid life on a shaky foundation — and girl, your emotions were never meant to be the blueprint.

### Let's Talk About Emotional Triggers

Here's why it gets so hard sometimes:

We've all got triggers.

Something happens that reminds you of an old hurt — and boom — you're spiraling before you can even catch it.

- Somebody doesn't text back quickly enough?

Now you're unlovable.

- One "no" to a business opportunity?

Now you're a failure.

- One mistake?

Now you're convinced you're a screw-up.

**Lies, lies, lies.**

Your triggers don't tell the truth about your worth.

## Chapter 2

# Your Feelings Are Valid, But They're Not Facts

They tell the truth about where you still need healing.

### **Validating Without Surrendering**

Feelings are not something you have to fight.  
You don't have to stuff them down or act like you're unbothered when you're ready to scream into a pillow.

But you also don't have to hand them the keys to your life.

You can feel discouraged and still take the next step.  
You can feel afraid and still move forward.  
You can feel unworthy and still show up like you know you're chosen.

### **Practical Moment: How To Check Your Feelings**

Before you let a feeling dictate your day, ask yourself:

- Is this feeling based on current truth or past trauma?
- Am I making a permanent decision based on a temporary emotion?
- What would I tell my best friend if she was feeling this way?

Talk to yourself the way you would talk to somebody you love.  
Because you deserve that same tenderness.

## Chapter 2

# Your Feelings Are Valid, But They're Not Facts

### Sis, It's OK To Feel It — But Don't Camp There

You are human.  
You will feel sadness.  
You will feel frustration.  
You will feel loneliness.

But don't build a house in a feeling that was only meant to be a *hotel*.

Feel it, process it, learn from it — and then get moving again. Once I learned to do this, things really began to change in my life, in my perception, and it taught me how to live in the present, not my past.

### Real-Life Analogy: The Storm

Think about a storm.  
It blows in heavy — rain pounding, winds howling, sky dark.

But what happens after every storm?  
Eventually, it moves.

And when it moves, it leaves behind fresher air.  
Greener grass.  
Clearer skies.

Your emotions are the same.  
They might come down heavy,

## Chapter 2

# Your Feelings Are Valid, But They're Not Facts

but **they were never meant to become your climate.**  
The sun always comes back.

### Heart-to-Heart Sister Moment

I'm not here to make you feel guilty for having big emotions.  
I'm here to remind you that your emotions don't have the final word.

You are not weak because you cried.  
You are not broken because you doubted.  
You are not disqualified because you had a bad day.

You are human.  
You are healing.  
You are still moving — even when it feels slow.

And girl, the fact that you're still here, still reading, still trying, makes you a **whole force of nature.**

**Sis, your feelings are valid.**  
**But they are not your reality.**  
**They are not your ceiling.**  
**They are not your identity.**

You get to feel them...but you don't have to be led by them.

**You're stronger than you think.**

## Chapter 2

# Your Feelings Are Valid, But They're Not Facts

You're further than you feel.  
And this story is not over yet.

This story is not over yet.



# Chapter 3

## Faith Over Feelings — When You Can't See It But Have to Believe Anyway

## Chapter 3

# Faith Over Feelings — When You Can't See It But Have to Believe Anyway

### Let's Be Real for a Second...

Faith sounds cute until you're required to use it, right?  
It's easy to say "I trust God" when the money is flowing, the doors are opening, the friends are clapping, and the wins are stacking.

But what about when everything is silent?  
When the only thing stacking up seems to be bills, unanswered prayers, and closed doors?

That's when **real faith** shows up —  
Not the Instagram caption faith.  
Not the Sunday service faith.

**I'm talking about the snotty nose, teary-eyed, "God, I'm trusting you even though it looks nothing like what you promised" kind of faith – "I'm scared out of my mind" kind of faith.**

### Faith Is Not a Feeling

If you're waiting to "feel" like believing, you might wait forever.

Because guess what?

- Faith isn't a vibe.

## Chapter 3

# Faith Over Feelings — When You Can't See It But Have to Believe Anyway

- Faith isn't goosebumps.
- Faith isn't having it all figured out — I'd dare to say if you had it all figured out there would be no room for faith.

**Faith is a decision.**

**Faith is a muscle.**

**Faith is an action.**

And sometimes, it looks like moving forward while your heart is still trembling in your chest.

### When You're Blind But Still Walking

I remember a season when God told me to leave something that was comfortable but toxic.

It wasn't an overnight decision — it was messy.

It was painful.

I couldn't see what was next.

There were no angel choirs singing.

No "this is the next step" email.

Just silence.

And fear.

And if I'm being honest? A lot of doubt.

But deep, deep down, something (or should I say Someone) kept whispering, "*Trust Me anyway.*"

## Chapter 3

# Faith Over Feelings — When You Can't See It But Have to Believe Anyway

And sis, listen to me:  
**Obedience isn't about understanding.**  
**It's about trusting the One who has the master plan.**

### **Faith Will Feel Like Free Falling Sometimes**

You know those movies where someone jumps out of a plane and they're falling through the sky — screaming, kicking, looking crazy — until the parachute finally pops open?

That's what real faith feels like sometimes.

It feels like you're out here free falling, yanking on the cord and the parachute just won't open and then panic kicks in. You start wondering if you heard God right, wondering if you made a mistake, wondering if you're about to crash land in front of everybody.

But the thing about God is:  
**His parachutes never fail.**

It might open later than you want it to...  
but it always opens right on time.

### **Why Feelings Will Trip You Up if You Let Them**

## Chapter 3

# Faith Over Feelings — When You Can't See It But Have to Believe Anyway

Your feelings will tell you:

- "It's too late for you."
- "You messed up."
- "Nothing's happening."
- "Everybody else is winning but you."

And if you listen long enough, you'll start to agree.

**But faith says:**

- "It's not too late. God redeems time."
- "Although you messed up. You're exactly who God can use."
- "Even when I don't see it, God is still working."

Your faith must talk louder than your feelings.  
Even if your faith is whispering at first —  
a whisper of faith is still louder than a shout of fear.

**Sis, Faith is a Fight**

Don't let anybody lie to you and say walking by faith is cute and easy.

**Faith is a street fight.**

You wake up swinging.  
You wake up declaring.

## Chapter 3

# Faith Over Feelings — When You Can't See It But Have to Believe Anyway

You wake up pushing back every lie hell tries to throw at you.

Some days, you'll feel strong.  
Other days, you'll feel like crawling.

**But crawl if you must — just don't quit.**

**Let's Break It Down: How to Walk by Faith When You Feel Nothing**

**Step 1:** Speak what you don't see yet.  
Even if you're trembling. Speak life.

**Step 2:** Move in the direction of the promise.  
Start the business. Write the plan. Go to the event. Show up for yourself.

**Step 3:** Expect emotions to swing — but don't let them drive.  
You might feel doubt, but that

**Step 4:** Celebrate tiny victories.  
That prayer you managed to whisper through tears? That was a win.  
That step you took even though you were scared? Another win.

**Testimony Moment**

## Chapter 3

### Faith Over Feelings — When You Can't See It But Have to Believe Anyway

I've seen it too many times —  
The moment you choose faith when feelings scream "quit,"  
something in the spirit realm shifts.

Heaven takes notice.

God honors faith moves.  
He doesn't need you to be perfect — just willing.  
He doesn't need you to have it all together — just obedient.

Sometimes, the *miracle* happens after the *move*.

### You're Further Than You Feel

I know it feels like you're still stuck.  
Still circling.  
Still waiting.

But you're moving more than you think.

- Every time you trust when you want to doubt. Progress.
- Every time you worship when you want to weep. Growth.
- Every time you show up when you feel unseen.

Breakthrough brewing.

Faith isn't loud and flashy.  
Faith is quiet and stubborn.

## Chapter 3

# Faith Over Feelings — When You Can't See It But Have to Believe Anyway

And child, you're stubborn in the right direction.

Sis, feelings will flip on you in a heartbeat.

Faith is your foundation.

Faith is your fuel.

Faith is your future.

You're not crazy for trusting when you can't trace the outcome.

You're not weak for believing with tears in your eyes.

You're a fighter.

You're a finisher.

You're a faith-walker.

And God is walking with you every shaky, scared, beautiful step of the way.

C'mon sis...keep moving.



# Chapter 4

## I'm Snatching You Out of the Pit, Into Your Purpose!

## Chapter 4

# I'm Snatching You Out of the Pit, Into Your Purpose!

### Listen, Sis...

Enough is enough.

I'm not asking anymore.

I'm snatching you — yes, snatching you — out of this pit you've been camped in for too long.

- The pit of fear.
- The pit of excuses.
- The pit of overthinking.
- The pit of playing small.
- The pit of "I'm waiting on a sign" when God's been telling you to move.

I see you.

I love you.

And I refuse to let you stay buried alive (feeling like you're suffocating).

### The Pit Was Never Your Final Destination

The pit feels comfortable after a while, doesn't it?

It becomes familiar to you and where thoughts may tell you this is where you'll always be!

You get used to low expectations.

You get cozy with procrastination.

You decorate your disappointment like its home.

## Chapter 4

# I'm Snatching You Out of the Pit, Into Your Purpose!

**But let me tell you something:  
Comfort can kill your calling if you let it.**

You were created for more than survival mode.  
You were created for more than just “getting by.”  
You were created for impact, purpose, and power.

You are not staying in this pit.  
Not on my watch.  
Not today.  
Not ever again.

### **It's Time to Break Up With the Pit**

You're going to have to decide right now:

Are you married to the pit or engaged to your purpose?  
Because you can't have both.

One requires your excuses.  
One requires your yes.

One lets you stay comfortable.  
One demands you be courageous.

**You can cry about it, but you still got to climb.  
You can be scared, but you still got to move.  
You can be unsure, but you still got to trust.**

## Chapter 4

# I'm Snatching You Out of the Pit, Into Your Purpose!

**Today is eviction day.  
The pit's lease is up.  
You're moving OUT.**

### **The Truth About Why You're Stuck**

You're not stuck because you're incapable.  
You're not stuck because you're unqualified.  
You're not stuck because you're cursed. I'll say this again.  
You're not stuck because you're cursed.

**You're stuck because somewhere deep down,  
you believed the pit was safer than the climb.**

Safe from disappointment.  
Safe from failure.  
Safe from rejection.

But guess what?

**You're not safe in the pit.  
You're suffocating there!**

Dreams don't grow in dirt they were never meant to stay  
buried in.

### **Sister-to-Sister Moment: I've Been There**

## Chapter 4

# I'm Snatching You Out of the Pit, Into Your Purpose!

I know what it's like to feel paralyzed.

I know what it's like to be sick of yourself.

Sick of starting and stopping.

Sick of seeing everybody else level up while you feel like you're sinking deeper.

**I'm not here judging you — I'm here because I *was* you.**

I know the nights where you pray for a breakthrough but wake up still feeling broken.

I know what it's like to post the happy selfie but cry yourself to sleep.

I know the war between wanting to believe and wanting to give up.

But hear me:

**You can't climb out of the pit by staying silent.**

**You can't climb out of the pit by waiting on perfect timing.**

**You climb by deciding: "This is the last day I live beneath what God promised me" — and don't be surprised when hell talks back to you, just keep climbing!**

### **You Are Equipped for the Climb**

You don't need another confirmation.

You don't need another prophecy.

## Chapter 4

# I'm Snatching You Out of the Pit, Into Your Purpose!

You don't need another sign.

**You've already got everything you need inside you.**

- Every prayer you prayed.
- Every tear you cried.
- Every lonely night you survived.

They were building your muscle.  
They were sharpening your edge.  
They were stretching your faith.

**You're stronger than you feel.  
You're further than you think.  
You're readier than you know.**

### **It's Not Too Late for You**

Sis, let me knock this lie out of your head right now:

**You are not too old.  
You are not too young  
You are not too far gone.  
You are not too broken.**

God specializes in "late bloomers no matter your age."  
He does His best work when people count you out.

## Chapter 4

# I'm Snatching You Out of the Pit, Into Your Purpose!

It doesn't matter if you feel like you're starting at the bottom.  
**Your purpose is still valid.**  
**Your destiny is still intact.**  
**Your story is still powerful.**

### Sister Analogy: The Stuck Car

Imagine your life is like a car stuck in the mud.  
The wheels are spinning.  
You're pressing the gas.  
You're burning energy.  
But you're not going anywhere.

You know why?  
Because sometimes, spinning in circles feels easier than  
getting out, getting messy, and pushing yourself forward.

But listen —  
You don't get unstuck by wishing.  
You get unstuck by **fighting your way out.**

Yes, it's going to get messy.  
Yes, you might slip a few times.  
Yes, it might feel ugly before it looks pretty.

But motion beats misery every single time.

## Chapter 4

# I'm Snatching You Out of the Pit, Into Your Purpose!

### **Heart-to-Heart: I'm Pulling For You**

I'm standing at the top of this pit – not on the mountain top, yelling down to you:

**"Girl, GET UP!  
I'm not leaving you here.  
I'm not letting you die here.  
I'm not letting you talk yourself out of your own destiny."**

You can cuss me out if you want.  
You can be mad at me for pushing you.  
You can feel every ounce of fear, but guess what?

**I'm still snatching you.**

Because God didn't put all that oil on your life for you to waste it crying over what didn't happen.  
There's still a YES over your life.  
There's still a door with your name on it.  
There's still territory with your footprint waiting to claim it.

**Sis, I'm snatching you because your future is too important.  
I'm snatching you because your purpose is too urgent.  
I'm snatching you because God has too much planned for you.**

No more pit-dwelling.

## Chapter 4

# I'm Snatching You Out of the Pit, Into Your Purpose!

No more playing small.  
No more staying stuck.

You are getting UP.  
You are climbing OUT.  
You are walking INTO your PURPOSE.

### Testimony Moment:

One of my favorite songs that I played repeatedly when I was going through all this is "Yes" by Karen Clark-Sheard on the "Still Karen" project — and it would break me down every time. I remember when I first heard the song — the "Still Karen" project had just been released and I had not had an opportunity to listen to it. I was sitting at my desk one Saturday, working on a creative project and all of a sudden I felt like I couldn't breathe. I needed God to ascend from Heaven and come see about His child. I picked up my phone to look for something and accidentally, at least that's what I thought at the time, pressed my apple music app and that song appeared. Karen Clark-Sheard is my all-time favorite artist so of course I stopped to listen. I found myself absolutely balling - like yes, yes, that's absolutely it. I cried out, "That's all I need Lord, is just one yes!" Over time this song had rekindled my hope that I could obtain a yes from the Lord that would catapult me right into my destiny. I pray the song "Yes" blesses your soul.

Let's go, beautiful — because Chapter 5?  
"The Power of One Yes" is about to show you how  
one little move can change everything

## Chapter 5

# The Power of One Yes

## Chapter 5

### The Power of One Yes

#### Sis, Everything Can Change With One Word

**Yes.**

Three letters.

One syllable.

And yet, it can unlock a **completely different future**.

One "yes" can flip your story from waiting to winning.

One "yes" can move you from wandering to walking in destiny.

One "yes" can take you from fear to full-out faith moves.

**You don't need to know every step.**

**You just need to say yes to the next one.**

#### Why the Enemy Fights Your "Yes" So Hard

If you've been feeling extra tired, extra confused, extra attacked lately — it's not because you're weak.

It's because hell knows **you're one yes away** from changing the whole game.

- Your "yes" to healing? Scares hell.
- Your "yes" to starting again? Shakes hell.
- Your "yes" to finally believing you're enough? Wrecks hell's whole operation.

## Chapter 5

### The Power of One Yes

**The attack against you isn't about where you are — it's about where your next yes will take you."**

That's why it's been feeling heavier.  
That's why the warfare has been louder.

**It's proof you're closer than you think.**

**Your "Yes" Doesn't Have to Be Perfect — Just Real**

You don't have to have perfect faith.  
You don't have to have a perfect plan.  
**You just have to mean it.**

You know how you can say "yes" even when your voice is shaking?  
You know how you can say "yes" even while you're still scared out of your mind?

That's the yes that heaven moves for.  
That's the yes that activates divine setups you can't even see yet.

**Real yes moves mountains.**  
**Real yes unlocks miracles.**  
**Real yes changes bloodlines.**

**Sister-to-Sister Moment: My Sloppy, Scared "Yes"**

## Chapter 5

### The Power of One Yes

Listen, when I said "yes" to stepping into my purpose for real,  
it wasn't cute.

I wasn't standing on a mountaintop singing worship songs.  
I wasn't floating on air feeling brave.

I was broken.  
I was broke.  
I was scared.

But deep down, I knew if I didn't say yes right then, I was going to die with my dreams still inside me. And that thought scared me more than failure ever could.

So, I said yes.  
Ugly cry and all.  
With trembling hands and a racing heart.

And guess what?

**God caught me.**  
**God carried me.**  
**God multiplied what little bit I had.**

### **What Happens After You Say "Yes"**

Let me warn you:  
Saying yes doesn't mean the road suddenly becomes smooth.

## Chapter 5

### The Power of One Yes

It means:

- You'll have to say yes again when you're tired.
- You'll have to say yes again when fear tries to creep back.
- You'll have to say yes again when your old mindset tries to pull you back to the pit.

But here's the beautiful thing:

**Every yes builds momentum.**

**Every yes builds confidence.**

**Every yes builds you.**

One yes today becomes two yesses tomorrow.

Ten yesses next month.

A lifestyle of yes before you know it.

### **Real Talk: You're Already Saying Yes to Something**

Sis, whether you realize it or not, you're already saying yes, every day.

- Saying yes to fear?
- Saying yes to excuses?
- Saying yes to distractions?

Or...

- Saying yes to purpose?

## Chapter 5

### The Power of One Yes

- Saying yes to growth?
- Saying yes to being who God called you to be?

**Silence is still an answer.**

**Delay is still an answer.**

**Comfort is still an answer.**

You get to choose what you say yes to.

And today, we're flipping that yes toward heaven.

### Faith Steps: How to Activate Your Yes

#### **Step 1: Stop waiting to feel ready.**

You'll never feel "ready" enough for a God-sized dream.

#### **Step 2: Decide what you're saying yes to.**

Get clear.

Write it down.

Declare it.

Example:

*"I'm saying YES to launching my business this year."*

*"I'm saying YES to prioritizing my healing."*

*"I'm saying YES to putting myself in rooms where growth happens."*

#### **Step 3: Start before, you're sure.**

Take the first little action step.

Send the email.

## Chapter 5

### The Power of One Yes

Make the call.  
Write the first page.

#### **Heart-to-Heart: Your Yes Will Set You Free**

You think you're waiting on a breakthrough, but sometimes...  
**the breakthrough is waiting on you.**

Waiting on your yes.  
Waiting on your move.  
Waiting on your courage.

And let me tell you something:  
**The freedom, the favor, the future you've been praying for  
is locked behind that yes.**

It's not about being fearless.  
It's about being willing.

**Sis don't underestimate the power packed inside your yes.  
Don't you dare downplay what heaven can do with your  
willingness.  
You are one yes away from a whole new season.**

Say yes scared.  
Say yes tired.  
Say yes unsure.

Say yes to what lies ahead, let's keep moving!

# Chapter 6

## Growing Pains — Stretching Into the Woman You're Becoming

## Chapter 6

# Growing Pains — Stretching Into the Woman You're Becoming

### **Girl, Growth Hurts Sometimes — And That's Okay**

Let's get one thing straight:

**Growing is beautiful...  
but growing also HURTS.**

We romanticize transformation like it's going to be all butterflies and "glow up" posts.

But real growth?

**It stretches you.  
It strips you.  
It shakes you.**

And sometimes it leaves you crying on your kitchen floor asking God,

*"Is this what I prayed for?"*

**The pain is proof you're moving.  
The stretch is proof you're evolving.  
The discomfort is proof you're no longer stuck.**

### **You're Not Broken — You're Being Built**

When you're in the middle of a stretch, it's easy to think:

- "Maybe I'm doing something wrong."

## Chapter 6

# Growing Pains — Stretching Into the Woman You're Becoming

- "Maybe I'm not cut out for this."
- "Maybe I should just quit."

**NO, sis.**

**You're not breaking down —  
you're being broken open.**

That heaviness you feel?  
That's the old version of you dying off.

That fear you feel?  
That's the old limits cracking wide open.

**You're not crumbling —  
you're becoming.**

### **Sister Analogy: Stretching New Shoes**

You ever buy a new pair of bossed-up heels?

Girl, they're cute **but PAINFUL** the first few wears, right?  
You wobble, you wonder why you ever bought them.  
But the more you wear them, the more they mold to your feet.  
The more they stretch, the more comfortable they become.

**Purpose is like that.**

At first, it's tight.

## Chapter 6

# Growing Pains — Stretching Into the Woman You're Becoming

It's uncomfortable.  
It feels unnatural.

But give it some steps.  
Give it some time.  
**And you'll start walking in it like it was custom-made for you — because it WAS.**

### Stretching Requires Shedding

**You can't stretch into new without shedding old.**

**Period.**

- Old mindsets got to go.
- Old habits got to go.
- Old circles might have to go.
- Old self-sabotage definitely got to go.

**Stretching and shedding are twins.  
You can't do one without the other.**

Sis, some stuff is going to fall off when you grow.  
Let it.

Some people won't recognize you when you grow.  
That's okay.

**You're not growing for them — you're growing for the assignment on your life.**

## Chapter 6

# Growing Pains — Stretching Into the Woman You're Becoming

### **Real Talk: The Silent Seasons Will Stretch You the Most**

The loud victories are cute for Instagram.  
But the silent seasons are where the real growth happens.

- When nobody's clapping.
- When nobody's checking for you.
- God is not speaking
- When you feel overlooked, undervalued, and unseen.

**That's where God does His best work in you.**

He's stretching your patience.  
He's stretching your trust.  
He's stretching your faith.

Because sis — when you finally step into your new season,  
you're going to need ALL that stretch to sustain it.

### **Sister Moment: I Almost Gave Up Mid-Stretch**

I'm not even going to lie to you.

There was a season not long ago when the stretch felt so violent, so exhausting, so lonely — I almost threw in the towel.

I thought maybe it wasn't meant for me.

## Chapter 6

### Growing Pains — Stretching Into the Woman You're Becoming

Maybe I misheard God.  
Maybe I was dreaming too big.

**But deep down, I knew:  
If I gave up mid-stretch, I would never meet the woman I  
was becoming. I would never receive the Promise.**

And child, *meeting* her was worth every tear.  
Every lonely night.

Every "no" that turned into a setup for a better "yes."

**Don't quit in the stretch.  
The new you is depending on it.**

### Heart-to-Heart: Growing Pains Are Temporary — But Glory Is Forever

This pain you're feeling.

**It's not punishment.  
It's preparation.**

This season you're enduring.

**It's not forever.  
It's forming you.**

One day you'll look back and realize:

## Chapter 6

### Growing Pains — Stretching Into the Woman You're Becoming

- That pressure made you powerful.
- That stretch made you steady.
- That pain produced perseverance.

You're not just growing for now —  
you're growing for the generations after you.

Your future self is going to be so proud you didn't quit.

Sis, you are stretching into the woman you prayed for.  
You are stretching into the leader, the builder, the  
breakthrough your family's been waiting on.

Stay in the stretch.

Stay in the fight.

Stay on the journey.

Because you're not growing just for a glow-up —  
you're growing for God's glory.

And when He finishes with you?

Whew, sis.

The world won't even recognize the masterpiece He made  
out of you.

Let the stretching continue, now turn the page.

Chapter 7  
Girl, It's Already In You —  
Wake It Up!

## Chapter 7

# Girl, It's Already In You — Wake It Up!

**Sis, You're Not Waiting on a Blessing — You're Carrying One**

Let's clear this up right now:

**You're not empty.**

**You're not starting from scratch.**

**You're not some project God forgot about.**

You are PACKED with purpose.

**Right now.**

**Today.**

**As you read this.**

The dreams, the ideas, the strength, the anointing —  
**it's already in you.**

You're not chasing greatness.

You're carrying it.

You just have to WAKE IT UP.

**Stop waiting.**

**Start walking.**

**Sister Talk: What You're Looking For Is Locked Inside You**

Let's get brutally honest:

## Chapter 7

# Girl, It's Already In You — Wake It Up!

You don't need another validation session.

You don't need another "someday."

**You need to trust what's already sitting inside your belly.**

That instinct?

That fire?

That nagging feeling that you were made for more?

**It's not arrogance.**

**It's an alarm clock.**

God planted gifts in you before you even had a name.

And He's been nudging you to *wake up* and *walk in* it ever since.

**You're not crazy.**

**You're not delusional.**

**You're called.**

### **Why You Feel Unqualified (And Why It Doesn't Matter)**

Here's the kicker:

**The calling on your life is bigger than your comfort zone — because it's not supposed to be about your comfort.**

You feel unqualified because you ARE — in your own strength.

## Chapter 7

# Girl, It's Already In You — Wake It Up!

But the anointing?  
The grace?  
The backing of heaven?

**That's what qualifies you.**

God doesn't call the qualified.  
He qualifies the called.

So yeah, you might feel:

- Underprepared.
- Overwhelmed.
- Outnumbered.

Perfect.

That means you're right where He wants you.  
Right on the edge of a miracle move.

### **Sister Moment: I Woke Up Mid-Failure**

Let me speak truth to power:

I didn't "wake up" when everything was going right.

I woke up when:

- I was flat broke.

## Chapter 7

# Girl, It's Already In You — Wake It Up!

- I had lost my confidence.
- I was questioning my whole existence.

It was at my lowest —  
when I felt the least qualified —  
that God whispered:

*"You're still the one I chose.  
You're still the one I called.  
You're still carrying glory, even in your brokenness."*

And sis, so are you.

### Real Talk: Your Excuses Expire Today

I love you, but I got to say it:

**Enough with the excuses.**

- "I'm too old."
- "I'm too young."
- "I don't have the right background."
- "I've messed up too much."
- "Nobody's supporting me."

Listen to me:  
**Purpose doesn't check resumes.**  
**Destiny doesn't care about your past.**

## Chapter 7

# Girl, It's Already In You — Wake It Up!

Heaven is still backing you.

But excuses?

**Excuses will rob you blind if you let them.**

**You have too much power on your life to stay sleeping.**

### **Heart-to-Heart: Wake Up What's Already Yours**

You're not waiting on a mysterious moment.

You're not waiting on some perfect opportunity to fall into your lap.

You're waiting on you.

You are the answer to somebody's prayer.

You are the solution to somebody's need.

You are the voice, the light, the breakthrough somebody's been crying out for.

And every minute you stay asleep?  
Somebody stays stuck.

It's bigger than you, sis.

It's bigger than fear. **It's bigger than opinions.**

**WAKE. IT. UP.**

**Sis, you are not empty.**

## Chapter 7

# Girl, It's Already In You — Wake It Up!

**You are not forgotten.**

**You are not a mistake.**

**You are packed, loaded, and destined for greatness.**

**And today?**

**Today, we WAKE IT UP.**

Now let's keep going with your beautiful woke self.

# Chapter 8

## New Beginnings — Stepping Boldly Into Your Next Season

## Chapter 8

# New Beginnings — Stepping Boldly Into Your Next Season

**Sis, The Old Season Is Over — Period.**

I need you to hear me with your whole heart:

**You're not who you used to be.**

**You don't live where you used to live — mentally,  
emotionally, nor spiritually.**

**You don't move the way you used to move.**

**Your old season has officially expired.**

And guess what?

**You survived it.**

Every trial.

Every heartbreak.

Every setback that thought it would bury you — you *outlived it*.

**Now it's time to step into the NEW.**

Not tiptoe.

Not apologize.

**STEP.**

**BOLDLY.**

**You're Not an Impostor — You're an Heir**

Let me snatch that impostor syndrome out your spirit quickly:

## Chapter 8

# New Beginnings — Stepping Boldly Into Your Next Season

**You belong here.** I heard a message a few years ago, by Kierra Sheard-Kelly, “I Do Belong Here” and it woke something in me. It allowed me to see the possibility that I could go after a seat at the table.

Every door God is about to open for you?  
It's not a favor — it's a fulfillment.

Every opportunity coming your way?  
It's not luck — it's legacy.

**You're an heir.**  
**You're royalty.**  
**You're a daughter of the King.**

You don't have to shrink back. This was a struggle for me until I realized I did not owe anyone an apology for being gifted and allowing my gifts to make room for me.  
You don't have to second-guess yourself.

**You are stepping into rooms already prepared for you.**  
**Your name has been whispered in spaces you haven't even entered yet.**

Walk in with your head held HIGH.  
Walk in like you know you're supposed to be there — because you ARE.

## Chapter 8

# New Beginnings — Stepping Boldly Into Your Next Season

### **Sister-to-Sister Moment: The First Step is the Hardest**

Let me tell you something:

When it was time for me to step into my next season, I almost missed it.

Not because I wasn't ready — but because I was scared.

- Scared of messing up.
- Scared of looking foolish.
- Scared of continuing and not seeing the manifestation of success.

**Fear tried to paralyze me at the finish line.**

But one day, I realized:

**If God already gave me the green light,  
why was I still acting like I needed permission?**

*Sis, you don't need permission to shine.*

You don't need to wait for anyone to approve your move.

**You just need to TAKE THE FIRST STEP.**

**New Season = New Mindset**

You can't walk into a new season with an old mind.

## Chapter 8

# New Beginnings — Stepping Boldly Into Your Next Season

That's like trying to pour new wine into old wineskins — it's going to BURST.

**This season requires:**

- New vision
- New discipline
- New declarations
- New boundaries
- New boldness

**You can't bring "little girl" thinking into a grown woman's blessing.**

You got to think higher.  
Believe bigger.  
Move smarter.

You're not just living day-to-day anymore.  
You're building legacy now.

**Heart-to-Heart: God's Been Waiting on You**

You thought you were waiting on the right time, the right resources, the right support.

But what if I told you:

**Heaven's been waiting on YOU?**

## Chapter 8

# New Beginnings — Stepping Boldly Into Your Next Season

Waiting on you to:

- Decide.
- Commit.
- Move.

Waiting on you to trust that what He put in you is ENOUGH to start.

Sis, you don't have to have it all figured out to be faithful.

You don't have to know every step to start walking.

**Obedience unlocks overflow.**  
**Movement attracts miracles.**

The first step is yours.  
The favor?  
That's His.

### Don't Just Step In — Take Over

Listen closely:

**This next season isn't about just "showing up."**  
**It's about TAKING OVER.**

- Taking over mindsets.

## Chapter 8

# New Beginnings — Stepping Boldly Into Your Next Season

- Taking over industries.
- Taking over generational curses and breaking them at the root.
- Taking over spaces where your voice, your gifts, and your anointing are needed.

**You are a disruptor.  
A trailblazer.  
A curse-breaker.**

You're not coming to blend in — you're coming to TAKE OVER.

### **Sister Challenge: Who You Need to Become**

New beginnings aren't just about new blessings — they're about becoming a new version of YOU.

Ask yourself:

- Who do I need to become to steward this next season?
- What habits need to change?
- What fears do I need to confront?
- What bold moves do I need to make, even if my voice shakes?

**Because sis, you can't take baby steps into a destiny that requires BOLD strides.**

## Chapter 8

# New Beginnings — Stepping Boldly Into Your Next Season

**This is your metamorphosis moment.**

The caterpillar season is over.  
It's time to spread those wings and FLY.

**Sis, this is your new beginning.**  
**This is your launch season.**  
**This is your breakout moment.**

**The pit tried it.**  
**The fear tried it.**  
**The pain tried it.**

But guess what?

**They lost.**  
**You WON.**

Now, go step into your next chapter like the giant slayer you are.

**Heaven is cheering.**  
**I'm cheering.**  
**Your future is waiting.**

**Girl, GET UP — and take what's already yours.**

## **Congratulations, Sis — You Got Up!**

You didn't just read through these pages —  
you showed up.

You listened.

You answered the call to **become**.

Listen to me, because I mean this from the bottom of my heart:

**This was not just a book.**

**This is a new way of living.**

A holy reminder that you are NOT stuck.

You are NOT broken.

You are **becoming** the woman you were always meant to be.

You are bold.

You are capable.

You are necessary for this world.

And now? It's time to KEEP MOVING.

## *Final Blessing*

*"I pray that you walk so boldly in your purpose that fear has no seat at your table.*

*I pray that every gift inside you wakes up and refuses to go back to sleep.*

*I pray that the next season you step into is bigger, braver, and blessed beyond anything you imagined."*

***Girl, get up... and GO. We're all rooting for you.***

*Hope always,  
Your Sister in Purpose,  
— Gia*

## Stay Connected!

This journey doesn't stop here —  
let's keep growing, healing, and hustling together!

Instagram: @IamGiaBlessings

Facebook: [www.facebook.com/IamGiaBlessings](https://www.facebook.com/IamGiaBlessings)

"Be the first to know about new books, resources, and exclusive encouragement!" subscribe to our email list, at: [www.giablessings.com](http://www.giablessings.com)

**Tag me when you're reading!**

Use the hashtag: #GirlGetUp I'd love to cheer you on personally.

Let's keep building, believing, and BOSSING UP together!





# Girl, Get Up! You're Not *Stuck*

Sis, it's time to snap out of it.

Not because you're weak —

but because you're stronger than you know.

Girl, Get Up! You're Not Stuck is your straight-up,  
heart-to-heart wake-up call.

Written with that best friend energy and big sister push,  
this isn't another pep talk — it's a powerful pull into your  
next chapter.

Through honest storytelling, real-life breakthroughs, and  
soul-snatching encouragement, you'll be reminded:

- ✓ You're not broken — you're becoming.
- ✓ Your feelings are valid — but they're not facts.

✓ You already have what it takes — it's time to wake it up.  
If you're tired of pity parties, tired of replaying the same  
frustrations, and ready to finally move, this book is the  
push you've been praying for.

No more being stuck.

No more doubting yourself.

No more delaying destiny.

Girl, get up!

Your purpose is too big to stay small.