

5 Healing Confessions

From the heart of **The Winning Woman** by Toyin Bami-Daramola, these confessions are crafted to lead women into intentional healing, restoration, and identity realignment. Take a moment. Breathe. Speak these aloud. And let the healing begin.

1. I am not too broken to begin again. God is rebuilding me.

No matter the mistake, the heartbreak, or the loss - this is not the end. You are not discarded. You are under divine construction. Speak this over your soul every time shame tries to lie to you. God specializes in rebuilding broken things, and your life is His canvas.

2. I forgive myself. My past no longer defines my future.

Forgiveness is not just for others. It's for you too. Let go of the guilt. You are not the sum of your errors - you are the daughter of a merciful Father. Healing begins when you stop punishing yourself and start partnering with grace.

3. I am healing with intention and walking in power.

Healing is not passive - it's a decision. Daily. Hourly. With every boundary you set and every truth you declare, you reclaim your voice. Let your healing be loud, bold, and unapologetic. This is your power season.

4. My scars are now stories. My wounds now wisdom.

You're not just surviving - you're gathering wisdom. Every scar carries a lesson. Every wound, a witness. Don't hide your story; share it. Because what once hurt you may now heal someone else through your voice.

5. I am becoming a Winning Woman - day by day, by grace.

You don't have to rush. You don't have to prove anything. You are already becoming her - the healed, whole, powerful version of you. Let grace do its work. Trust the process. You are becoming, and that's enough.

Ready to go deeper in your healing journey?

Get your full copy of **The Winning Woman** by Toyin Bami-Daramola today and continue this journey with confessions, prayers, reflection points and real-life guidance.

<https://thewinningwoman.netlify.app/>

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