

THE SECRETS OF AN ANGEL

BECOMING

Stepping into Who You Are



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The Journey of Self-Discovery

*Your journey is your own.
Each step brings you closer
to the person you are meant to be.*

A Lifelong Journey of Transformation

In **BECOMING** — *Stepping into Who You Are*, the journey deepens as you begin aligning with the person you are becoming and releasing the false identity shaped by fear, doubt, and past wounds. With growing awareness and trust, you start letting go of who you thought you needed to be and begin accepting who you already are.

This book invites you to step forward with confidence—guided by the inner voice you have learned to hear and the strength you have learned to trust.

BECOMING is not about perfection or finally “arriving.” It is about living your values, growth, and self-belief again and again.

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Chapter 1

The Moment of Becoming



The shift from listening and trusting to living—when inner knowing asks to become part of how you live.

There are moments in life when something quiet inside you begins to change.

It doesn't always happen loudly. There is rarely an obvious announcement that says, *"This is the moment everything changes."*

More often, it feels subtle.

A thought lingers longer than usual.

A feeling keeps returning.

A small voice inside you gently asks, *"Is this really who I am?"*

Up until this point in your journey, you may have been learning how to **listen** to your inner voice and **trust** the strength within you.

Listening helps you notice what feels true. Trusting helps you believe that your inner voice matters.

But becoming asks for something more.

It asks you to **live from that voice**.

This shift can feel both exciting and uncertain. When you begin to live from your inner steadiness, you might start making choices that reflect who you really are—not just who others expect you to be.

That can feel new.

Sometimes becoming begins when you decide to speak honestly instead of staying quiet. Sometimes it begins when you try something that feels meaningful to you, even if others do not fully understand it.

These moments may seem small at first, but they often mark the beginning of something important.

These are moments when you start trusting your ability to figure things out.

Becoming is not about suddenly having everything figured out. It is not about getting every decision right.

It is about noticing what feels true and allowing that truth to gently guide the way you live.

You may still question things.

You may still make mistakes.

That is part of the process.

Becoming is not a single moment.

It is a series of small shifts that happen over time. Each shift helps you move a little closer to the person you are growing into.

Story: The Feeling of Not Quite

Fitting In

Logan tightened the straps on his backpack, feeling the familiar weight of anxiety settle in his chest. The hallway buzzed with laughter, lockers slamming, and the squeak of sneakers against the hallway tiles. Everywhere Logan looked, everyone seemed to know exactly where they belonged, what they were supposed

to say, what music to like, what jokes to laugh at.

Logan adjusted his hoodie and took a slow breath. *Just blend in. No mistakes.*

But blending in felt... impossible.

At first, Logan tried to act like everyone else smiling at the right moments, laughing when everyone else laughed, nodding along to inside jokes he didn't quite get. He even pulled his backpack strap tighter, as if holding himself together physically could fix the ache of feeling invisible.

At lunch, Logan slid into a booth with some classmates. They talked about the latest TikTok trend, but Logan didn't know what it was. A flicker of panic rose. *Everyone will notice. They'll think I'm weird.*

So, Logan laughed anyway, a little too loud, a little too late. Heads turned. A snicker. "What's so funny?" someone asked, raising an eyebrow. Logan swallowed and mumbled something

that sounded vaguely clever. *Close enough*, he thought.

Walking to his next class, Logan caught a glimpse of his reflection in the glass of a trophy case. For a moment, he paused. Who was staring back? The face looked familiar, but also... distant. Like a stranger wearing his skin.

Logan wondered—*Is that really me? Or just a version of me that everyone else can accept?*

A small voice inside whispered, barely loud enough to hear: *What do you really feel? What do you really want?*

Logan shook his head. Ignore it. That voice is dangerous. Dangerous because it might reveal that the mask is fake. Dangerous because it might make him stand out.

But it lingered, like the faint ringing of a bell. Deep down, Logan knew something had to change.

Today was the first day of the school year. And for the first time, Logan realized that the year ahead wasn't just about classes, homework, or

making friends. It was about figuring out who he was—beyond the laughter, the trends, and the masks.

The hallway stretched ahead, crowded and noisy. Somewhere in that chaos, Logan knew there was a version of himself waiting—not for approval, not for attention, but simply to exist. And maybe, just maybe, it was time to start noticing that version of himself.

Reflection:

Take a moment to notice your thoughts without judging them.

Think about a recent situation where you paused and wondered what felt right for you. What did you notice at that moment?

When do you feel most like yourself?

What activities, conversations, or environments help that feeling appear?

Are there moments when you notice yourself agreeing with others before checking in with how you feel?

What does your inner voice usually sound like when it is guiding you toward something that feels right?

There are no perfect answers to these questions. The goal is simply to **notice** what you observe.

Try this:

A small, practical step you can experiment with this week.

For the next few days, try practicing a **simple pause** before making a small decision.

It might be something like

- Choosing how to spend your free time
- Deciding whether to join an activity

- Responding when someone asks your opinion

Before answering, take one quiet breath and ask yourself:

What feels true for me right now?

You do not have to explain your answer to anyone else. This is simply a way to practice listening to yourself.

Even small pauses can help you notice your own voice more clearly.

Key Point:

Becoming often begins in small, quiet moments when you choose to live in a way that reflects what feels right to you.

Those moments may seem simple, but each one helps shape the person you are becoming.

Continue the Journey

What you just read is only the beginning.

The journey of discovering your voice, trusting your strength, and becoming who you are meant to be unfolds one step at a time — and every page is designed to help you move forward with greater confidence, clarity, and self-understanding.

You are not becoming someone else.
You are becoming more fully yourself.

Ready to Continue?

[**Purchase the Full Book**](#)

[**Explore the Teen Series**](#)

KNOWING — Your Powerful Voice Within

TRUSTING — *The Strength You Carry*

BECOMING — *Stepping Into Who You Are*

EMBRACING — *The Freedom Within You*

**YOUR Journey. Your Growth.
Your Power.**

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