

THE SECRETS OF AN ANGEL

TRUSTING

The Strength You Carry



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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.*

Trusting What You Notice Inside

In **TRUSTING – The Strength You Carry**, you begin using that inner voice as a compass—a quiet guide that points you toward your true path. This inner knowing does not always speak in words. It speaks through feelings, hunches, and physical sensations, helping you navigate choices, challenges, and moments of uncertainty.

Trusting your inner voice is an act of strength. It means listening when something feels right—or wrong—and honoring the spark within you that knows the way forward. As you learn to trust yourself, confidence grows, courage deepens, and your inner strength becomes something you carry with you wherever you go.

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Chapter 1

The Quiet Yes



Trusting yourself begins with noticing the quiet yes.

Sometimes the most important answers arrive without announcements.

They do not rush in or demand attention. They do not come with proof or instructions.

They arrive as a calm sense of *this feels right*, even when you cannot yet explain why.

Many teens are taught to trust logic first—grades, opinions, rules, and expectations. Those things matter. But there is another kind of knowing that lives underneath all of that. It is quieter. Slower. Steadier. It does not compete with noise. It waits for space.

That quiet sense is not magic. It is not perfection. It is an awareness as your mind and body recognizes something before your words catch up. You might feel it as a small release in

your chest, a steady calm instead of anxiety, or a gentle pull toward a choice that feels more *you*.

This kind of knowing often shows up before confidence does. You may still feel nervous. You may still have questions. Trusting does not mean being certain. It means noticing when something feels being in step with who you are rather than forced.

Learning to recognize this quiet yes is not about always being right. It is about learning to listen without rushing yourself or shutting that voice down.

Story: Beth and the Cartoon

Beth noticed the cartoon the second she reached her locker.

It was taped right in the center, drawn in thick black marker. A girl with an exaggerated body, tiny waist, huge chest, and a speech bubble that said something “jokey” about getting attention from boys. The kind of cartoon people passed

around all the time. The kind people were supposed to laugh at.

Beth didn't laugh.

Her stomach tightened in that quiet, familiar way. Not exactly anger. Not exactly embarrassment. Just... something that didn't sit right.

She glanced down the hallway. A few lockers away, she remembered seeing almost the same cartoon on Emily's locker earlier in the week. Emily had laughed, snapped a picture, and said, "Guess I'm famous now." Everyone else laughed too.

Beth hadn't said anything then. She'd told herself it wasn't a big deal.

But now it was on *her* locker, and suddenly, it felt different.

Beth peeled the tape off slowly and stared at the drawing in her hands. A few kids walked by. No one seemed to notice. Or maybe they did and just didn't care.

Her mind started doing what it always did.

Don't be so sensitive.

It's just a joke.

Everyone else is fine with it.

If Emily laughed, why can't you?

But underneath all that noise was something quieter.

Not loud or intense.

Just steady.

A small inner feeling that said: *You don't have to pretend this is okay if it isn't.*

Beth knew who probably put it there. Jake. He'd been passing around similar cartoons all week. He wasn't mean, exactly. More like... clueless. The kind of guy who thought if something made his friends laugh, it was automatically harmless.

“Boys will be boys,” people always said.

But Beth wondered why that phrase always seemed to mean girls had to adjust.

She stood there longer than she meant to, holding the cartoon. Part of her wanted to just crumple it and move on. That would be easier. No awkwardness. No attention.

But the quiet feeling inside her didn't go away.

It wasn't telling her to start a fight. It wasn't telling her to embarrass anyone. It was just saying: *Do something that feels right for you.*

So, at lunch, when she saw Jake at the end of the table, she surprised herself.

“Hey,” she said, her voice softer than she expected. “Can I ask you something?”

Jake looked up. “Uh, sure.”

She held up the cartoon. “Was this you?”

He blinked. Then shrugged. “Yeah. It's just a joke.”

Beth nodded. Her heart was beating fast, but her voice stayed calm. “I figured. I just wanted

to say... it made me uncomfortable. Not everyone thinks that stuff is funny.”

Jake frowned, confused more than defensive. “Emily didn’t care.”

“I know,” Beth said. “And that’s okay for her. But it didn’t feel okay for me.”

There was a pause. Not overwhelming or emotional. Just quiet.

“Oh,” Jake said. “I didn’t think about it like that.”

Beth hadn’t either—until her body told her first.

She wasn’t trying to change Jake. She wasn’t trying to make a statement for everyone. She was just answering something inside herself.

Later, walking to class, Beth felt lighter. Not because the world had changed—but because she had listened to herself.

She realized something new:

Her strength didn't show up as confidence. It didn't show up as perfect words. It showed up as a quiet yes to what felt right for *her*.

And for once, that felt like enough.

Reflection:

Think about a time when something felt right before you could explain it.

What did you notice in your body or thoughts?

Did the feeling stay steady, even if nerves were present?

How did outside opinions affect your ability to hear that quiet sense?

There is no need to judge the choice or the result. This reflection is about noticing, not evaluating.

Try this:

For the next week, practice pausing when a decision comes up—big or small.

1. Ask yourself, *does this feel forced or does it feel natural?*

2. Notice what stays calm, not what shouts the loudest.

You do not need to act on every feeling. The goal is simply to recognize when the quiet yes appears.

Key Point

Trusting yourself begins with noticing the quiet yes—the steady sense of living in your truth that can exist even alongside uncertainty. You are not trying to become fearless or perfect. You are learning how to listen.

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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