

3 COMMON BELIEFS



THAT ARE **WIDELY** ACCEPTED,
BUT EXTREMELY TOXIC AND
CAN HINDER YOUR GROWTH



SHERUNDA SIMONE

THANK YOU FOR BEING HERE



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Dr. Sherunda Simone is a personal development enthusiast, speaker, and author with over 20 years of experience empowering individuals to live God's purpose in their lives. She is passionate about helping people break free from limiting beliefs and step into their full potential. Dr. Sherunda is the host of "Grown Lady Chat," a talk show dedicated to inspiring Christian women to thrive in all aspects of life.

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TOXIC BELIEF #1

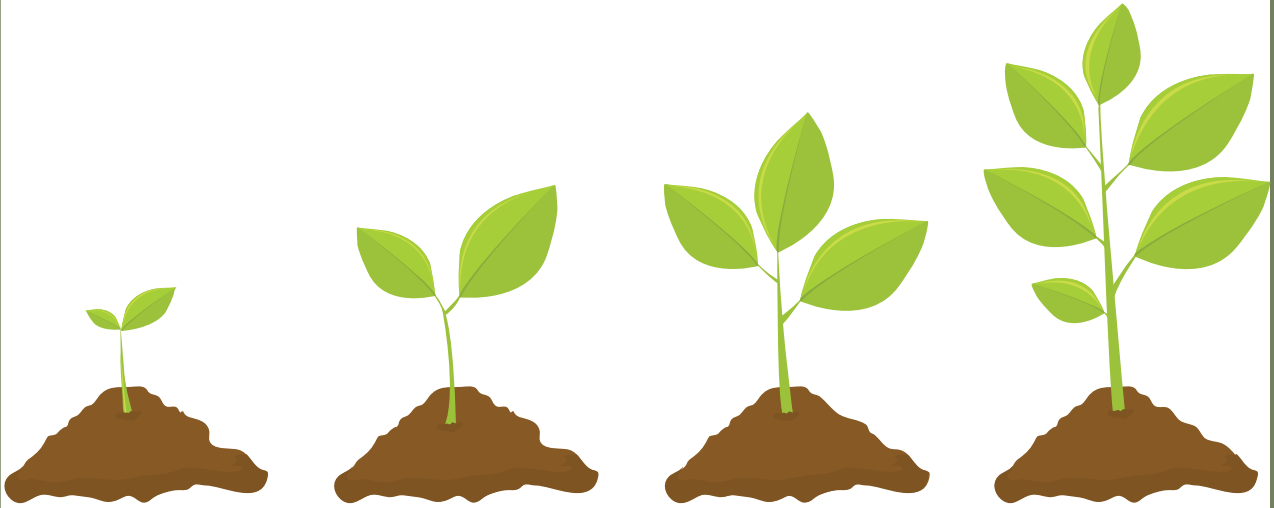
TOXIC BELIEF #2

TOXIC BELIEF #3

CONCLUSION

SOCIAL LINKS

" I W I L L E I T H E R S E E Y O U A T T H E T O P ,
O R F R O M T H E T O P . Y O U D E C I D E . " (TM)



**TIME TO LET
GO, SO YOU
CAN GROW.**

"Trust the process, and remember, life isn't like an Amazon Prime order—good things take time."

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1 CHAPTER

“IF IT WERE MEANT TO
BE...”



LADY, WE HAVE ALL THOUGHT THIS



Lady, I know you've heard this one before: "If it were meant to be, I'd have it by now." It sounds harmless, right? But this belief can really mess with your head. As Christ followers, we know that God had a plan for us before we were even formed in our mother's womb. Jeremiah 29:11 tells us it's a good plan, one with an expected hope and a bright future. But sometimes, when things don't go our way, we start to think that maybe it just wasn't meant to be.

Let me tell you something important: just because you don't have it right now doesn't mean you're not supposed to have it. God's timing is perfect, and sometimes, He's protecting you or preparing you for what's to come. Life isn't like placing an Amazon Prime order where you get what you want in two days. There's a sequence to growth, and just like a seed needs time to sprout and grow before you can harvest it, so do the blessings in your life. Be patient, trust the process, and know that God's plan is always right on time.





2

CHAPTER

“I CAN DO IT ALL BY MYSELF”



SURE YOU CAN, BUT WHY?



This one is for all my independent ladies out there. Yes, you could do it all by yourself, but should you? There's a lot of pressure to be strong, to handle everything on our own, but the truth is, we all have gaps—resource gaps, knowledge gaps, and talent gaps. And that's okay because we're human. The real strength lies in knowing when to ask for help.

For many years, I struggled with asking for help because I saw it as a sign of weakness. I didn't want to burden anyone, even though I was always ready to help others. But here's the thing: if you're always there for others but they're not there for you, it's time to reevaluate your circle. The Bible tells us that iron sharpens iron, so if you're the only piece of iron in your life, who's sharpening you? Who's helping you grow stronger and wiser? Asking for help doesn't make you weak; it makes you wise.





3

CHAPTER

“IF IT AIN’T BROKE,
DON’T FIX IT”



"Lady, just because you don't have it right now doesn't mean it's not meant for you. God's timing is always perfect, and sometimes the wait is just preparation for something greater."

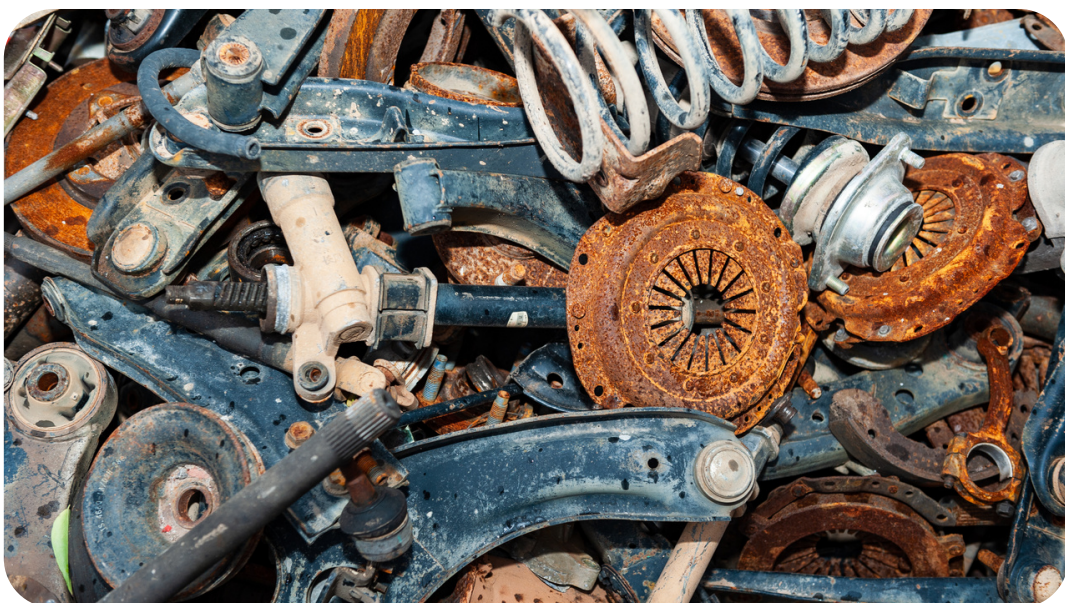
QUICK SIDE BAR CHAT.

I have proven this time and time again. I find myself frustrated with God's timeline, only to realize, after the fact, that God was preparing me for greater and protecting me from a negative outcome. Can you relate?

LADY, THIS ONE IS THE MOST TOXIC...

We've all heard the saying, "If it ain't broke, don't fix it." But lady, if it's not working, you need to change it! Life is constantly evolving, and sometimes our strategies, resources, and tools need to evolve too. Just because something worked in the past doesn't mean it's the best option now.

Think of it like this: in the medical world, we have something called senescent cells—cells that have aged and are no longer dividing. They're just sitting there, not doing much of anything. If these cells are in a broken bone, they can delay healing because they're not helping the bone to mend. Similarly, if you're holding onto old strategies that aren't working, you could be delaying your own growth and progress. Don't let outdated methods keep you stuck. Be open to change, and watch how it propels you forward.





CONCLUSION

Lady, it's time to break free from these toxic beliefs.

God has an incredible plan for your life, and by letting go of these limiting thoughts, you can step into the fullness of His purpose for you. Remember, you don't have to do it all on your own, and just because you don't have something right now doesn't mean it's not coming. Stay patient, be wise in asking for help, and don't be afraid to change what's not working. I believe in you, and I know that with God's guidance, you'll achieve amazing things.

J O I N M Y E M A I L
C O M M U N I T Y



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Thank you so much for
joining me on this journey.
Until next time, remember:
“I will either see you at the
top or from the top—youTM
decide.

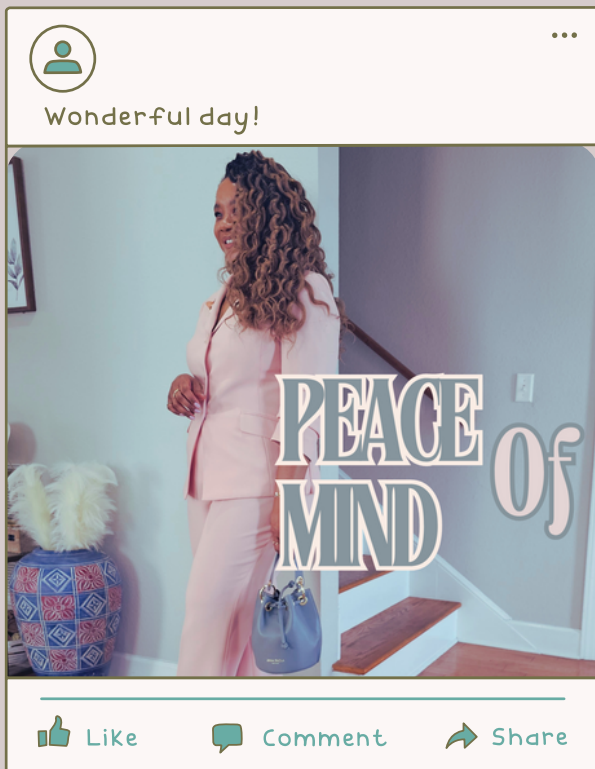
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Join me, and other ladies for engaging, life impacting chats on the Grown Lady Chat Talk Show.

GROWN LADY CHAT



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