

# Grace Haven Identity Restoration Coaching Program

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## Sampling Program

A Free Taste of Your Restoration Journey

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**Victoria Holbrook**

Grace Haven Creative Solutions LLC

"He restores my soul." — Psalm 23:3

# A Personal Welcome from Victoria

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*Dear friend,*

Welcome. I am so glad you are here. The fact that you are holding this in your hands tells me something beautiful about you — that somewhere beneath the weariness, beneath the doubt, beneath every lie you have ever believed about yourself, there is a part of you that still longs to be whole. And that longing is not weakness. It is the voice of the God who made you, calling you back to who you really are.

This sampling program is a gift — not a sales pitch, not a teaser designed to pressure you into anything. It is an invitation to sit down, breathe, and let God begin whispering truth over you. Inside these pages you will find a complete devotional experience, a guided coaching exercise, and a glimpse of the full twelve-session journey that awaits you if your heart says yes.

There is no obligation. No timeline. No pressure. Just grace, truth, and the gentle hand of a God who has been pursuing your heart since before you were born. If something stirs inside you as you read these pages, pay attention. That is not coincidence. That is an invitation from the One who knows your name and has never stopped calling it.

Take your time with this. Find a quiet place. Light a candle if that helps you settle. And let yourself be held by the God who sees you, knows you, and loves you more than you can imagine.

I am cheering for you, dear one. And I am here whenever you are ready to take the next step.

*With love and grace,*

**Victoria Holbrook**

*Founder, Grace Haven Creative Solutions LLC*

# What Is Identity Restoration Coaching?

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Have you ever felt like you are living as a version of yourself that does not quite fit? Like somewhere along the way, the real you got buried under layers of pain, shame, expectations, and lies that were never yours to carry? You are not alone. And you are not broken beyond repair.

Grace Haven Identity Restoration Coaching is a faith-based, Scripture-rooted, Spirit-led coaching program designed to help women discover and reclaim who God says they are. It is a guided journey through three transformative phases that gently examines the lies women have believed about themselves, replaces those lies with God's living truth, and helps them build a life rooted in their true, God-given identity.

## The Three Phases of Restoration

### **Phase 1: Uprooting (Sessions 1–4)**

In this phase, you will begin to identify and name the lies that have taken root in your heart. Together we will explore where those lies came from, how they have shaped the way you see yourself, and why they feel so real even when they are not true. This is the brave, sacred work of pulling up what does not belong so that truth can take its place.

### **Phase 2: Restoring (Sessions 5–8)**

Once the lies have been named and uprooted, it is time to hear what God says instead. In this phase, you will immerse yourself in Scripture that speaks directly to your identity. You will begin rewriting the narrative of your life — not based on what happened to you, but based on who God created you to be. This is where healing deepens and transformation begins to take shape.

### **Phase 3: Walking Forward (Sessions 9–12)**

The final phase is about living it out. You will learn to guard your restored identity, navigate relationships and community from a place of wholeness, and build daily rhythms that keep you rooted in truth. You will not leave this journey the same woman who began it. You will walk forward in freedom, knowing exactly who you are and Whose you are.

## **What This Program Is Not**

Identity Restoration Coaching is not therapy, counseling, or a substitute for professional mental health care. It is not a Bible study, though Scripture is woven through every session. It is a structured, intentional, prayerful coaching partnership where a trained coach walks alongside you as a truth-speaker, encourager, and guide — while the Holy Spirit does the deep work of healing and restoration in your heart. If at any point your needs fall outside the scope of coaching, your coach will lovingly and transparently connect you with appropriate professional resources.

# Sample Devotional Experience

## "Who Does God Say I Am?"

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*This is a complete devotional experience from the Grace Haven journey. Find a quiet place, settle your heart, and let yourself be fully present. There is no rushing here. Take as long as you need.*

### Opening Prayer

*Lord, I come to You just as I am — with all of my questions, all of my doubts, and all of the places inside me that feel too broken to bring into the light. I ask You to quiet the noise around me and within me. Open my eyes to see what You see when You look at me. Speak Your truth over every lie I have believed. I am here, Father. I am listening. Amen.*

### Scripture Focus: Psalm 139:13–16

*"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be."*

### Reflect and Receive

Read those verses one more time, slowly. Let each phrase land. God created your inmost being. He knit you together. You are fearfully and wonderfully made. His works are wonderful. Your frame was not hidden from Him. He saw your unformed body. Every day of your life was written in His book before one of them came to be.

These are not poetic metaphors. These are declarations from the God of the universe about you — specifically, intentionally, personally about you. Before anyone else had an opinion about who you are, God had already spoken. Before the world handed you labels and the enemy whispered lies, your identity was already settled in the heart of your Creator.

The question is not whether God has spoken over you. He has. The question is whether you have been listening to His voice — or to all the other voices that have tried to drown it out.

## Identity Truth Statement

Speak this aloud if you can. Let your own voice carry the truth of God back to your heart:

***"I am not an accident. I am not a mistake. I was created with intention, woven together with purpose, and known by God before I took my first breath. My identity is not defined by what has happened to me, what others have said about me, or what I have believed about myself. My identity is defined by the God who made me, and He says I am fearfully and wonderfully made."***

## Guided Reflection Questions

1. When you read the words "fearfully and wonderfully made," what is your honest, first reaction? Do you believe it? Why or why not?

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2. What voices or experiences in your life have tried to define your identity apart from what God says? Can you name them?

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3. If you fully believed that God knit you together with intention and purpose, how would that change the way you see yourself today?

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4. What is one lie about your identity that you are ready to release today? Write it down, and then write the truth that replaces it.

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## **Closing Prayer**

*Father, thank You for reminding me that I am Yours. Thank You for speaking my identity into existence before the world had a chance to distort it. I confess that I have listened to voices that were never Yours, and I have believed things about myself that were never true. Today I choose to turn my ear back to You. Uproot every lie that has taken hold in my heart. Plant Your truth so deep that nothing can shake it. I am fearfully and wonderfully made. Help me live like I believe it. In Jesus' name, Amen.*

# Sample Coaching Moment

## "Naming the Lie"

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In the Uprooting phase of the Grace Haven journey, one of the most powerful things you will do is name the lies you have believed about yourself. Lies lose their power when they are brought into the light. As long as they stay hidden — unnamed, unexamined, unchallenged — they continue to shape the way you see yourself and the way you move through the world. But when you speak them out loud, write them down, and hold them up against the truth of God's Word, something shifts. The lie begins to loosen its grip.

### The Exercise

Take a moment to think about a belief you carry about yourself that causes you pain, shame, or fear. It might sound like:

- *"I am not enough."*
- *"I am too much."*
- *"I am unlovable."*
- *"I will never be whole."*
- *"I do not matter."*
- *"I am defined by what happened to me."*
- *"God could never use someone like me."*

**Write the lie you are ready to name:**

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### Now Replace It with Truth

Look up each of these verses. Read them slowly. Let them wash over the lie you just named. Then write the truth that God speaks over you in the space below.

**Jeremiah 1:5**

*"Before I formed you in the womb I knew you, before you were born I set you apart."*

**Zephaniah 3:17**

*"The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in His love He will no longer rebuke you, but will rejoice over you with singing."*

**Isaiah 43:4**

*"Since you are precious and honored in my sight, and because I love you, I will give people in exchange for you, nations in exchange for your life."*

**Ephesians 2:10**

*"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."*

**Romans 8:1**

*"Therefore, there is now no condemnation for those who are in Christ Jesus."*

**The truth God speaks over me today is:**

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# What the Full Journey Looks Like

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The Grace Haven Identity Restoration Coaching Program is a twelve-session journey across three phases. Here is a glimpse of what each session covers:

## Phase 1: Uprooting

### **Session 1: Who Am I Now?**

A gentle, honest exploration of where you are today — the masks you wear, the roles you play, and the gap between who you appear to be and who you feel you truly are inside.

### **Session 2: The Roots Beneath**

Tracing the origins of your false beliefs. Where did these lies come from? Family? Culture? Painful experiences? Relationships? We begin to follow the roots.

### **Session 3: Naming the Lies**

Bringing the specific lies you have believed about yourself into the light. Naming them. Writing them down. Taking away their hidden power.

### **Session 4: Pulling Up the Roots**

Actively releasing the lies that have defined you. A sacred, prayerful session of letting go and creating space for truth to grow.

## Phase 2: Restoring

### **Session 5: What God Says About Me**

Immersing yourself in Scripture that speaks directly to your identity. Hearing — perhaps for the first time — what your Creator actually says about who you are.

### **Session 6: Rewriting My Story**

Beginning to reframe your life narrative through the lens of God's truth rather than through the lens of your pain.

### **Session 7: Building a New Foundation**

Establishing the spiritual and practical foundations of your restored identity — daily rhythms, truth declarations, and anchoring practices.

### **Session 8: Practicing My True Identity**

Learning to live from your true identity in real, everyday moments. Practicing truth when the old lies try to resurface.

## **Phase 3: Walking Forward**

### **Session 9: Living from Truth**

Deepening the daily practice of living from your God-given identity. Recognizing triggers, choosing truth, and building resilience.

### **Session 10: My Identity in Community**

Exploring how your restored identity changes the way you relate to others — in family, friendships, church, and beyond.

### **Session 11: Guarding My Identity**

Learning to protect your restored heart from the voices and influences that will try to pull you back into old patterns.

### **Session 12: Walking Forward in Freedom**

A celebration of your journey. Commissioning you to walk forward as the woman God created you to be — whole, free, and deeply loved.

# Your Invitation to Go Deeper

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If something stirred inside you as you read through these pages — if you felt a whisper of hope, a flicker of recognition, a quiet longing to be seen and known and restored — I want you to know that is not coincidence. That is the voice of the God who has been pursuing you since before you were born, and He is inviting you to take the next step.

## Coaching Formats

**Individual Coaching:** One-on-one sessions with a trained Grace Haven coach. Sixty minutes per session, fully personalized to your unique journey. Available in 4-session, 8-session, or full 12-session packages.

**Group Coaching:** A small-group experience with six to eight women walking the journey together. Ninety-minute sessions led by a trained facilitator, with the added blessing of shared stories, mutual encouragement, and the power of community.

## Flexible and Accessible

We believe that financial barriers should never stand between a woman and her healing. Grace Haven offers flexible payment plans, a sliding-scale fee structure for those facing financial hardship, and scholarship opportunities made possible through church and ministry partnerships. Your restoration matters more than a price tag.

## How to Get Started

Taking the first step is simple. Reach out to schedule a free discovery call where we can talk about where you are, answer any questions you have, and help you decide which coaching format and package is right for you. There is no pressure and no obligation — just a warm conversation between two women who believe that healing is possible.

## Contact Us

Email: [your email address]

Phone: [your phone number]

Website: [your website URL]

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## A Closing Blessing

May the God who knit you together in your mother's womb remind you today of who you truly are. May He silence every voice that has tried to define you apart from His love. May He uproot every lie that has taken hold in your heart and plant His truth so deep that nothing can shake it. May you walk forward from this moment knowing that you are seen, known, loved, and called by name. And may the courage that brought you to these pages be the same courage that carries you into the fullness of the life He has prepared for you.

*You are fearfully and wonderfully made, dear one. And your story is not over. The best chapters are still being written — by the hand of a God who makes all things new.*

***Welcome home to who you really are.***

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Grace Haven Creative Solutions LLC

Victoria Holbrook, Founder

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