

Beautiful Ladies,

Before you make that beautiful
2026 dream board or vision board
or New Year's resolution...

DREAM BELIEVE ACHIEVE

DREAM

DON'T FORGET
A VERY IMPORTANT FIRST
STEP...

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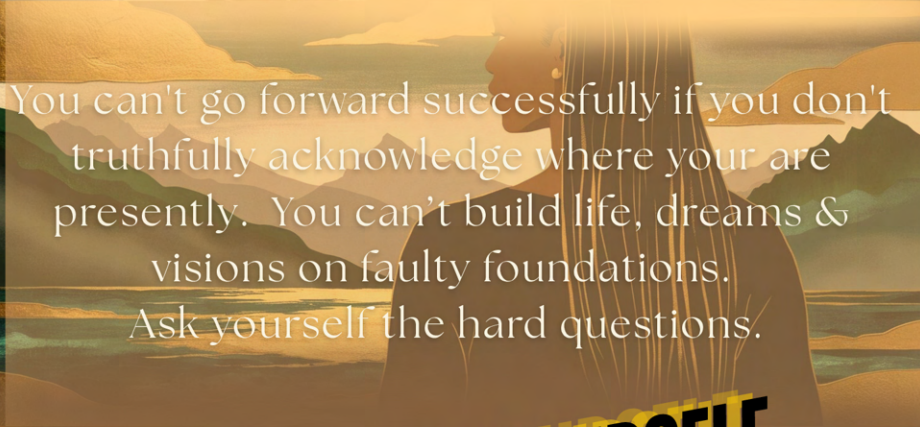
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Step 1. Confront Yourself. (Prayerfully)



You can't go forward successfully if you don't truthfully acknowledge where you are presently. You can't build life, dreams & visions on faulty foundations. Ask yourself the hard questions.



CONFRONT YOURSELF

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Maybe you don't know where you are. That can be so overwhelming. I've been there as almost anyone that have been alive for a little bit on earth.

When there is so much clutter that you feel like a big ball of tangled rope, you just don't know where to begin.

In my life, that is where I've learned to call upon the One that always knows where I am, even when I don't. That is my precious Jesus. His precious Holy Spirit Who is and wants to be our Comforter, Counselor, Helper, Intercessor, Advocate, Strengthener, and Standby. (John 14:16-18)

In Scriptures, (Old Testament) we see that God used questions to alert people that they were stuck in life, lost, or disobedient. The questions were very confrontational. Jesus, in His ministry time on earth, did the same thing, for example, in dealing with a man who had been paralyzed for 38 years. "Do you want to be made whole?" You would say that was a no-brainer, but Jesus was causing him to go deeper. (John 5:5-7)

Through the leading of the Holy Spirit, I have prepared this inventory or mini questionnaire that is designed to get you started in really confronting where you are now and help you to go deep.

Of course, this questionnaire is not exhaustive.

There are so many more deep dives through the Holy Spirit and questions that are important to you clearing the clutter in your life.



I am Lady Jestina Bowles, a Certified Biblical Empowerment Coach and Faith-Based Clinical Therapist. I have been serving in Pastoral ministry with my husband for over 40 years, and to date we have been married for 47 years.

One of my passions and call is to mentor women, helping them to heal, grow, and rise to their God-ordained purpose and live it victoriously. Please feel free to get to know me A little more in my bio at the end of this e-book.

As you begin this questionnaire, please don't rush. I highly recommend that you make an unhurried appointment with yourself. Put on some anointed instrumental worship music and call on Father God, who knows you best. Ask Him to help you to truthfully answer these questions. He is a faithful God!



Life Inventory

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Name:

Preferred Name: Birthday:

1. What is the one thing that you want to do more than anything in life presently? If you are presently living out that one or more things, testify here!

2. Do you believe this desire or dream is from God? If so how do you know this? (Based on your answer to #1)

3. On a scale of 1 to 10, (1 = lowest, 10 = highest). Where are you in your spirit _____ (relationship with God) soul _____ (mind, will, emotions) body _____ (Health, nutrition, etc.)

4. What are you most dissatisfied about in your life at this time (Consider some areas in which you might be stuck; regarding relationships, marriage, family, business,, job/career/church, ministry, health, spiritual life? (Choose one or state which ones are more the forefront presently). If you know why please write that out as well. Let your heart be free to release this.



Life Inventory

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Name:

Preferred Name: Birthday:

5. What are the known hindrances to you accomplishing your answer to number 1? i.e. (within or without you) mindsets, addictions, fears, generational curses, people, places, or things, etc.

6. What abilities, talents, experience and or spiritual gifts do you have that correspond to question 1

7. Are you a Christian? (Have you accepted Jesus as Savior and Lord; meaning you live a committed, discipline, holy life, according to His Word to the best of your knowledge) Yes or No.

8. Who or what are the energy drainers in your life right now?

9. What is your level of spiritual maturity, parallel to natural maturity? (If you are unsaved you do not have to answer this)

New born____Baby____ Child____Teen____ Young Adult____ Matured Adult____

10. Did this questionnaire bring to your attention any areas that you need to dive deeper to overcome hindrances or clear clutter in your life now? If so, would like to know more about my group and one on one coaching, feel free to reach out to me.



Life Inventory
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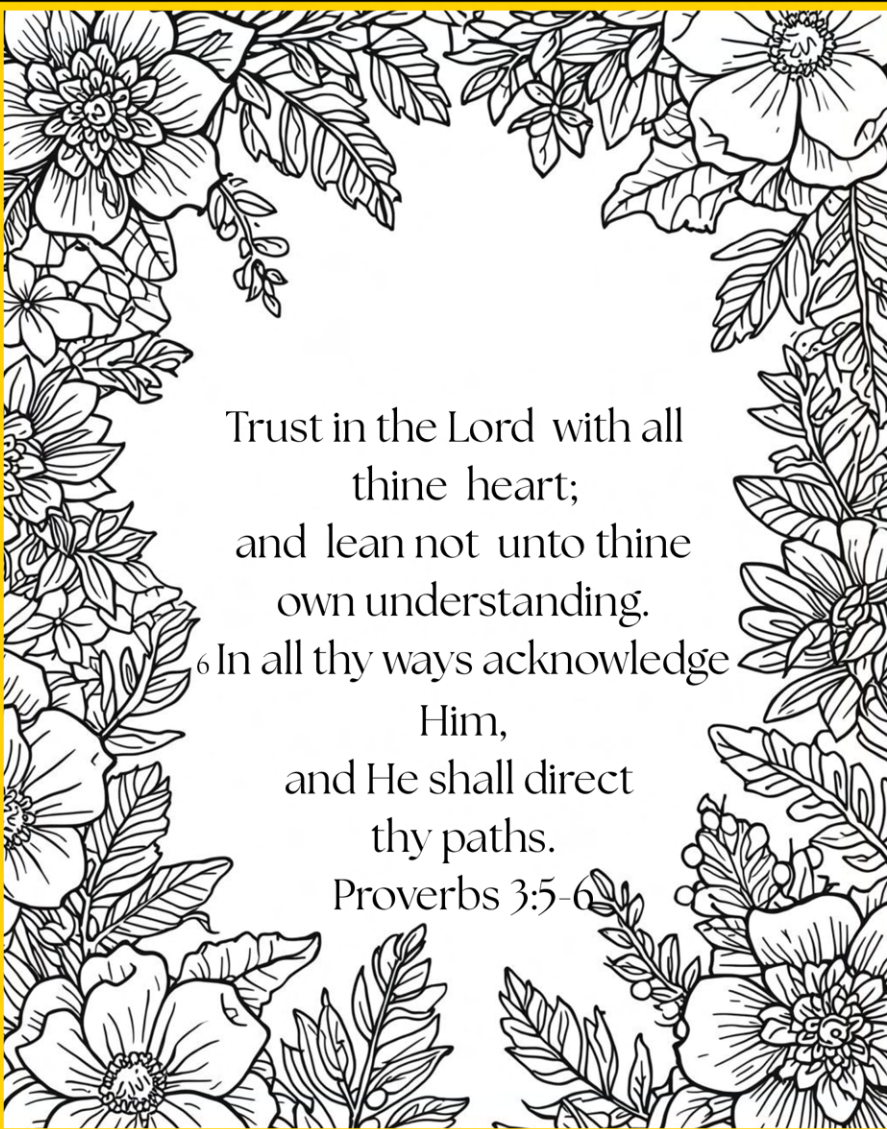
Additional Writing space

*Time to
Renew, Relax, Realign
be Refreshed.*



My sister, I know the questionnaire may have hit on some deep places or memories. I'm so thankful you had the courage to go there. So now on the next page I have provided a scripture coloring page. It is designed as a time of refresh. I recommend that you make an appointment again with yourself and the Lord.

1. Choose anointed, worship, instrumental, background music.
2. Pray the scripture out loud.
3. Write it out on the provided lines.
4. Then as you color the image, allow the Holy Spirit to speak to your heart.
5. Then journal what the Holy Spirit is saying.



Trust in the Lord with all
thine heart;
and lean not unto thine
own understanding.
6 In all thy ways acknowledge
Him,
and He shall direct
thy paths.
Proverbs 3:5-6

Journal





BIO: Lady Jestina Bowles is a Biblical Empowerment Coach, faith-based clinical therapist, and seasoned ministry leader with over 40 years of pastoral and women's ministry experience.

As a wife of 47 years, mother of three, and grandmother of four, she leads with wisdom, compassion, and the grace of a life fully surrendered to God. For more than four decades, she and her husband have served as pastors and founders of multiple ministry initiatives, including The Heaven on Earth Marriage & Family Relationship Institute, Heaven on Earth Christian Singles Institute, True Love Revolution Youth Ministries, and The Kingdom Builders Ministry Training Institute.

Lady Jestina has poured into countless women through worship, biblical teaching, conferences, mentorship, and life coaching. She is also a lifelong entrepreneur. As the founder of Jestina Bowles Designs, she spent over 20 years in the fashion industry designing couture special-occasion gowns — including collections sold to upscale boutiques and Saks Fifth Avenue. She later transitioned into graphic design, creating elegant digital invitations, journals, planners, and inspirational products sold across major platforms. A Certified Biblical Empowerment Coach and Faith-Based Christian Counselor, she continues her studies toward a B.A. in Christian Counseling (2026).

Today, Lady Jestina steps boldly into her new God-given assignment as the founder of Women Empowered by Divine Design — a global empowerment movement for women seeking healing, identity, purpose, and spiritual transformation. Through coaching, biblical teaching, and creative inspirational tools, she helps women break cycles, renew their soul, clarify their calling, and rise into the woman God designed them to be.

“I am Lady Jestina Bowles — A Woman Empowered by God's Divine Design.”

Important Information

I am so excited and so thankful to offer this E-book to you as a 2026 gift in reference to my

“Coming Soon”

**Women Empowered By Divine Design
Biblical Empowerment Coaching & Mentorship
Website.**

Featuring:

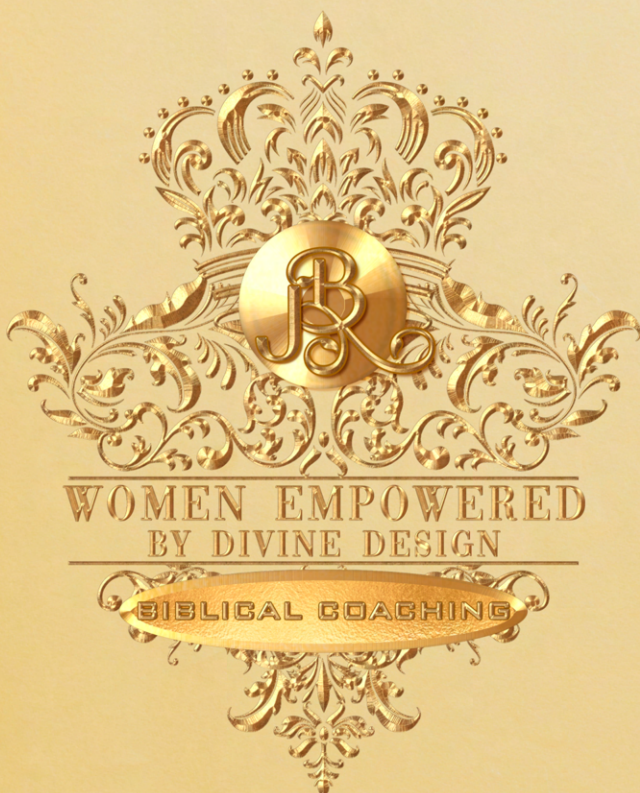
Community, Coaching, Courses & Creative Products

Feel free to share how this “life inventory questionnaire” has blessed or challenged you. Additionally, feel free to share some areas of life that you would like me to address in our community and products as this platform plans to go into all the world with this divine mission!

Please note this E-book is a gift for you. **It may not be shared, gifted, printed, sold, re-engineered, used in any AI platforms, posted on any social media or blogs in any form.** However, I would appreciate you pointing friends and family to my store if they would like to receive the gift as well. This offer is for a limited time only.

Our New Website is under construction.





Thank you!

Our New Website

<https://women-empowered-by-divine-design-yf8znvihdcoiw0ek.builder-preview.com>

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