

SISTER 2 SISTER



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Carla Youngblood Armstrong

Healthy Living Tips for Sisters in Life and Sisters in Christ

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Introduction:

We are pleased to share with you our first FREE E-book as sisters. We look forward to sharing with you our future works together SISTER2SISTER.

A message from Colette:

It is truly my prayer to see that we as women not only value ourselves but value the gifts that are in your sisters. I believe that when we are honest with where we are in life and acknowledge that fact that we are on a journey of discovering all that we have, it will make it easier and eventually enjoyable to love and support others that are on their own journey. I trust that SISTER2SISTER will be an avenue where you not only can receive strength and encouragement, but also find the peace within yourself to own your own story and validate the woman you are.

A message from Carla

My relationship with my sister has taught me that women can get along. When we walk in our roles, respectfully, we can be assured that though we have differences, it is ultimately our similarities which help us grow. I pray SISTER2SISTER will be a platform for helping women grow in life and in Christ. When we know our roles in life it becomes much easier to relate to our sisters. God wants to restore order and we know that when a woman makes up her mind, order will be restored!!

Sister in Life Tips:

1. Send you sister a “just because or thinking of you” note. It’s a great way to let her know she’s in your thoughts today.

2. Instead of complaining about your sister empathize with her after all you both share the same DNA.

3. Try to meet your sister where she is instead of trying to take her where you “think” you are

4. You and your sister share a common bond, find out what it is and build it.

5. If you are a Christian and your sister is not, don't try to make her see the light, be the light

6. Listen to your sister with your heart not just your ears it will give you a better understanding of the life views.

7. Just call and say "I love you".

8. If your sister is hurting, you should be the first one with a band-aid.

9. Do something with/for your sister that will create a new memory.

10. Don't be surprised by her actions, it may be her only way of asking for help.

11. Sister=Love with no strings attached.

Add your own tips

Sister in Christ Tips:

1. If you see your sister in need, don't talk about her, pray about her and ask God what you should do because he showed it to you.
2. Promote the gift that is in your sister, God has one for YOU too.
3. Let sisterly love continue, what will you do today for a sister in Christ?
4. Value the time you spend with your sister, its validates your relationship.
5. Greet your sister with a smile, it speaks volumes.
6. Acknowledge her walk with God and pray for increase.

7. Accept her relationship with Christ and not try to make it like yours.

8. Even though she is in Christ, having you to listen to is a bonus.

9. Share your story it helps her to embrace hers.

10. Don't be intimidated by her strengths, use them to help you both grow

11. If your sister is hurting, you should be the first one with a band-aid. (The bible)

Add your own tips.

COLETTE R. YOUNGBLOOD BIO

Colette R. Youngblood is an entrepreneur. She has owned her own child care business "Aunt Lette's House" for the past 4 years. Ms. Youngblood holds a Bachelor's degree in Elementary Education. Along with owning her own business, Ms. Youngblood visits homes where she assists families with planning and implementing goals that will not only help with child development but also with developing parenting skills. Ms. Youngblood has been a supporter and a voice for her community for a long time. She currently sits on the Board of Directors for the Steel Valley School District.

Ms. Youngblood has been a mentor to adults who seek to achieve credentials in Family Development Planning. While she enjoys helping friends and associates achieve their goals, her first priority is to see her family achieve theirs, she employs her nieces in business who share her vision of developing healthy children.

A goal of Ms. Youngblood's is reunification of family. Although she has not been blessed with natural children, she has taken the position of "Aunt Mom". She has helped to raise, nurture and house various children over the years. Ms. Youngblood believes that no matter what your story has been you can still be successful. She always encourages her family to "own your story, it has made you who you are."

Ms. Youngblood is currently pursuing her Professional Quality Assurance Service (PQAS) certification for the state of Pennsylvania which will allow her to train teachers in the area of child development and the early learning standards in order to maintain a childcare facility that uses developmentally appropriate practices. Ms. Youngblood has served in multiple ministries for the last 20 years.

CARLA D. ARMSTRONG BIO

[Carla D. Armstrong](#) is a speaker, trainer, coach and author. She provides individual coaching sessions for women. She recently launched two coaching programs, Design Your Life Image and Christian Women in Leadership. These programs are designed to transition clients from the inside out and focus on developing healthy living for life. Carla provides workshops and trainings and has been a keynote speaker and workshop facilitator for women and youth groups, non-profits, and governmental organizations. She specifically designs training programs for HR Professionals, college students and single mothers.

Carla is the Founder and CEO of Women Making a Difference, Inc., a non-profit organization she established as a result of her passion for single mothers and their children. She became a parent as a teen and knows first-hand the challenges of being a single mother. Carla believes providing young mothers with personal development and parenting skills will help them develop a strong family foundation. She worked for two years in Baltimore City schools providing workshops and mentoring services, and taught character education classes to tweens and teens.

For more than twenty years, Carla has been a ministry leader, facilitator and speaker; she credits these experiences with shaping the work she does today. Carla not only enjoys interacting with people in person, enjoys interacting with her fans via social media and has built a following of over 2,500 people. For more information on coaching programs and to sign up for a FREE coaching session and other E-books www.carlaarmstrong.com.

IT'S TIME

A WOMAN SITS IN A CORNER, QUIET AND AFRAID TO SPEAK.

SHE GREW UP IN CHURCH HEARING THE WORD SPOKEN WEEK AFTER WEEK.

BECAUSE OF THE PAIN THIS WOMAN EXPERIENCED HER WORDS ARE TRAPPED INSIDE.

SHE BLAMES HERSELF FOR THE ABUSE AND HER SHAME SHE MUST HIDE.

SHE KNEW THAT WHOM THE SON SET FREE IS TRULY FREE INDEED.

BUT KNOWING IT AND BELIEVING IS THE HELP THAT SHE WOULD NEED

THERE IS A LITTLE GIRL INSIDE THIS WOMAN THAT NOONE WILL EVER KNOW.

IF THIS WOMAN DOESN'T REALIZE THAT EVERY CHILD MUST GROW.

THE PERCEPTION OF THIS WOMAN WAS THAT SHE WAS SPECIAL, A GIFT HER MOTHERS SURVIVING TWIN CHILD.

THE PERCEPTION OF THIS GIRL WAS THAT SHE WAS NOTHING BUT A TOY HER BODY TO BE DEFILED.

I ASK, WHO A FUTURE HERE, THE WOMAN AFRAID TO LIVE FREELY GUIDED BY A GIRL.

OR A GIRL WHO SEES HERSELF A WORTHLESS TO YOUNG TO REALIZE THAT SHE IS ACTUALLY A GENUINE PEARL.

THE WOMAN HAD DREAMS OF MARRIAGE AND FAMILY THAT SHE WOULD HAVE SUPPORTED

BUT THE LITTLE GIRLS PAIN HAS SHOWN HER LOVE THAT WAS DISTORTED

THE WOMAN HAS A JOB, MATERIAL THINGS AND POSTION,

BUT BECAUSE OF IMMATURITY HAS NO CLEAR VISION.

THE GIRL WOULD WAIT YEARS FOR SOMEONE TO TELL HER SHE COULD MAKE IT.

BUT THE WOMAN GREW TIRED AND AROUND PEOPLE SHE WOULD FAKE IT.

NOW THE TIME HAS COME FOR THESE TWO TO MEET,
THEY DON'T HAVE TO BATTLE, IT'S THE MIND THEY MUST DEFEAT

SO STAND UP WOMAN , GROW UP CHILD WHATEVER HAS BEEN
STOLEN IS BACK FOR USE
SPIRITUALLY RESTORING ALL LOST TRUTHS.

NO LONGER CAN THIS WOMAN STAR IN A PLAY WHERE VICTIMS ARE
THE ENTIRE CAST.

NO LONGER CAN THIS GIRL CONTROL BY LIVING IN THE PAST.

I AM HERE LIVING IN FULLNESS EVERYDAY TO OBTAIN HIS GLORY.

SO I SAY TO ABUSE, NEGLECT, DISAPPOINT, CONFUSION HATRED
INFERIORITY AND LONILINESS, YOU NO LONGER WRITE MY STORY.

Written by Colette R. Youngblood