

About the Author and the Close-Knit Family

Valerie is a Family Team Builder, speaker and former Air Force captain who combines military strategy with a mother's heart to teach back-to-basics parenting concepts. A mother of 9, youngsters through adult, her Close-Knit Family programs empower parents raising children. Audiences enjoy her high-energy delivery and witty humor.

The Just Be eBook is a stand-alone summary product coinciding with Valerie's Just Be Women's Retreat. The retreat is designed to help daughters of the King recognize and celebrate their rich identity in Christ. While CKF programs are crafted to fortify the family, "Just Be" focuses primarily on all women. In general, Valerie's programs deal with:

- Back-to-Basics Parenting
- Bonding the Family
- Buffing the Body (sensible fitness)

Other material available on her website:

TUFF MAMA ORGANIZER & **TABLE TALK GUIDEBOOK**

also on Amazon.com

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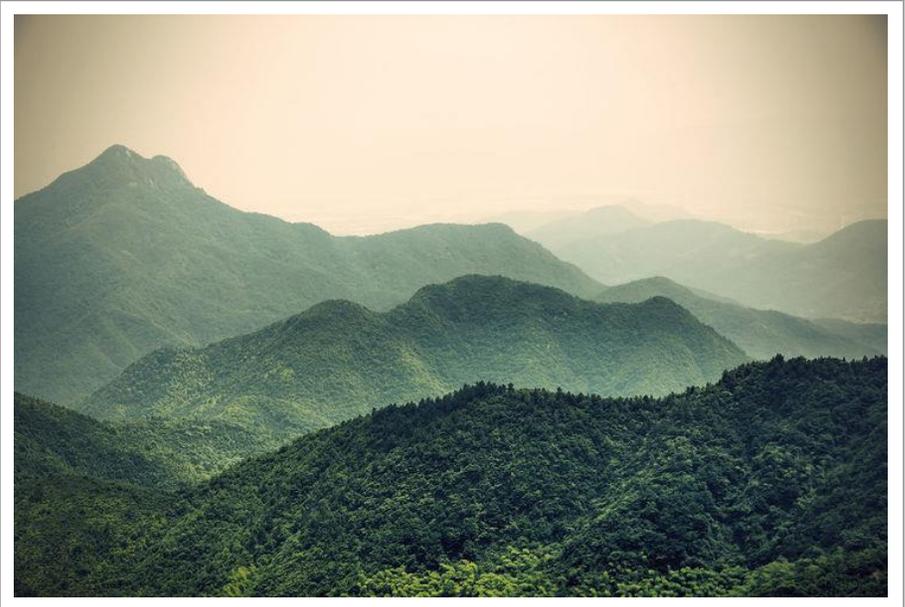
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JUST BE



THE CLOSE-KNIT FAMILY

Finding peace & fulfillment in everyday life

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Print & fold first 4 pages into an easy reference support booklet. Post last page to help you stay connected in our Close-Knit Family group.

Below: Fill in your name and write 3 positive attributes that are YOU.



THIS EBOOK BELONGS TO:



A DAUGHTER OF THE KING WHO is:

- 1.
- 2.
- 3.

Remember Your “I Am’s”

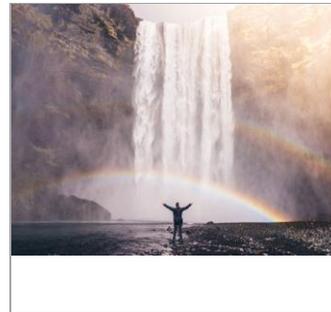
I am **ADORED**: deeply regarded



For we are God’s handiwork (workmanship), created in Christ Jesus to do good works, which God prepared in advance for us to do.

- Ephesians 2:10

I am **BLESSED**: favored by God



And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.

- II Corinthians 9:8

I am **CHERISHED**: held dearly



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.

- Zephaniah 3:17

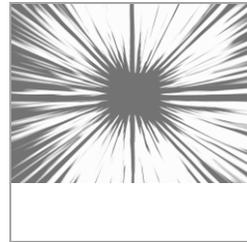
Just Breathe (inhale)

Intake God's presence with habits replacing stale ones exhaled. If you cannot regularly meet with the Lord, design multiple opportunities for Him. Train yourself to Just Be present with Him wherever life takes you.

1. **Spiritual Strength:**
 - a. Regularly access the Bible – your mighty sword (Ephesians 6:11). Preposition Bibles in places you frequent.
 - b. Reminder statement – As Satan accuses you before the Lord, remind him that he is the one who is condemned – not you
 - c. Dismantling Prayer – At wearying attacks, pray that a specific person who is least likely to come to know the Lord will convert and activate ministry that significantly dismantles any satanic stronghold. Be relentless and consistent. Even Satan knows a kingdom divided cannot stand.
2. **Physical Order:** Bring the peace of order to your personal time to Just Be with/in Him
 - a. Consider using aromatics like lavender to lower stress
 - b. Bring structured living to your home and family (Purchase the Tuff Mama Organizer – back page)
 - c. Design victory (positives) into your morning (avoid social media during the first hour of your day; do an easy puzzle/game you can win; play affirming Christian music upon waking instead of the news)
 - d. Strategically position scripture in your home (wall hangings, mugs, refrigerator magnets, message boards) II Tim 2:15
3. **Personal Peace Measures:**
 - a. Be Still. Plan down time for your family; nothing scheduled.
 - b. Read uplifting books or listen to affirming audiobooks
 - c. Practice good communication skills with your family (Use Table Talk Guidebook – back page) to build God's kingdom
 - d. Start a new habit of singing praises to the Lord and playing Christian music (hymns, praise music, etc.) II Chron 20

Power: The Name of Jesus

The Word's Revelation of it:



The Word tells us there is LIFE in His name. A lame man was told to RISE UP & WALK in His name. We are JUSTIFIED by His name. Because God's Word does not return to him devoid of its purposes, we can confidently inhabit the truth it reveals to us about the powerful name of Jesus.

Creation's Response to it:



At the mere mentioning of the name of Jesus, demons resort to trembling. Even the winds are stilled and waters of the seas halt, limiting their claim of dry land – all at the mention of the name of Jesus. Oddly, only people (the crown of God's creation) are confused as to the inherent power of His name.

Our Benefit Gained by it:



We are baptized in His name. We also realize the benefit of healing in His name. As Christians, we are given authority to use His name.

Remember the Greats & Be Grateful

When you are inclined to focus too closely on what feels like unfairness in your life, remember the “Greats” whose lives were also negatively impacted, yet whose critical missions preserved and defined nations:

Jochebed was possibly **shunned** for being the only Hebrew woman with a male baby, all others having been murdered. Moses was likely **lonely**, living his adult life without male peer. Mary faced **ridicule** in her untimely pregnancy. Esther, no doubt, had to overcome

Expressing gratitude, especially when life delivers negatives, is a first step towards embracing our identity in and mission for the Lord.

sheer **terror** facing Xerxes. Joseph, after 7 years of imprisonment, felt **forgotten**. David, constantly on the run from Saul, was surely **overwhelmed**. Peter, after denying Christ 3 times, felt incredible **shame**. We must remember to “Just Be” like these “Greats”, trusting God who hears our cries.

Psalm 34:15

The eyes of the Lord are on the righteous and His ears are attentive to their cry.”

Just Breathe (exhale)

Get rid of negatives (the sludge) that impairs your perspective of who you are in the Lord. Declutter your:

1. **SPIRITUAL SPACE:** Stop fighting unassigned battles
2. **PHYSICAL SPACE:** Stop robbing your own peace space by bringing clutter in through your WIDE WINDOWS. Simplify.
3. **KINGDOM Space:**
 - Rightly focus on God’s kingdom (His people) - Matthew 6:33
 - a. (SELF) Dismiss negative self-talk and perspective you’ve accepted about yourself
 - b. (FAMILY) Dismiss the notion they know what you need; tell them
 - c. (CHILDREN) Dismiss fictitious societal idea that moms must keep them happy and entertained
 - d. (FRIENDS) Assess & dismiss any toxic or life-draining friendships
 - e. (SOCIAL MEDIA) Minimize usage; untether the shackles that bind you to wasteful or invasive technology

Social Media Tips

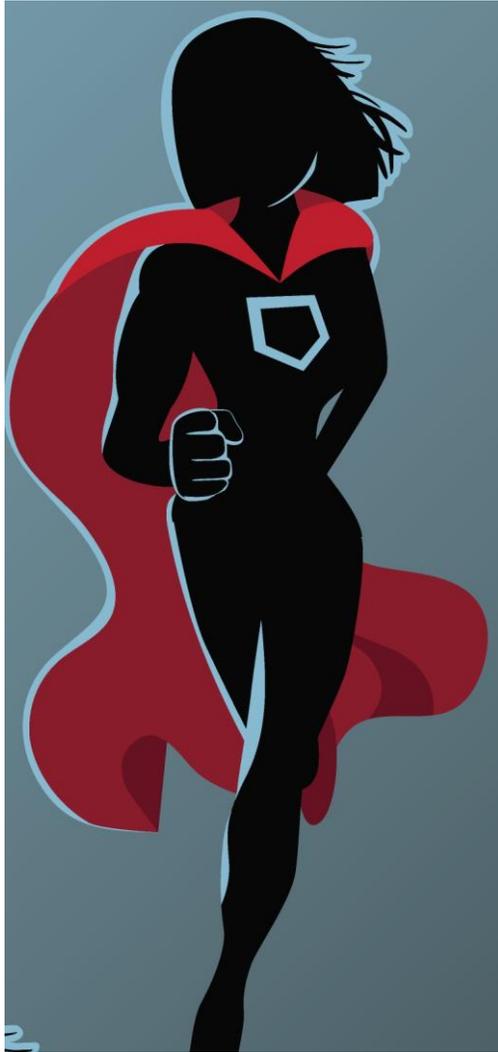
Control when you will answer emails; resist the urge to spontaneously check them throughout the day.

Set ringtones, answering only essential calls; all others go to voicemail to be checked at a later predetermined time.

Turn off cell phone during Bible Study.

Use a physical Bible instead of a phone app.





Join Valerie for Livestreamed Fitness and Tuff Mama Sessions on The Close-Knit Family Private Facebook group. Ask to join today!



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