

CELESTIAL  
I  
in

WE

LAKISHA P HUNTER

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Finding The I In We

# **LIFESTYLE**






I'm gone just leave  
this right here:



There is  
NO GUILT  
in seeing to your  
unmet needs  
within yourself.



**LIFESTYLE**

**GUILT**

There are two components to Guilt: there's True GUILT and there's False GUILT.

Let's deal with that word *GUILT* -

*GUILT* is one of the major components that are keeping you from forgiving yourself.

*GUILT* is the result of having violated a specific rule or law.

- ~When we cross a moral, ethical, or legal line, we are guilty. This is true even if we did not know a line was crossed.

*GUILT* is primarily a state or condition, not a feeling.

- ~We must distinguish the difference between false guilt and true guilt.

- ~It's normal to have feelings of Guilt when we do something wrong - this is true guilt.

- ~But, it is possible to be innocent of something, and yet feel guilty about it- this is false guilt.

**Journal:** How does this explanation of GUILT hit home for you?

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**LIFESTYLE**

**GUILT ACTIVITY**

When it comes to feeling guilty, the major difference between false guilt and true guilt is their respective origins (own root).

The mistake we make is we allow ourselves to become so deep in our regret or guilt until we cannot simply profess what is already ours, and end up blocking the blessings God wants to give to us.

**Journal:** Destroy guilt's grip by professing what is already yours.

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Guilt will make you feel so unworthy until you believe that hoping for less will protect you from more guilt. Have you diminished your hope because of GUILT? How? About what?

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**LIFESTYLE**

**NEWNESS EFFECTS**

Coming into you, finding the "I" in "WE," discovering the new in the old you, and learning a different and potentially more fulfilling you can lead to conflict at home within the family; especially if the family is not supportive to this newness.

How can you eliminate conflict in the family as you find the "I" in your "We"?

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**LIFESTYLE**

**REFLECT**

There are many who may wear the hats you wear, but your needs may be different from theirs. Everyone's needs are not the same

What does "*belonging to yourself*" really mean?

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Are you accepted for who you are as an individual outside of the hats that you wear?

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Do you feel the need to put up a facade to keep from facing the conflict within yourself?

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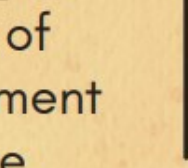
Finding The I In We

# **PUNISHMENT**

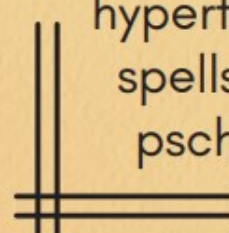








All forms of  
self-punishment  
can have  
lasting effects  
on your  
emotional and physical  
health:



migranes; strokes;  
chronic asthma;  
hypertension; crying  
spells; bipolarism;  
pschysophrenia

**SPECIAL NOTE**

If you are experiencing any of these effects in your emotional or physical health, please consult a physician and/or therapist.

## **MEET THE AUTHOR**

Finding The I In We

by Lakisha P Hunter

Chef. Entrepreneur. Author.

### ***Lakisha P. Hunter***

is known around the culinary and restaurant industry as "**Chef K.**" With 30 years in the culinary industry, it is safe to say that cooking is not only her business - it is also her passion.

But, her passions are not just about cooking, but about life in general.



**Chef K** is also a licensed and ordained elder in her church and has obtained a BA in Christian Ministries and a MA in Urban Ministries.

**Chef K** is the founder and owner of *That Jerk Spot LLC*, a catering service and mobile food truck business, and has worked throughout Chicago public high schools teaching culinary arts, in addition to her experience as a restaurant and hotel manager.

Born and raised in the inner city of Chicago, **Chef K** has faced many challenges and obstacles as a young gang leader on the south side of Chicago. Cooking has been Chef K's lifeline, from surviving in the underserved community to thriving today.

**Chef K** is committed to giving back to youth and young adults who face similar challenges. Therefore, she founded a mentorship program called "Rise Above the Ordinary" (a 4-week apprenticeship program) created to inspire and equip the next generation of chefs and future entrepreneurs through training and work readiness.

**Chef K** wears many hats and holds many titles, but she's most proud of being called "Mom" by her two loving boys - Kaden, and Christian - as well as her bonus son - Jalen, and her brother - Dontate. Together, they fuel her passion, work, and commitment to all of her work.

**Chef K's** prime endeavor can be summed up as "Inspiring the next generation of chefs and business owners of Chicago"



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