

*The*  
**H.O.P.E.**  
**INFLUENCER'S**  
*Diary*





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*Diary*



**M/R JOHNSON**

*Thank you for your support. You are amazing.  
I hope as you write down your thoughts, you  
will gain a better understanding of your  
purpose!*

*Author M/R Johnson 3.29.2022*

**THE H.O.P.E INFLUENCER'S DIARY**

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ISBN: 978-1-7335059-8-7

Library of Congress Control Number: 2022903470

Manufactured in the United States of America

10 9 8 7 6 5 4 3 2 1

*What will be your legacy?*

## **BOOKS ALSO BY M/R JOHNSON**

Memoirs Of An Addict: Fact or Fiction

Mary/Pumpkin Recovery Girl

What About The Children? The Neuroplasticity, Implicit Bias Theory

*Books can be purchased on the [Now Hope 2 Reality.com](http://NowHope2Reality.com) website, [Amazon.com](http://Amazon.com)  
and or other online bookstores*

## **DISCLAIMER**

If you feel any of the issues herein this book may apply to you personally and or if you feel you are in a mental health crisis that may pertain to you while reading this book, YOU are encouraged to seek an assessment from a qualified behavioral health professional, and or contact 911.

The author makes no professional claims as a psychiatrist, or psychologist, neuroscientist, or therapist.





Welcome friend,

There comes a time in one's life when the stars align, and the universe allows you to manifest your reality into existence.

You have passed the test of life and the storms of negative energy, by commanding your thoughts into affirmations of hope.

But what is hope?

Can this four-letter word retain power to change your environment and or situation? Are you aware that "Words can be powerful, carefully put together they are priceless" once you tap into the clairvoyance realm that is not taught in school.

As a H.O.P.E. Influencer, it comes with great knowledge, courage, authority, and responsibility. It requires discipline of learning from the elements of the earth, the rain, the sun, and the water, that enlightens you with knowledge as it relates to the power within.

You must embrace the acronyms of the word hope to understand your place in society as an influencer, with a greater reward than social media.

You must believe with faith that you have been chosen to reach one and teach one by understanding that hope is critical to our survival.

The Christian faith educates its believers that faith is the substance of things hope for, the evidence of things not seen. So, to be a H.O.P.E. Influencer you must be able to have the vision to complete your mission and or assignment you have been given to transform the world.

It is impossible to be a H.O.P.E. Influencer without understanding the acronyms of these four-letter words, as the precepts and principles to the power within you, to be able to move mountains, heal the sick and yes raise them dry bones.

As a H.O.P.E. Influencer, your character and or image must look beyond what the world may see of you. Only what the Universal God, the Creator, has commissioned you to manage that is above emotional intelligence, and forbidden knowledge; with courage to face the unknown with faith to move any situation.

It is imperative for the H.O.P.E. Influencer to be strategically in position, and focus, when life shows up. And it will show up.

However, the H.O.P.E. Influencer who connects with the vibrations and frequency of self-worth, self-acceptance and most importantly self-love, from the elements of the earth, will be the person chosen to lead.

With clear thinking, setting aside their ego, their title and or positions to shine before man, the H.O.P.E. Influencer will be noticed as the humble leader that is motivated to be the voice for the voiceless.

As you dive deep with confidence from your personal notes within this diary book, you can gain a better inner-standing from the Universal God, the message of speaking and writing your truth to power. As a H.O.P.E. Influencer, there are several requirements for you to practice with daily self-care exercises, through mindfulness and meditation as a part of your journey of hope.

The H.O.P.E. INFLUENCER'S Diary, offers you the reader, the opportunity to write your aspirations, and affirmations down for seven days to reflect on what is important. *However*, there are thoughts to meditate throughout this book that you can answer such as what does this word mean to me? And

how can I use it as a guide to enlighten, educate, encourage, and empower me to reaching my goals and or mission or personal assignment to impact my reality.

This is your book for manifestation. Be open minded. You are worthy, you are beautiful, you are handsome and you are a valuable asset to this planet. But most importantly...YOU ARE NECESSARY.

As a H.O.P.E. Influencer, if someone were to ask you the question, if you could change the world, what would you do? Better yet, what would you say?

As a H.O.P.E. Influencer, you must have clarity to who you are and what you bring to this planet. You must be in position to tell those who are lost, narcissistic, angry or miserable with assurance, there is always hope.

*Now*, before we move forward, here is something to contemplate.

What must a caterpillar endure to become a butterfly? The caterpillar's destiny is to survive for the renewing, preparation, and transformation through the metamorphosis stages by reaching the safety of the cocoon.

The *purpose* of the process is to receive a reward for the struggle by becoming the beautiful new butterfly creature God intended it to be. *-Memoirs Of An Addict: Fact or Fiction,*  
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*So*, what stages of manifestation are you in?

The Beginning—Caterpillar  
*or the* Evolving Stage—Cocoon

*or the Learning Curb—In Flight*  
*or the Soaring Stage—Butterfly*

Well, no matter what stage of transformation you are in, be an influencer with integrity. For hope and love will conquer all in the sight of this blind world who are incapable to discern that you are chosen.

Below are the acronyms as it relates to what a H.O.P.E. cultivates to be an Influencer.

H represents	<b>H</b> umble
O represents	<b>O</b> ptimistic
P represents	<b>P</b> eople
E represents	<b>E</b> mpowered

As a Humble, Optimistic, People, Empowered, Influencer, inner-standing the sounds and true concept of words, can heal or destroy your mental health as it relates to your understanding of expectations.

As you dive into this diary, create your own acronyms for the four-letters of H.O.P.E. to encourage and enlighten yourself with power as well as to empower others into positive action thinking.

By knowing with declaration that you can do this; you know what hope looks like, as well as how to inspire others by not giving up. Congratulations:

**YOU ARE A H.O.P.E. INFLUENCER!**

Lastly, the H.O.P.E. INFLUENCER'S Diary, has created for your reference a personal H.O.P.E TOOLBOX that has been a guide for me in my journey of purpose.

They are words for thought as you enter the reality called hope. Remember, You have been chosen to impact, transform and change the world.

Welcome again friend, The new H.O.P.E. Influencer that has been chosen by the universe, for such a time as this.

Teach and tell the world that your voice matters and with hope and love it will make a difference.

You have your assignment.

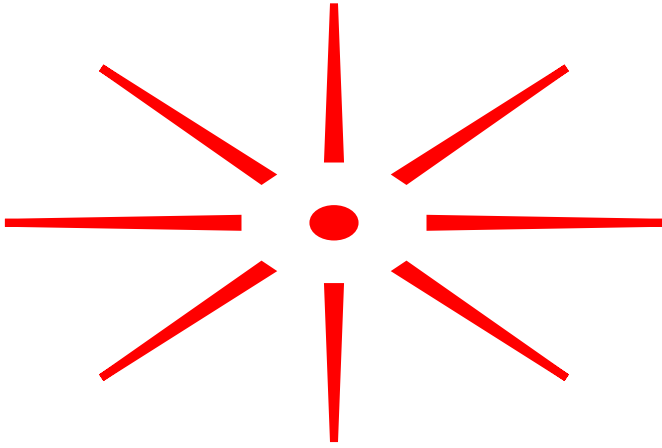
Sincerely,

Miss Johnson

*Who Do You Say You Are?*

## H.O.P.E. INFLUENCER'S TOOLBOX

- ✚ Compassion
- ✚ Empathy
- ✚ Teachable
- ✚ Love
- ✚ Assurance
- ✚ Confidence
- ✚ Responsibilities
- ✚ Visionary
- ✚ Motivated
- ✚ Love
- ✚ Self-worth
- ✚ Forgiveness
- ✚ Commitment
- ✚ Trustworthy
- ✚ Unconditional Love
- ✚ Purpose
- ✚ Self-Love
- ✚ Integrity





## MINDFULNESS & MEDITATION

Mindfulness and meditation are a mental training practice and technique that allows the mind to refocus on the present moment, by teaching you to slow down racing thoughts, as well as how to let go of negativity and calm both your mind and body to the present. In general, mindfulness and meditation involves deep breathing of body and mind. It allows a person space to occupy thoughts without judgement through breathing.

*Let's try this.*

*Focus* on images of the warmth from the sun and or the sounds of the ocean as the waves hit the beach. Or imagine the sounds of the rain as it hits the window creating life with water. No matter what your source of peace is to digress, prepare your mind with happy thoughts.

*Now*, try placing your feet together and close your eyes and prepare to breathe in through your nose for a second, and exhale through your mouth. When you are ready, breathe in positivity, then exhale negativity. Breathe in life, then exhale negativity, breathe in hope, then exhale negativity. *Repeat as often as necessary.*

### **FYI NOTE:**

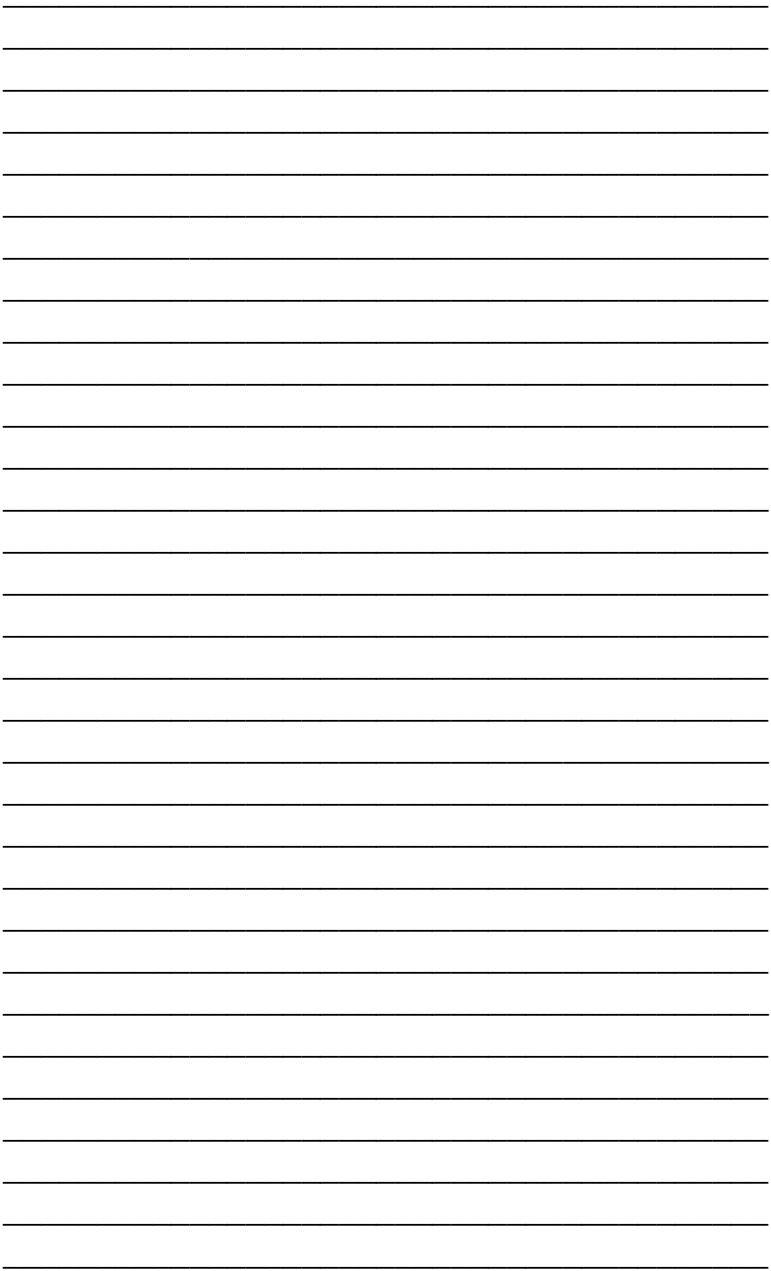
It is important to learn the power within as to how to calm oneself through good and challenging times, for health and wellness as we learn to live life after COVID-19. Learn more on mindfulness and meditation here,

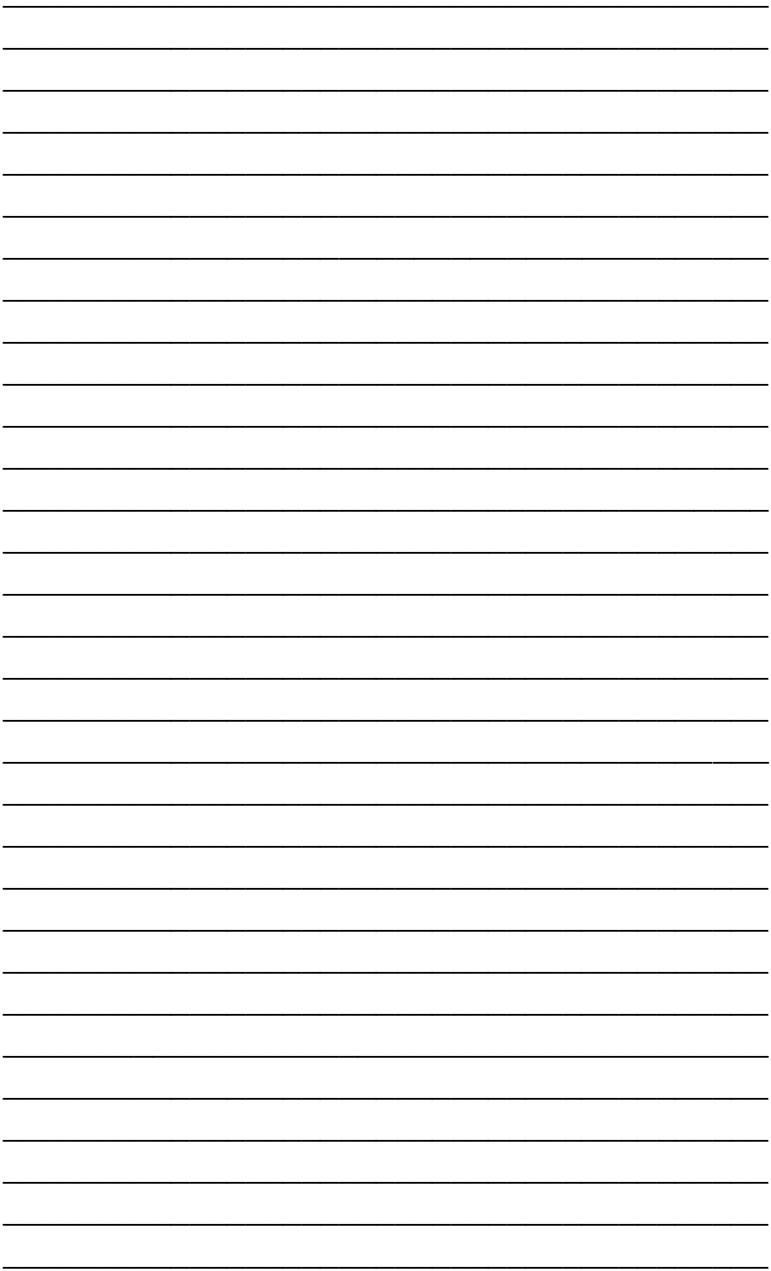
[www.verywellmind.com](http://www.verywellmind.com)

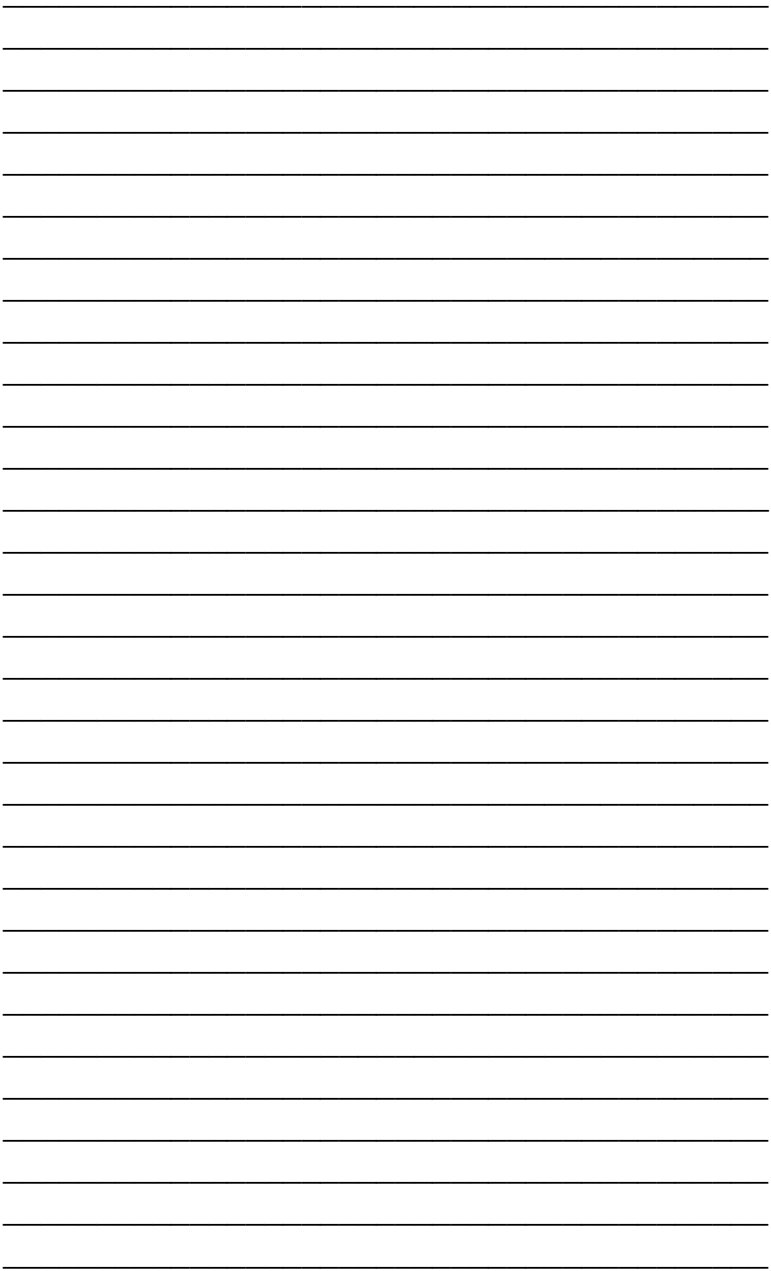
*“Words can be powerful, carefully put together  
they are Priceless” -Author M/R Johnson*

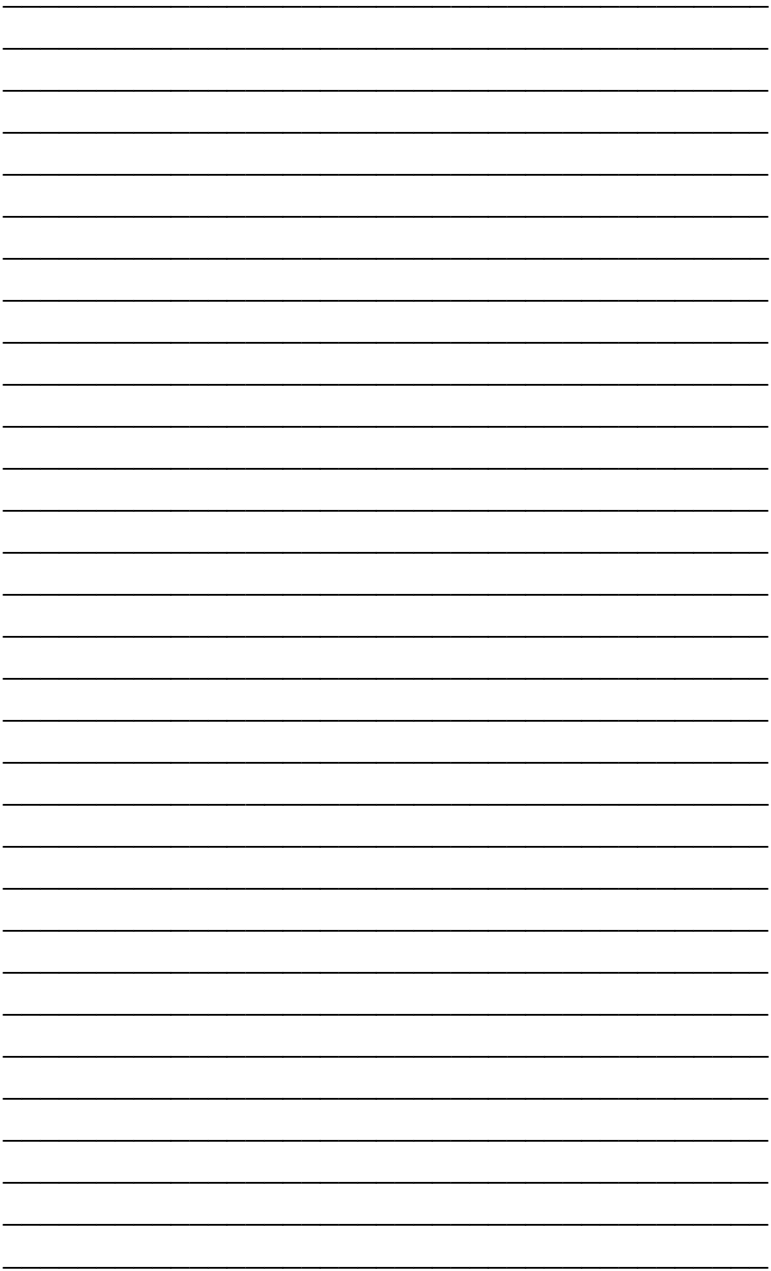


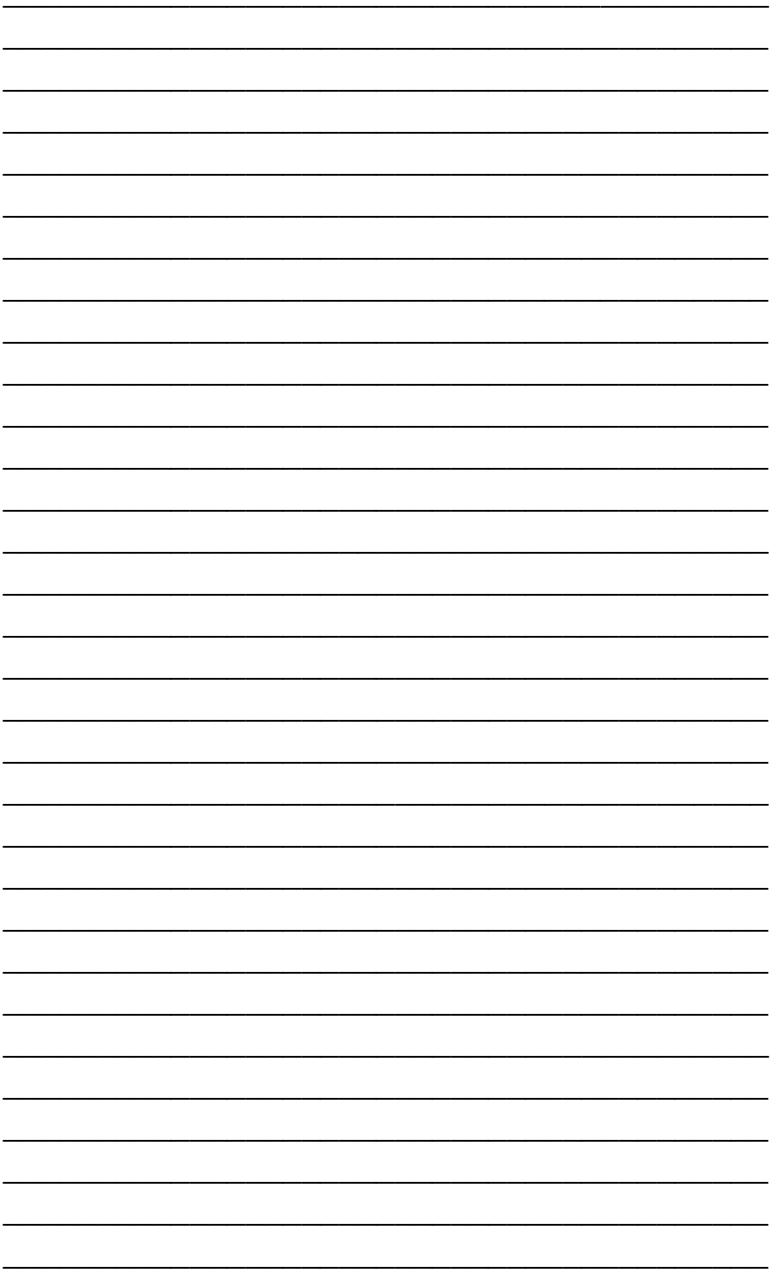
**I AM**



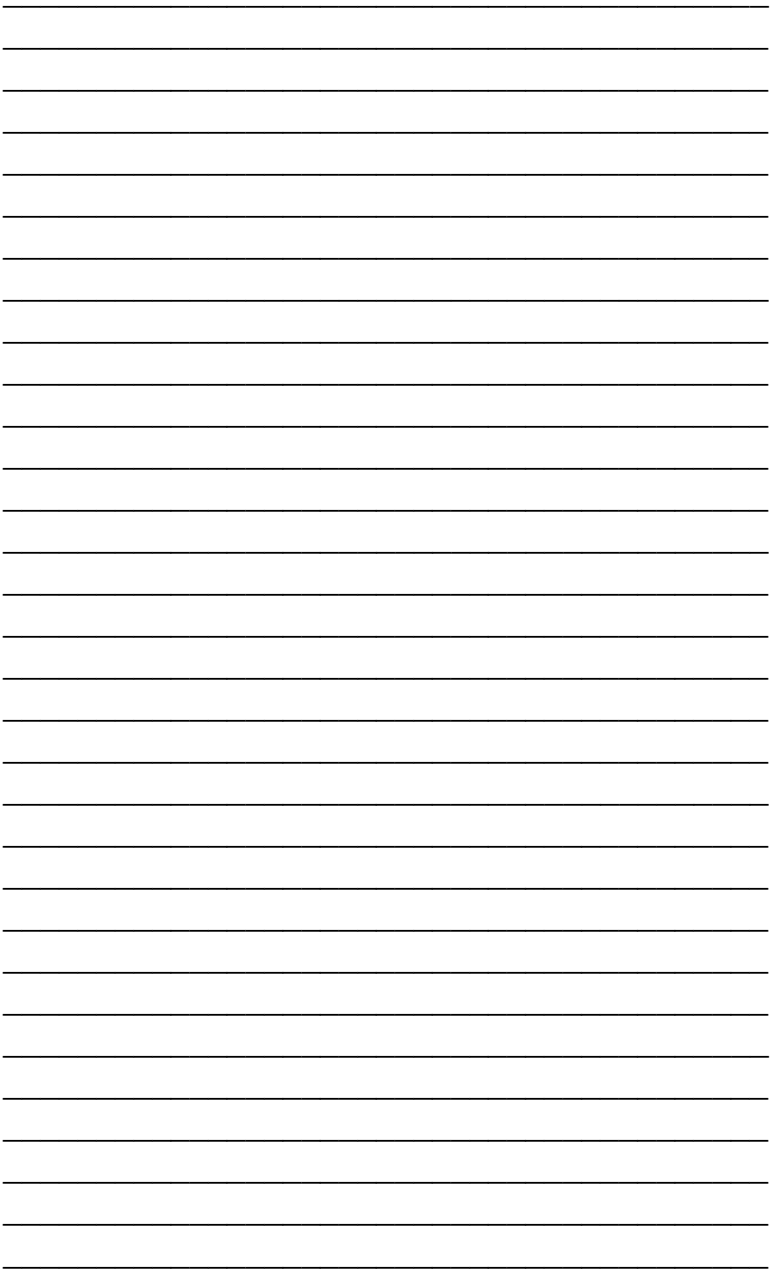


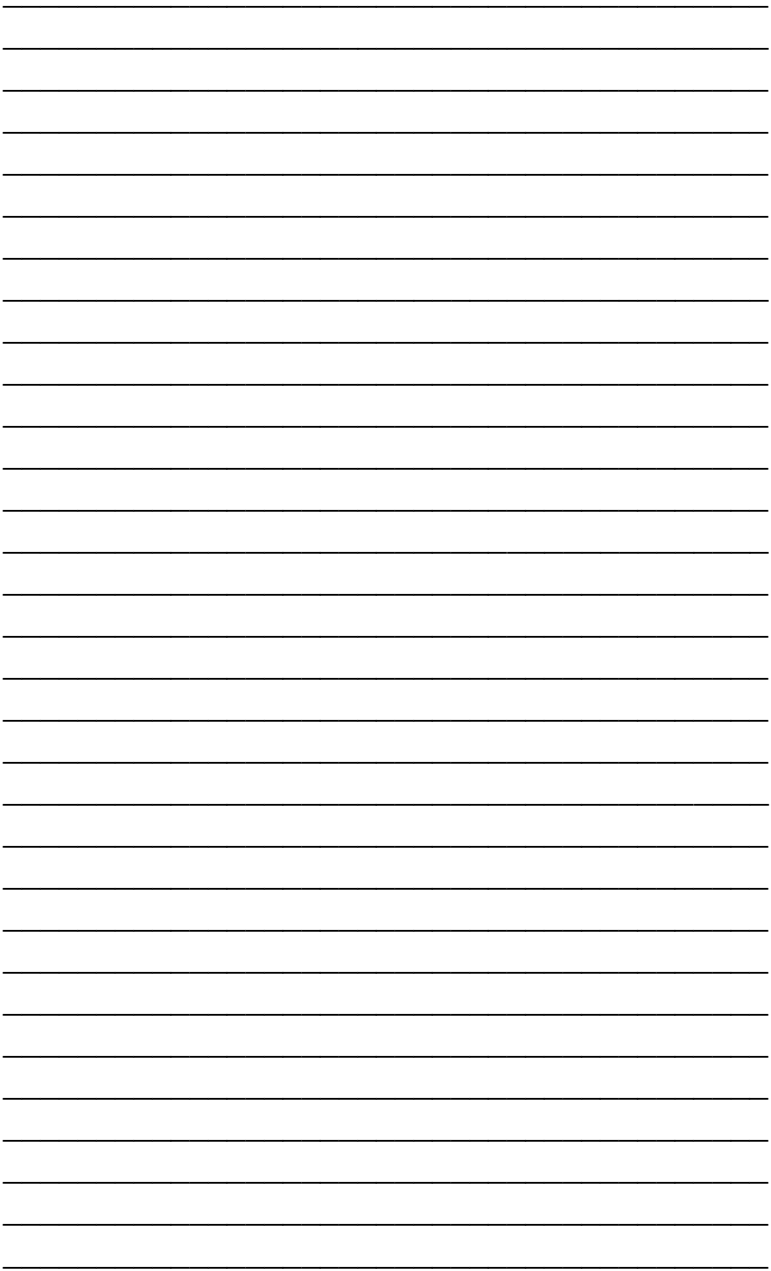


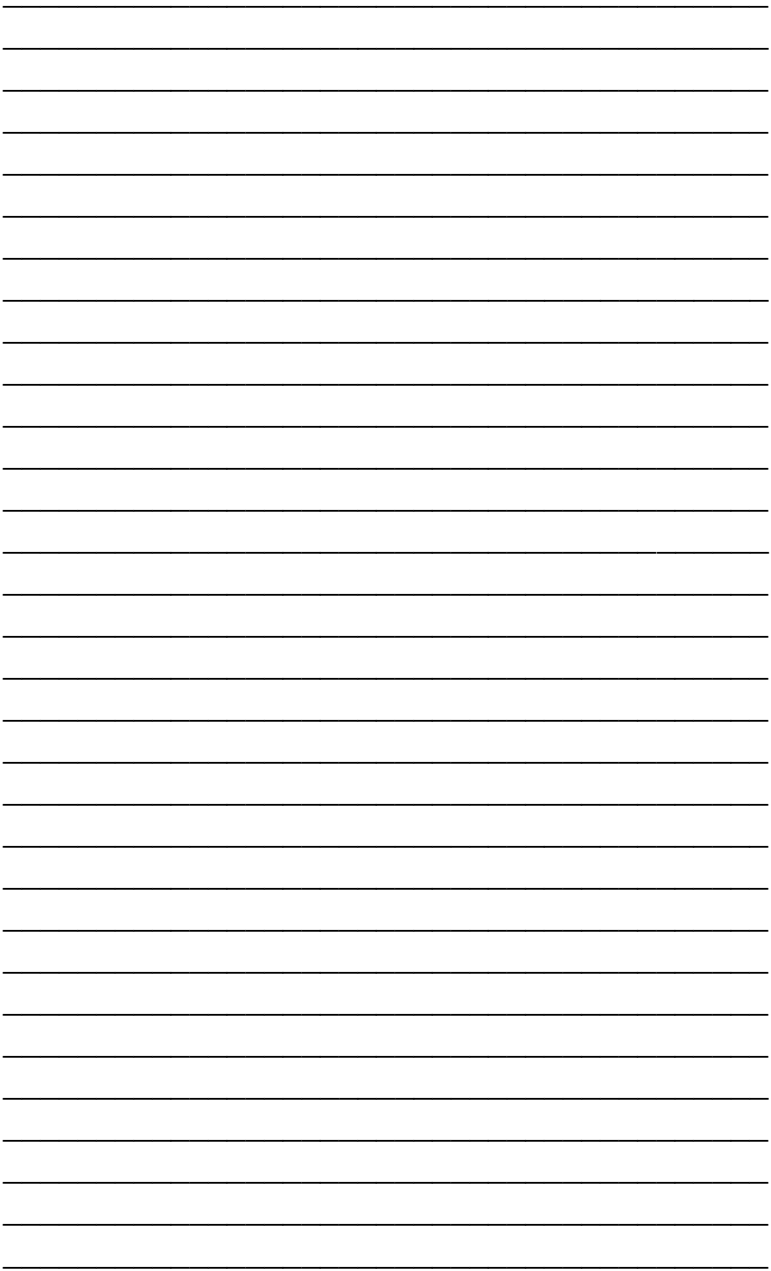






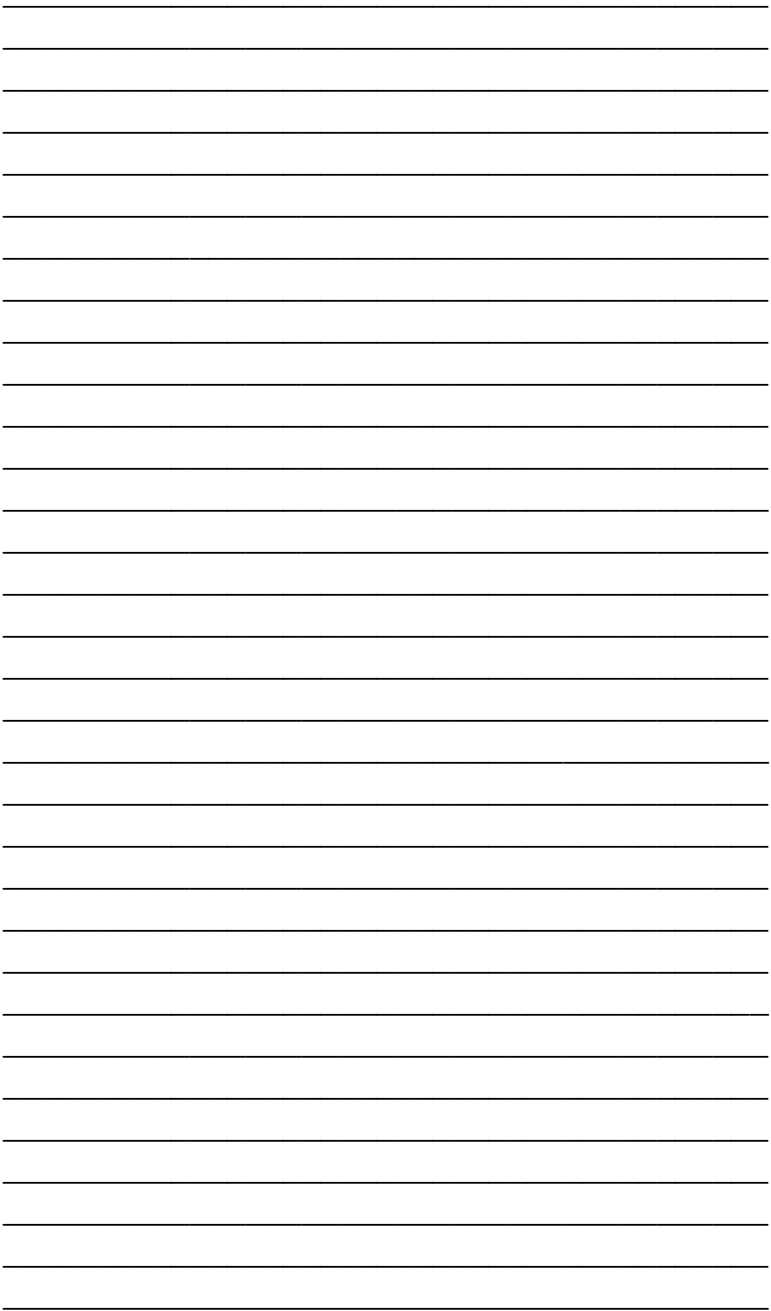


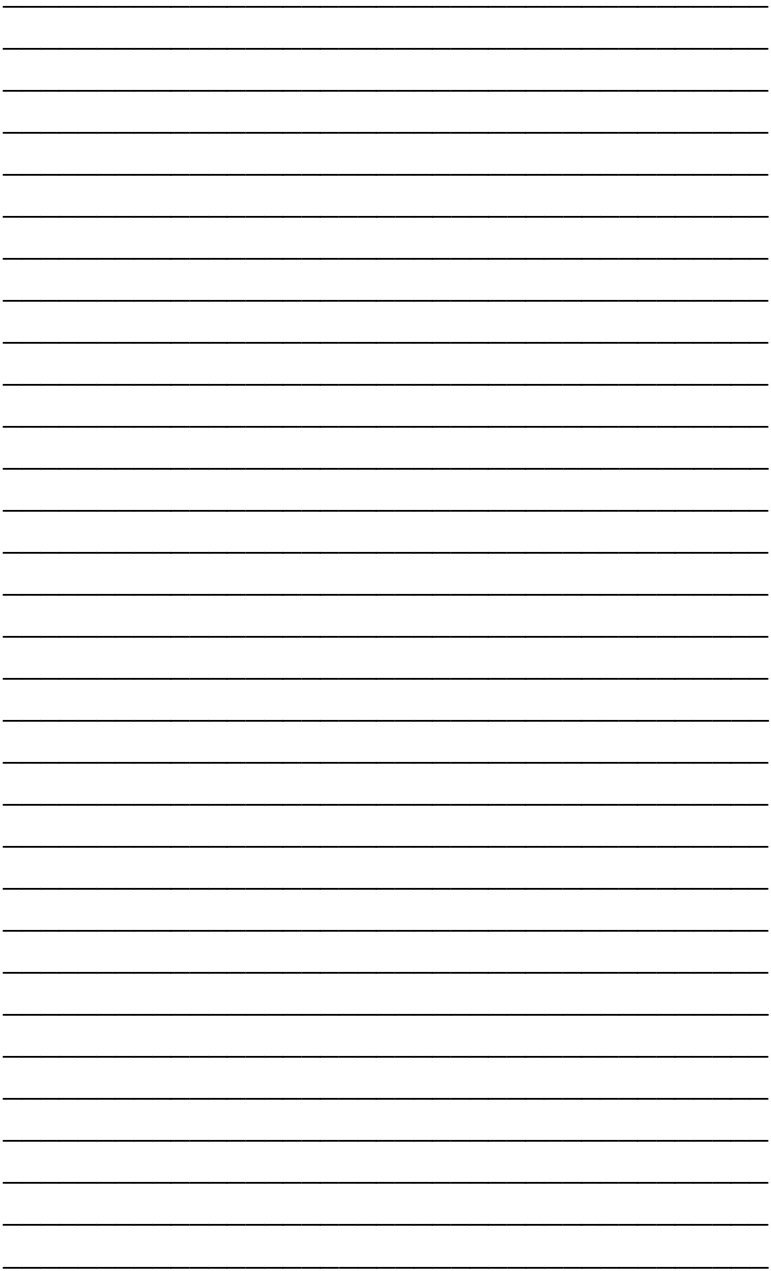


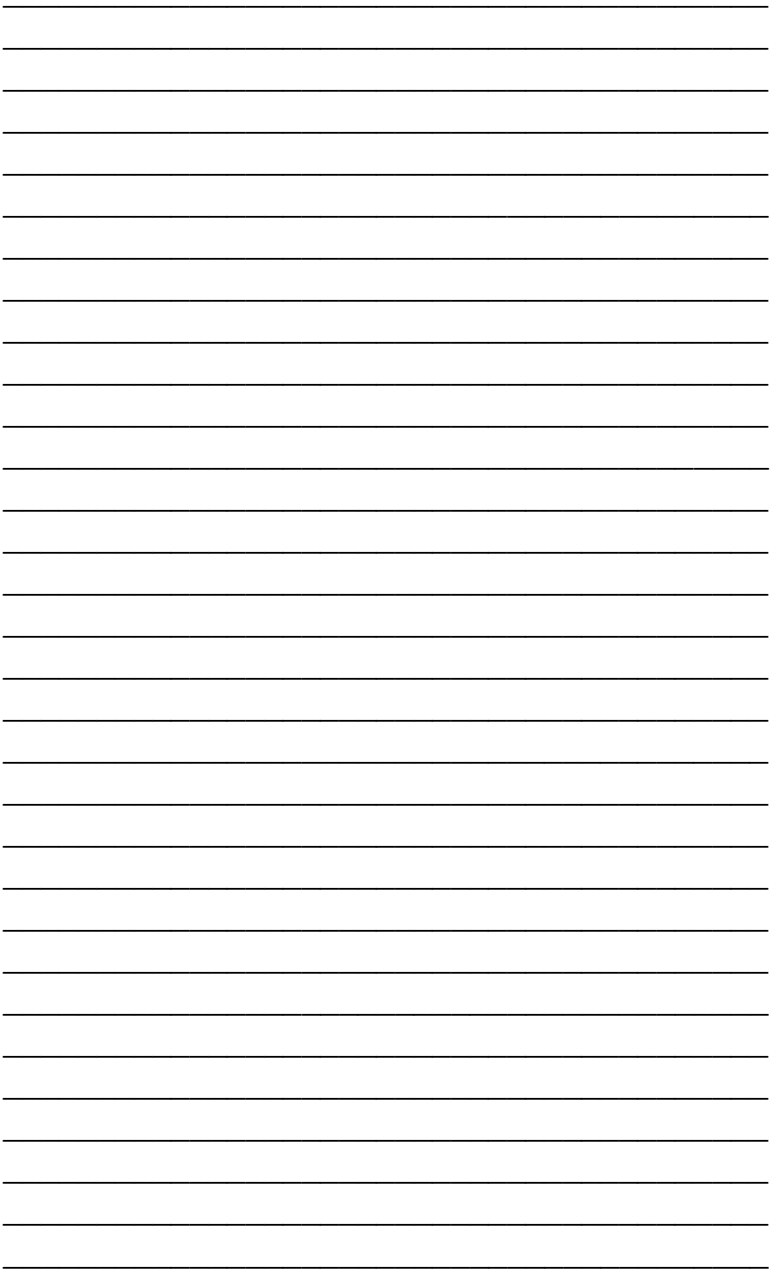


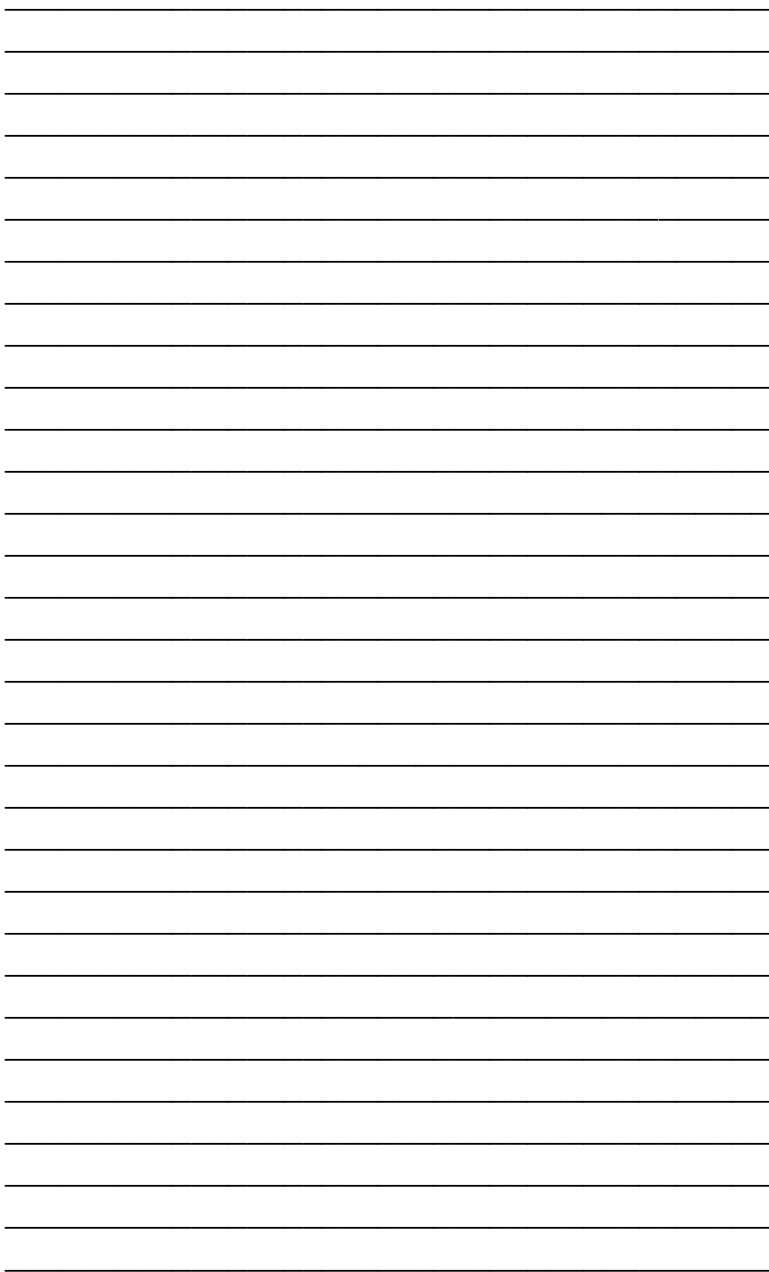


**I LOVE ME**

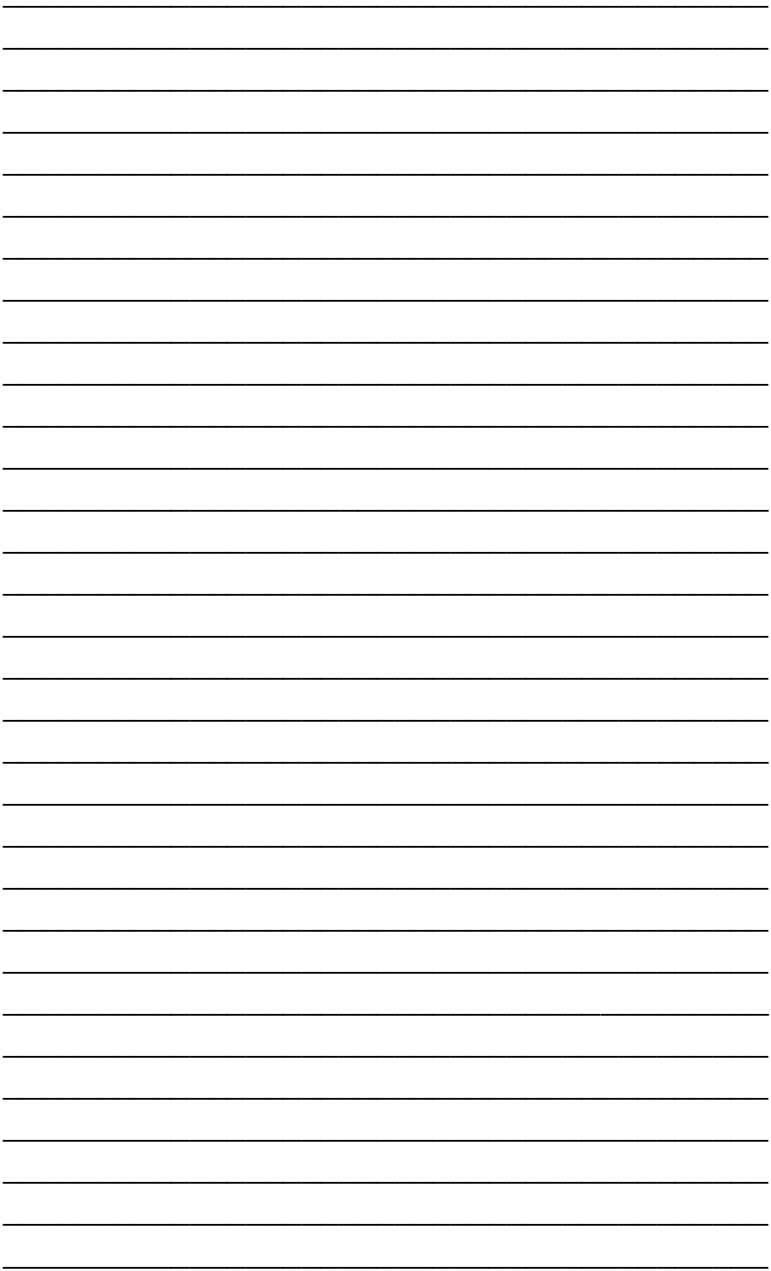


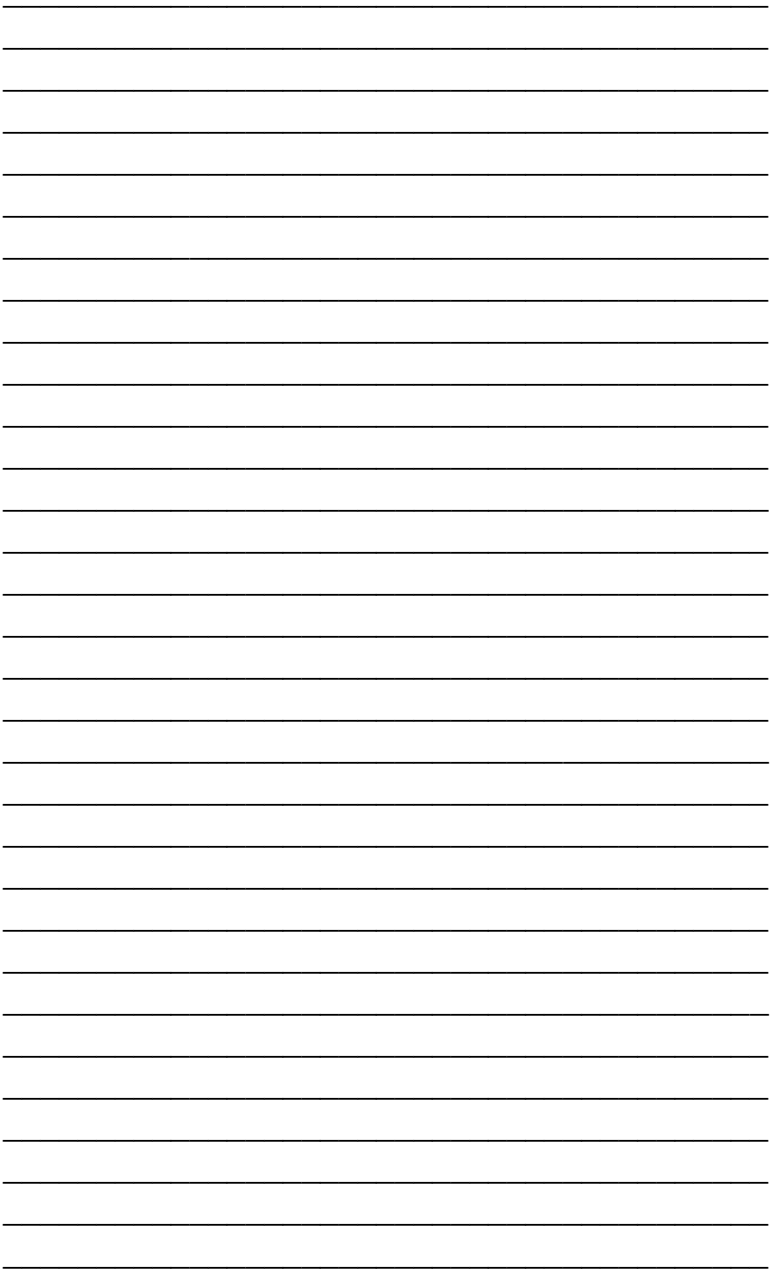


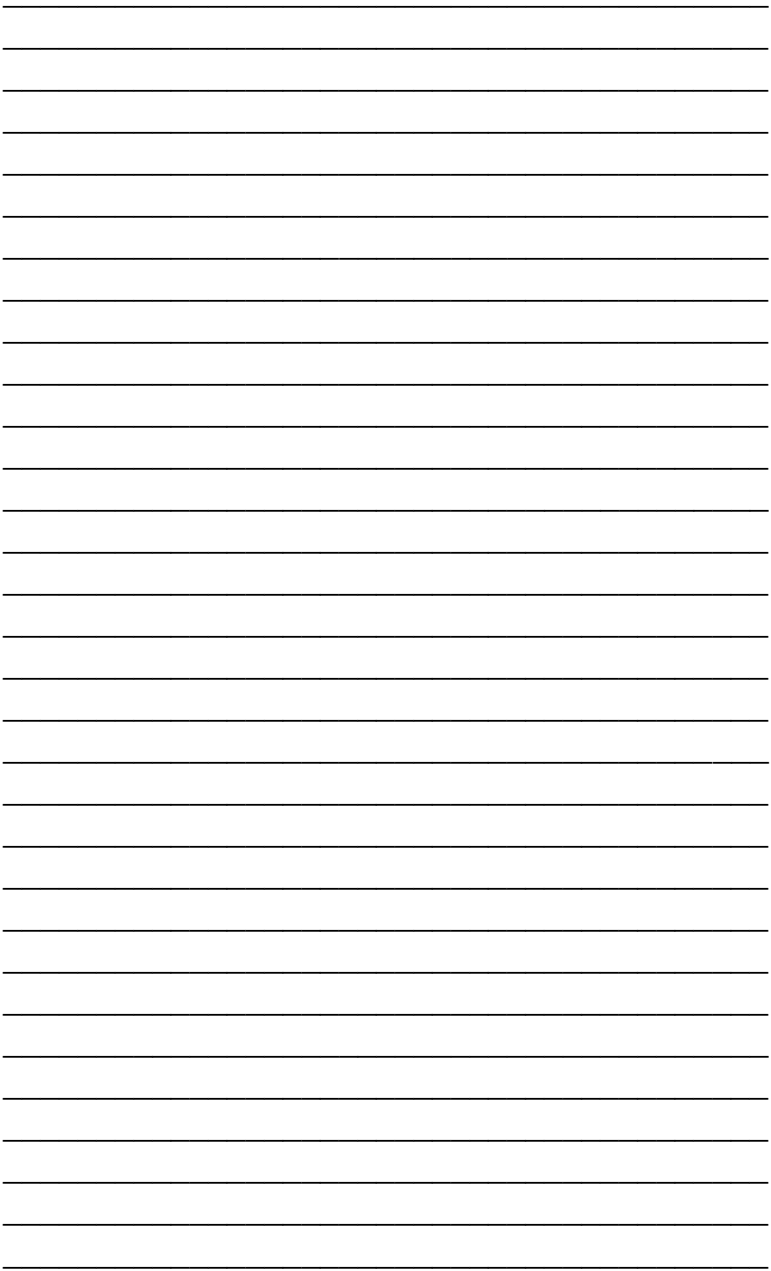


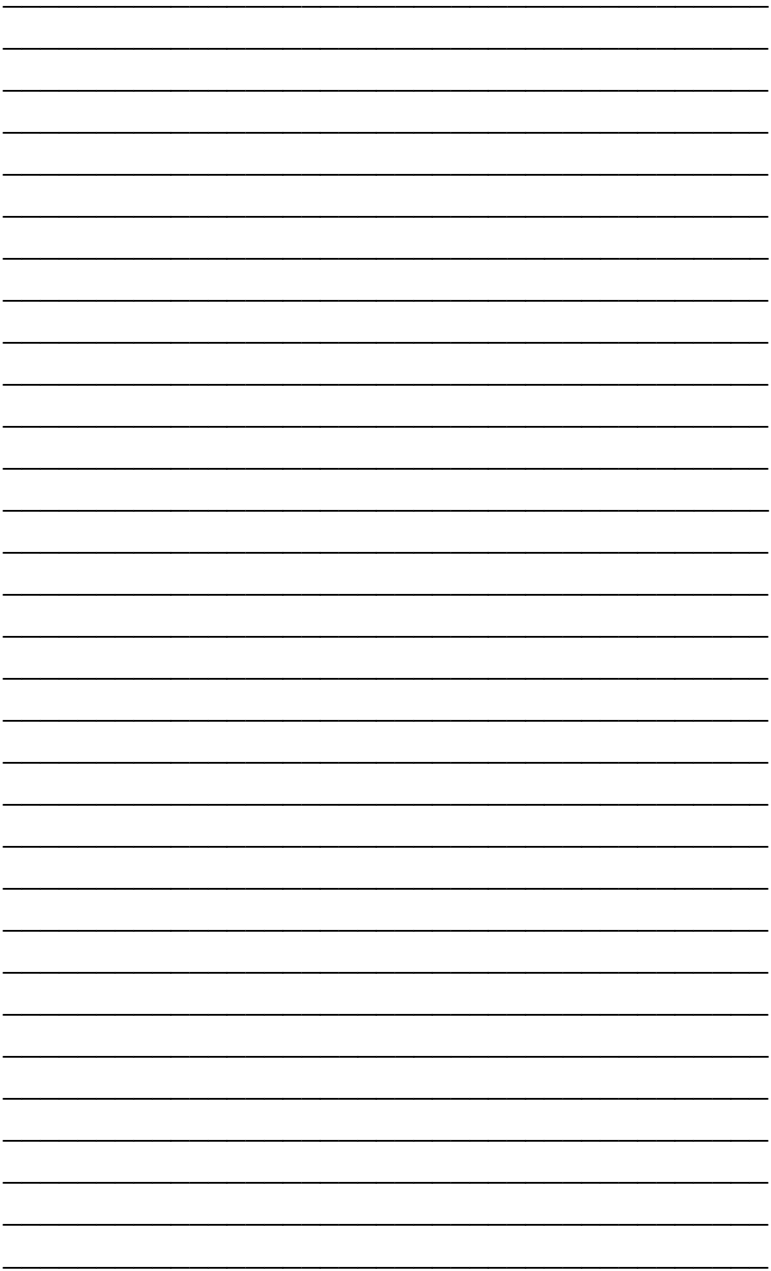






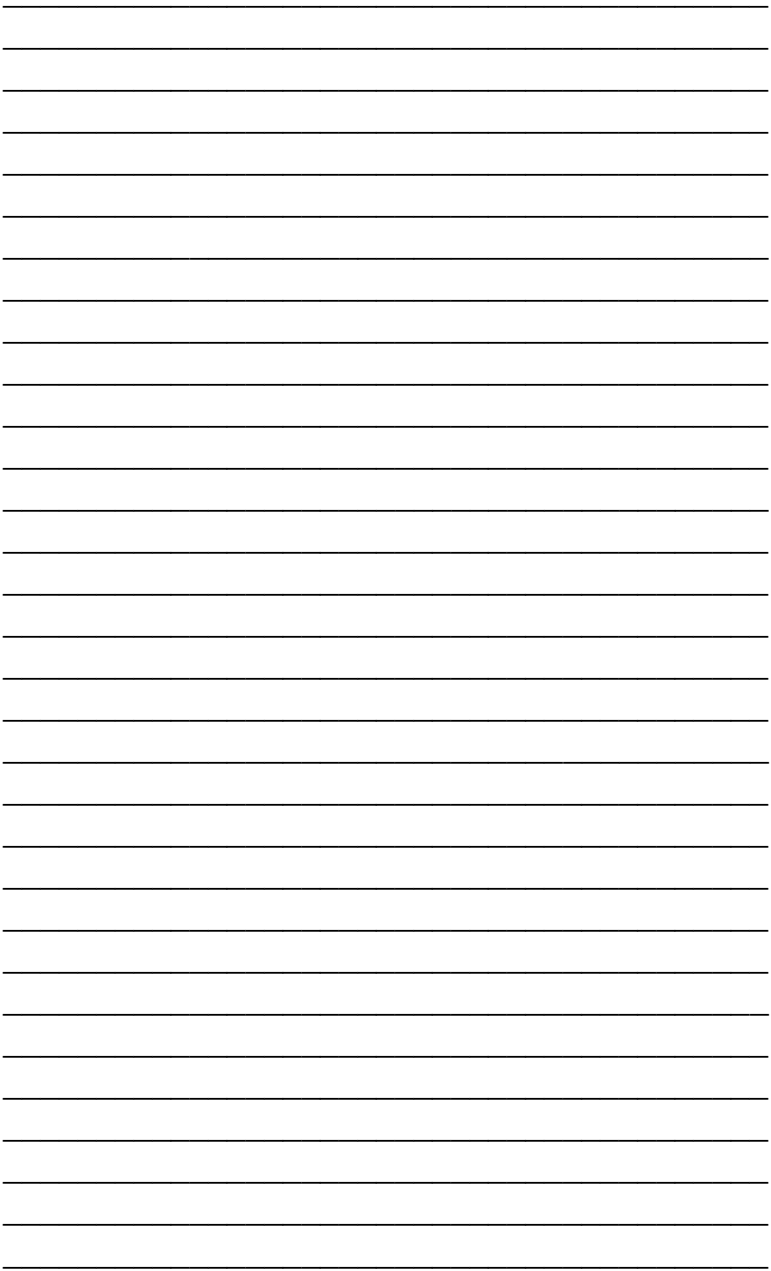


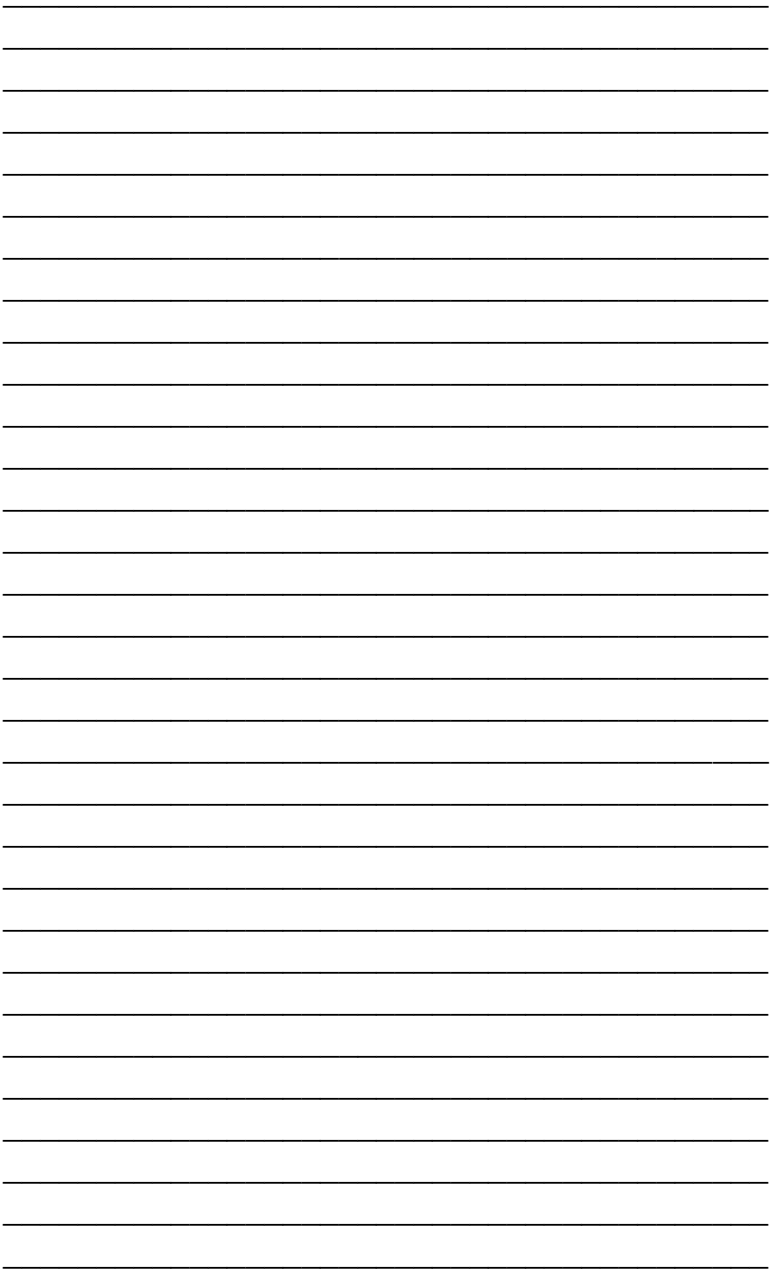


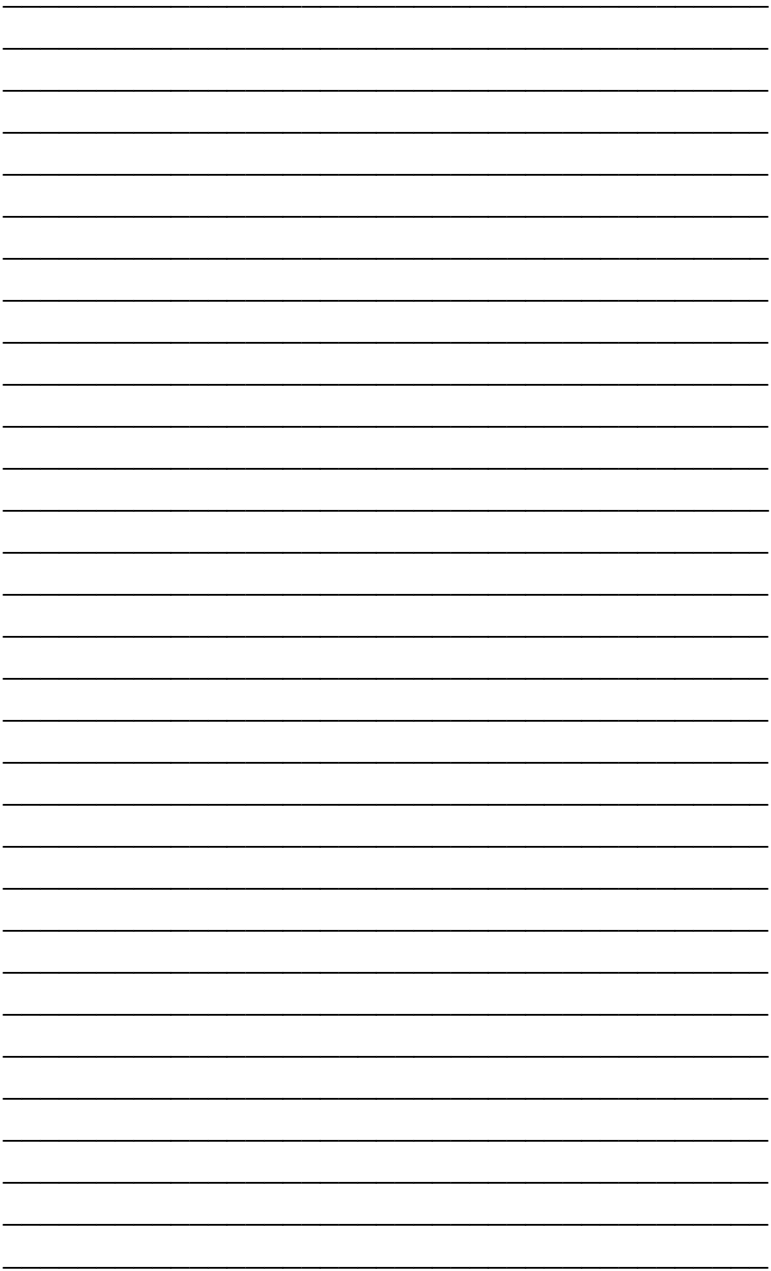




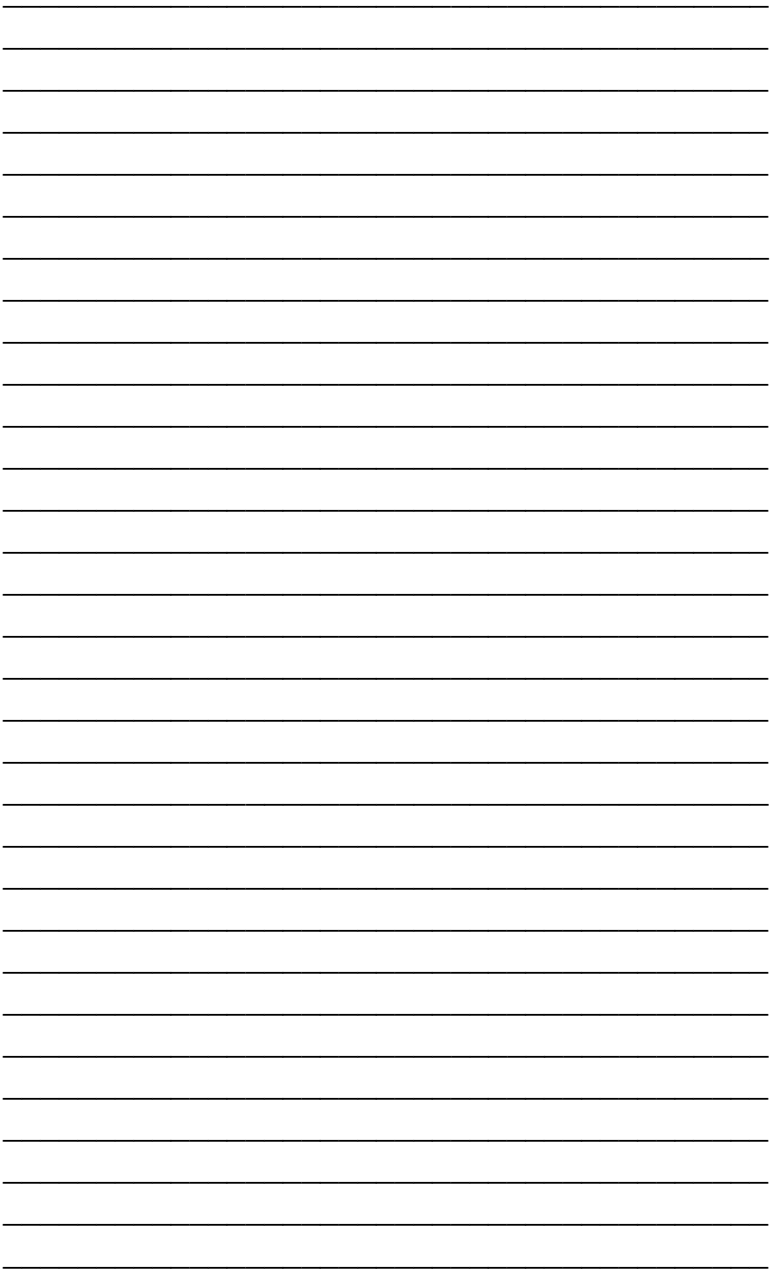
**I-FORGIVE**

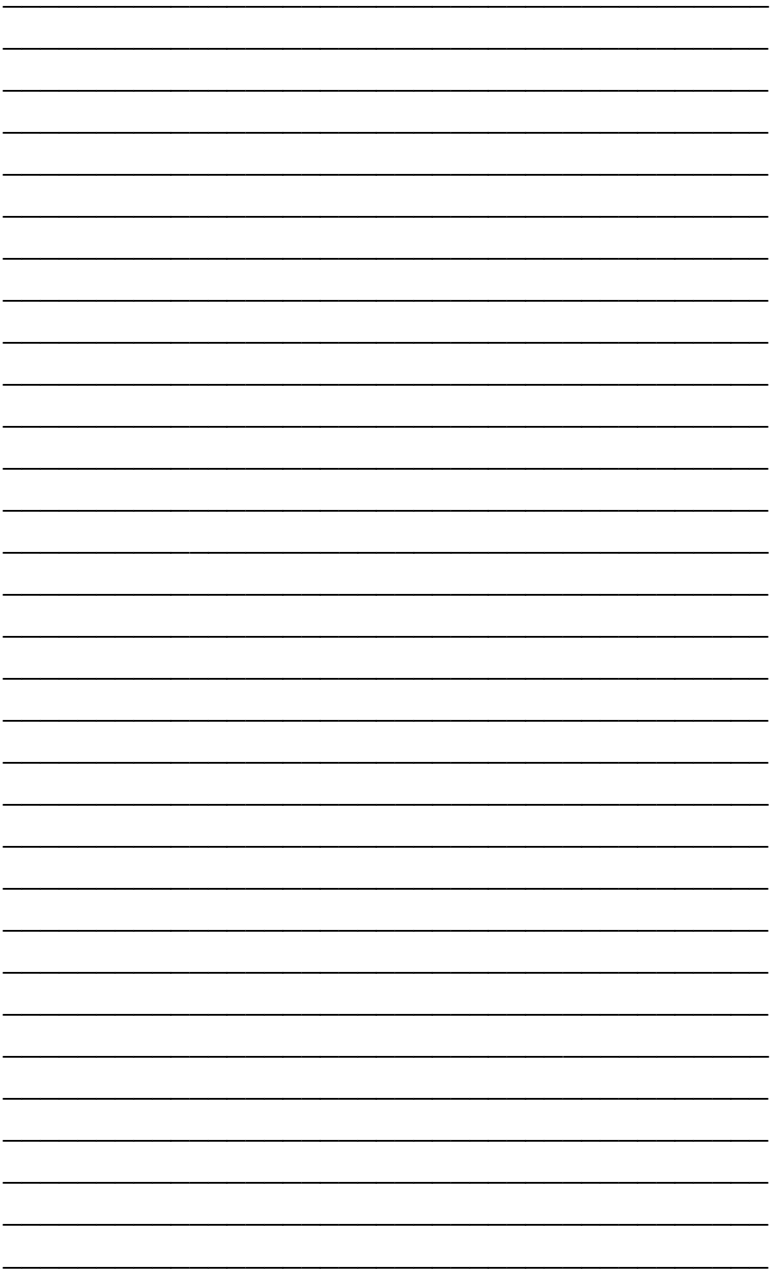


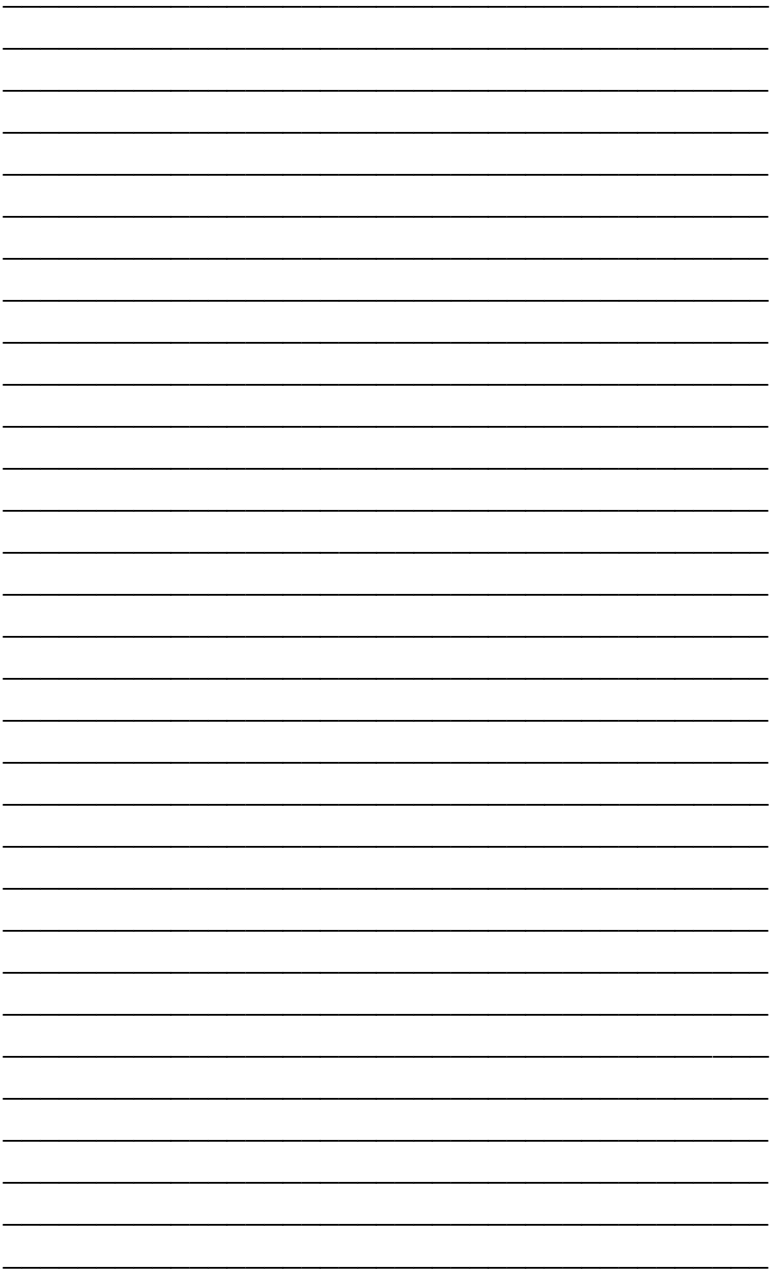


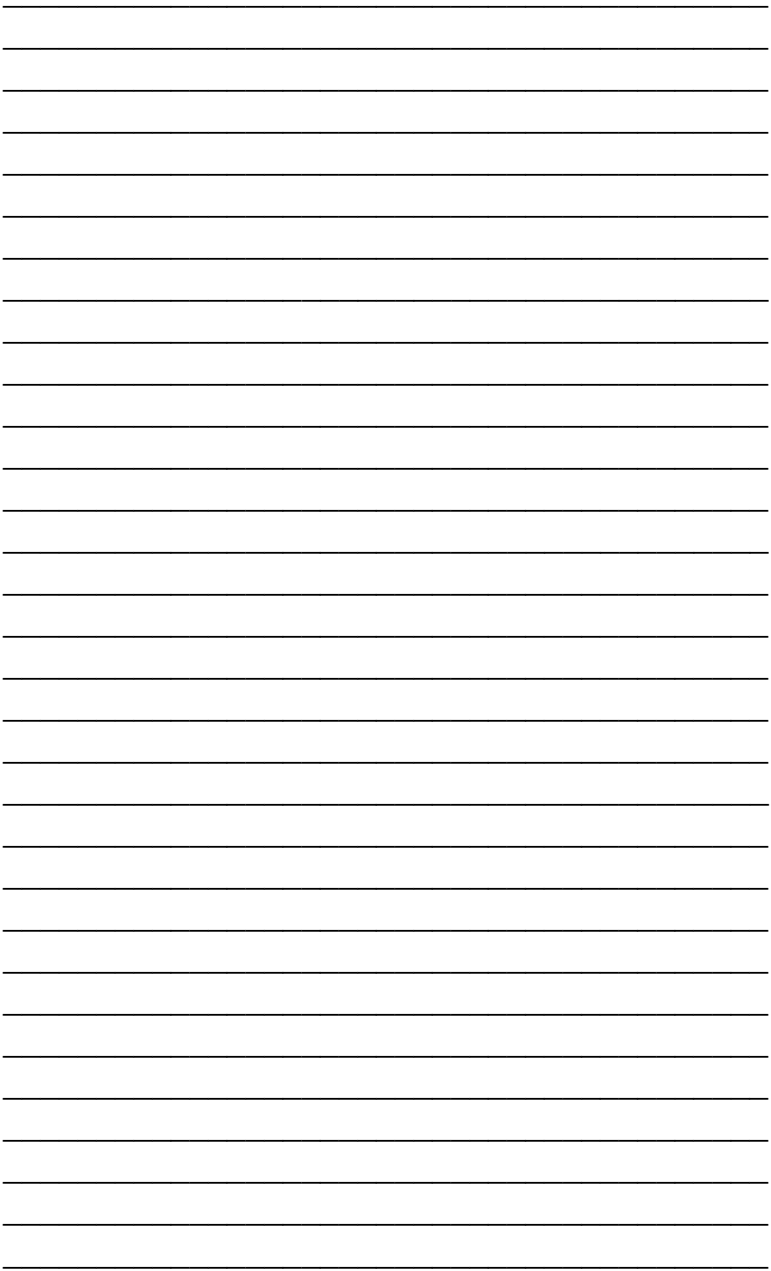


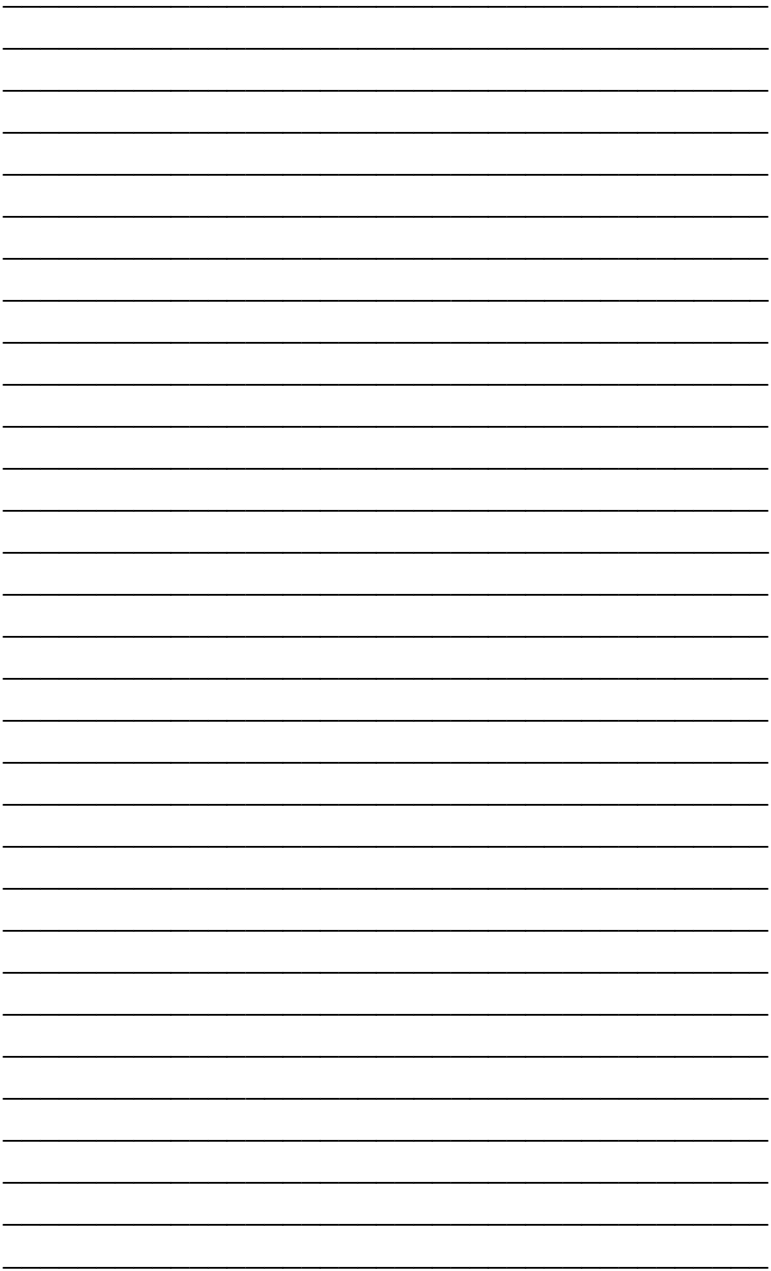






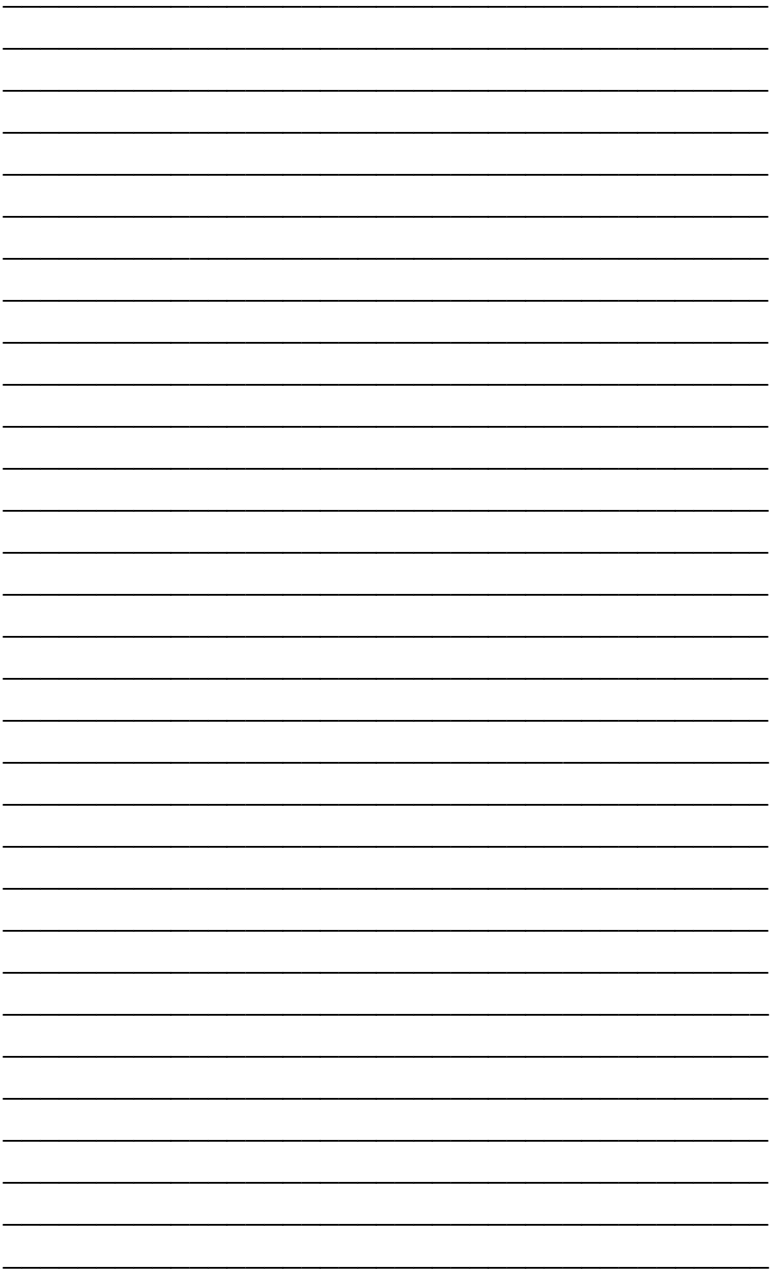


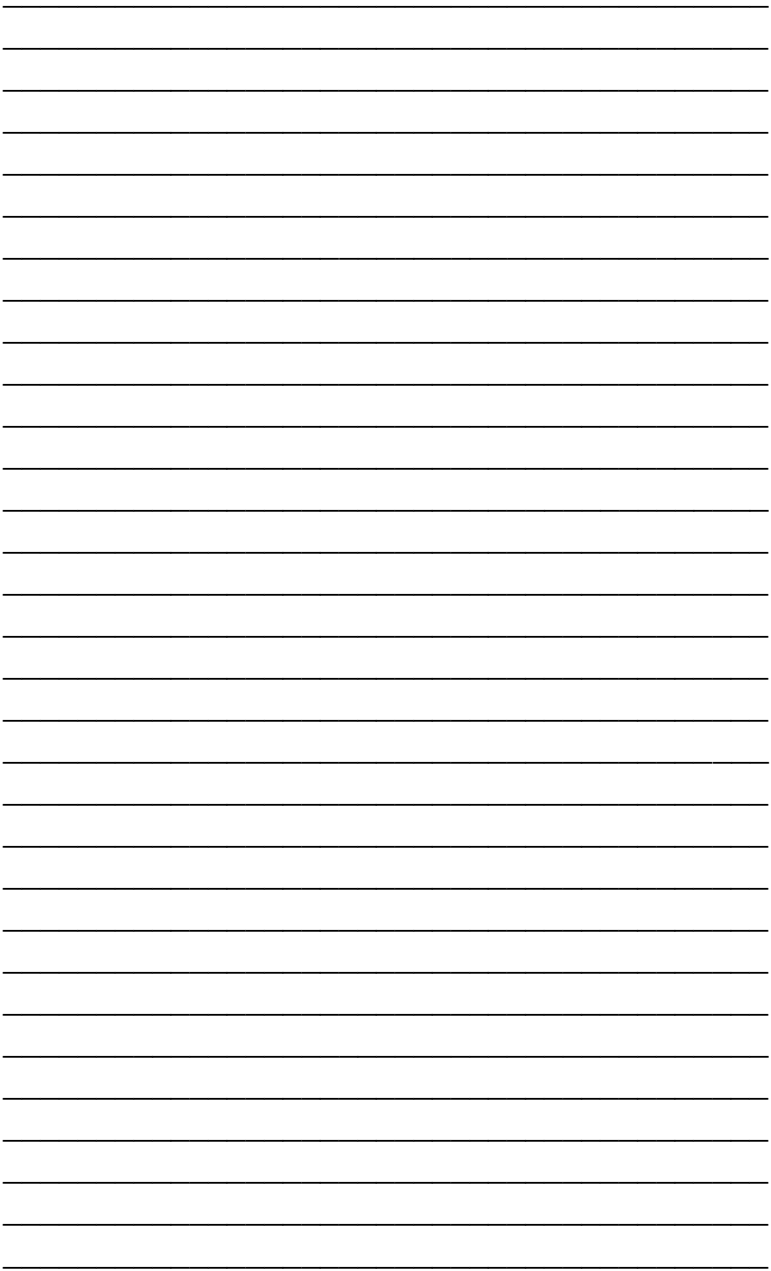




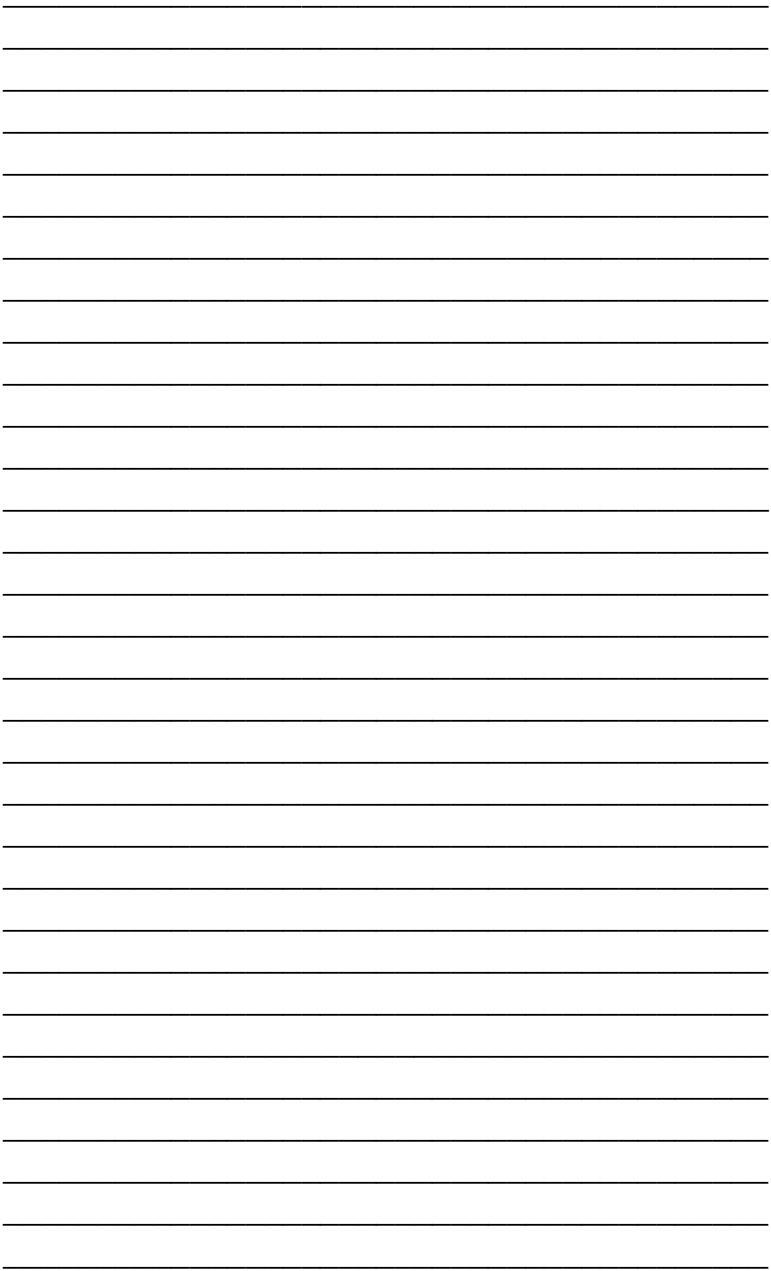


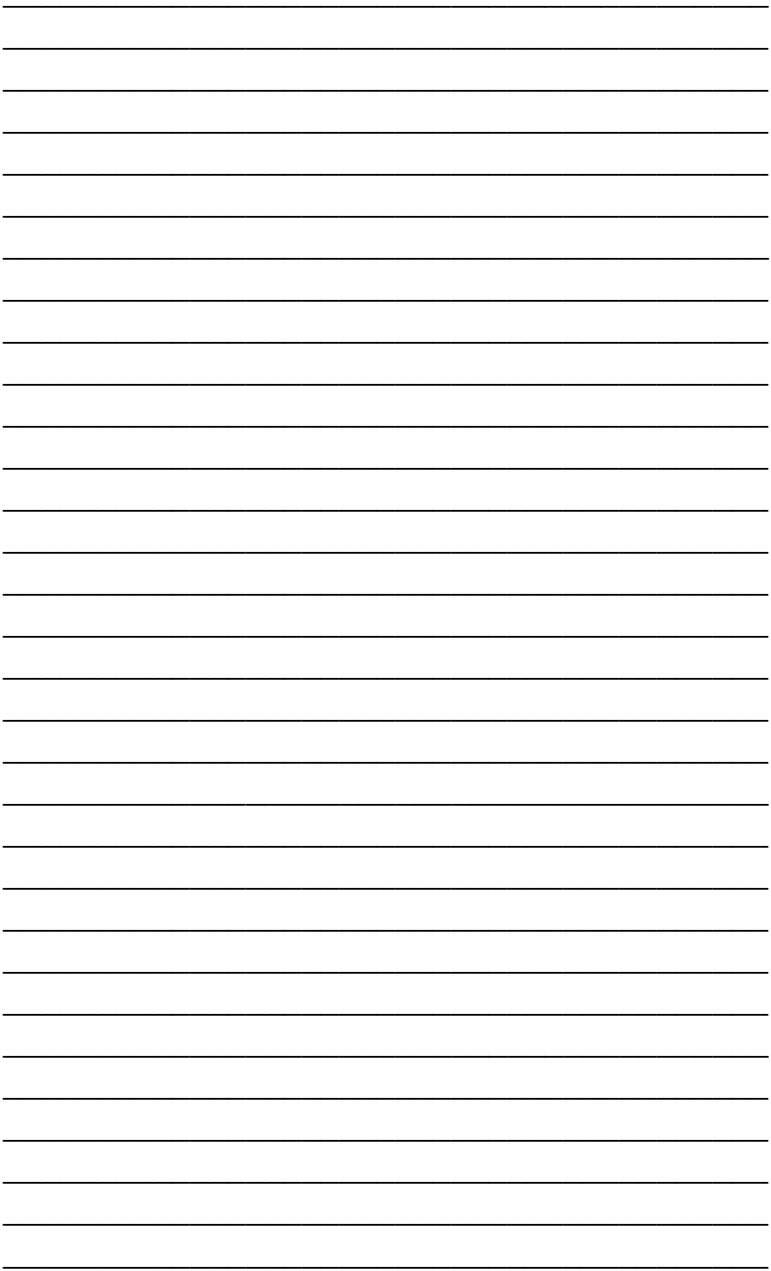
**THE H.O.P.E. INFLUENCERS  
TOOLBOX**

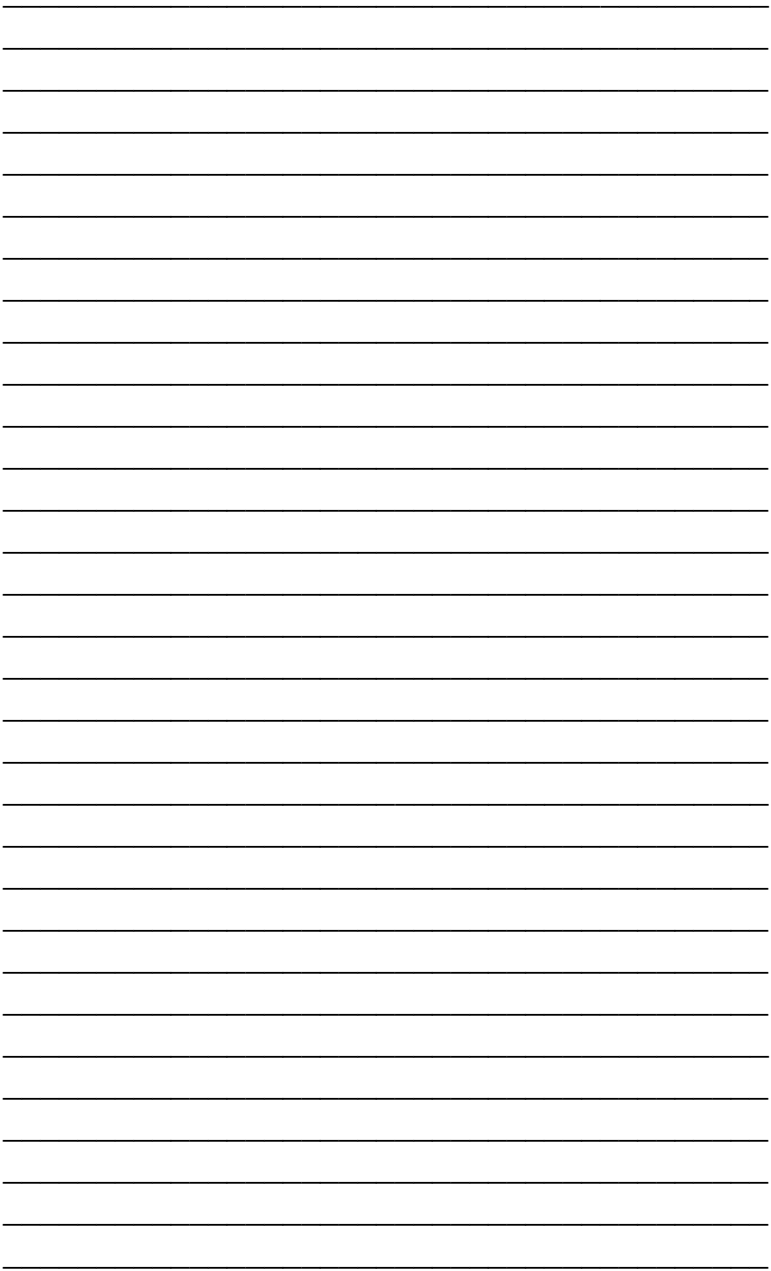


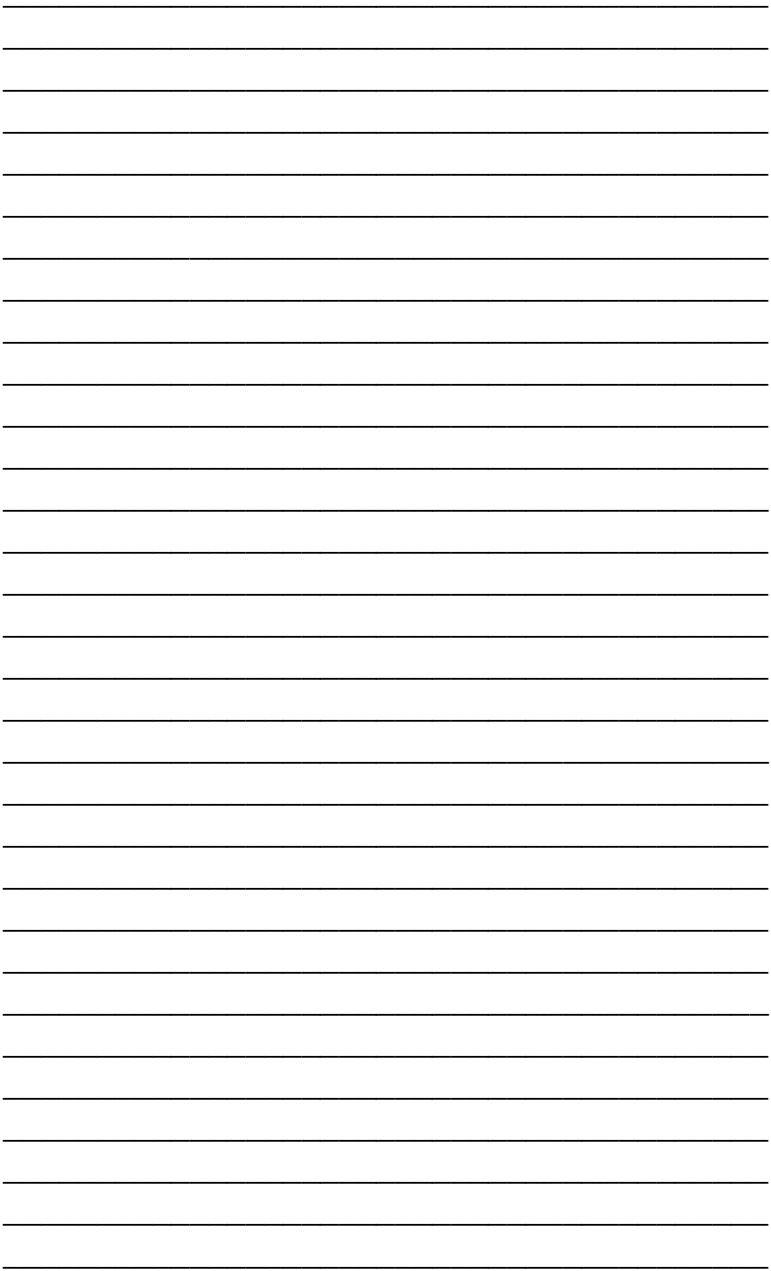


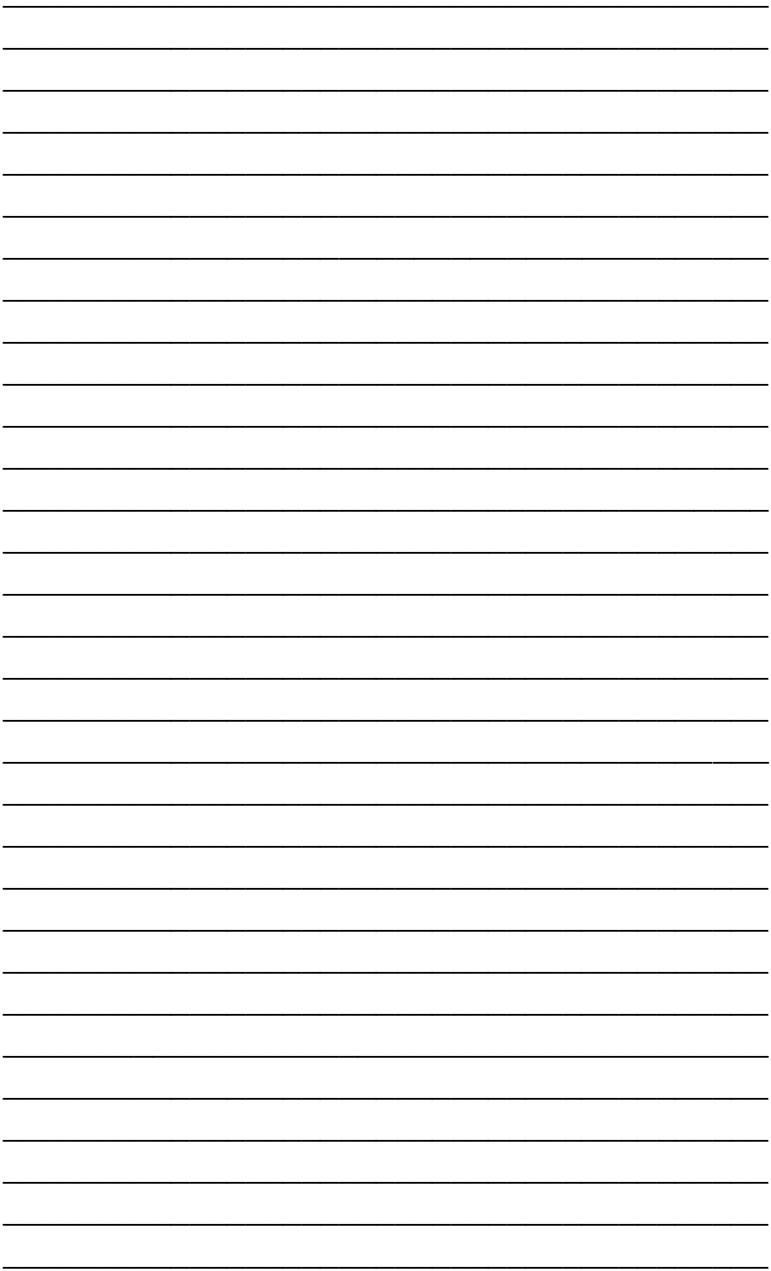


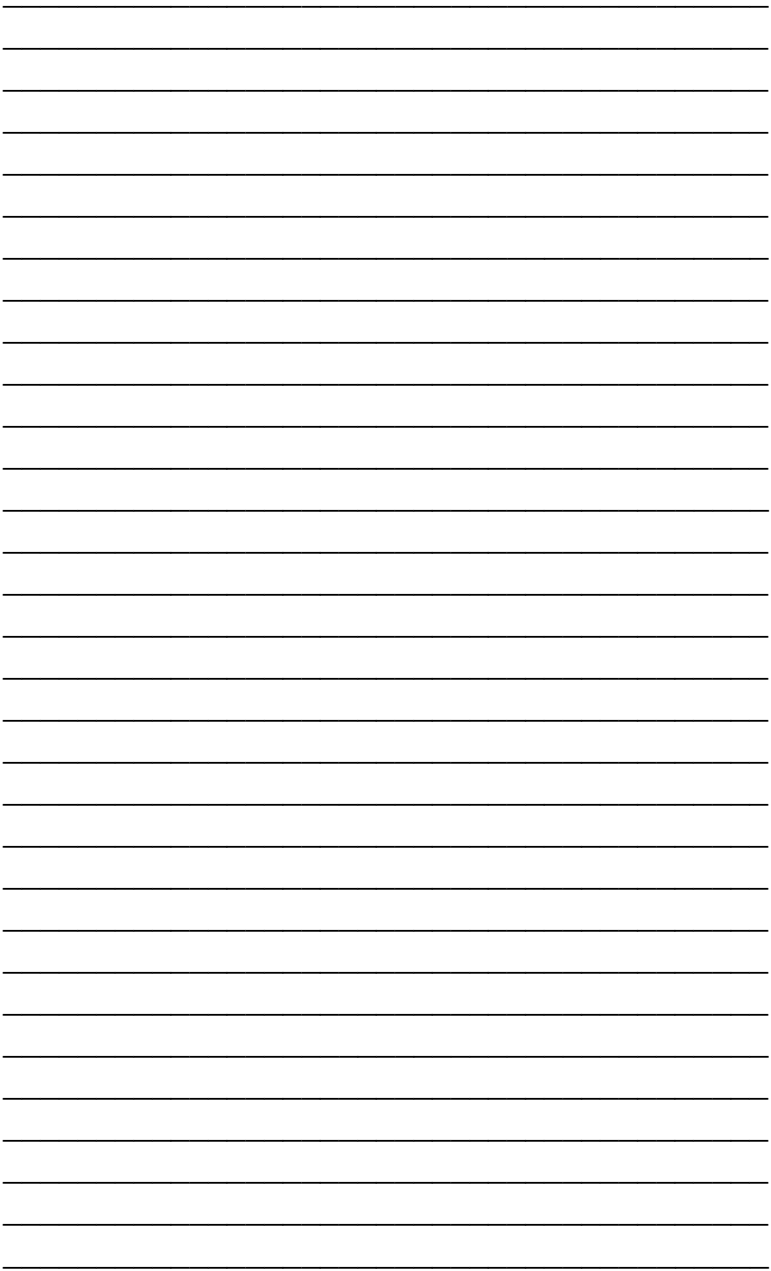






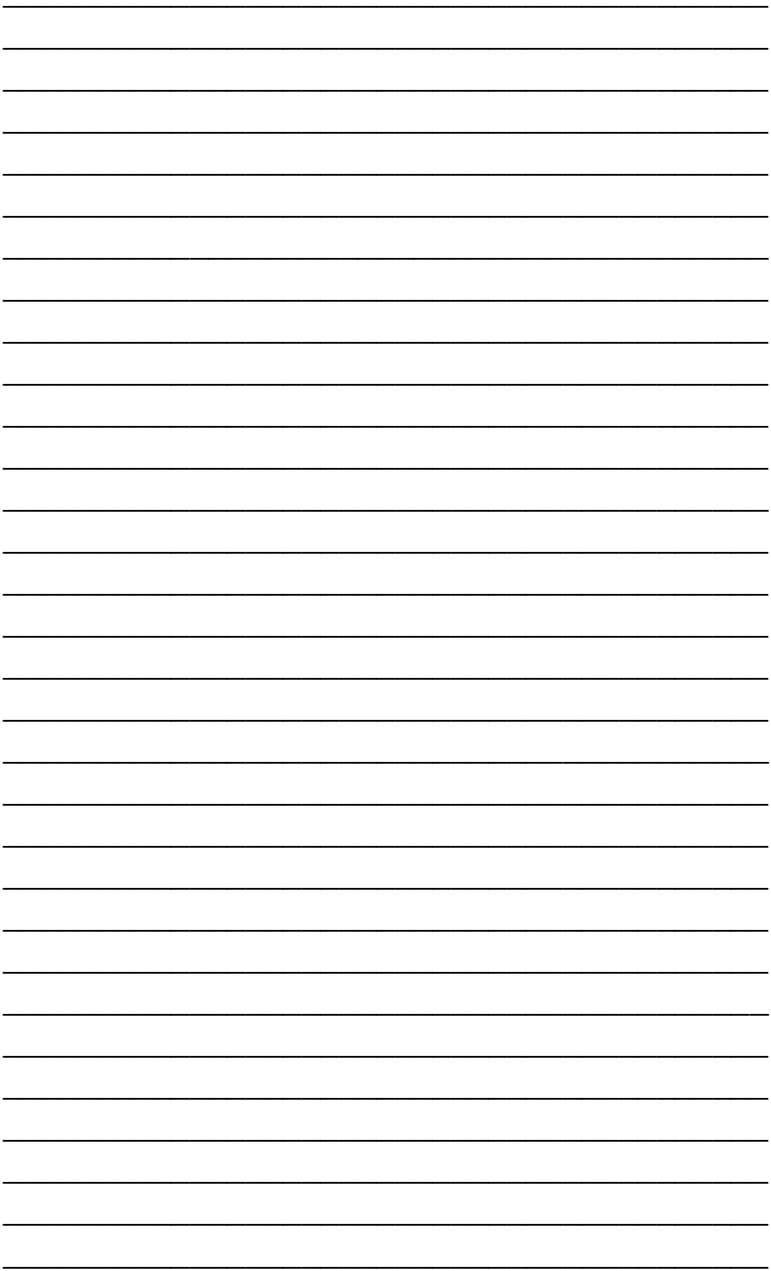




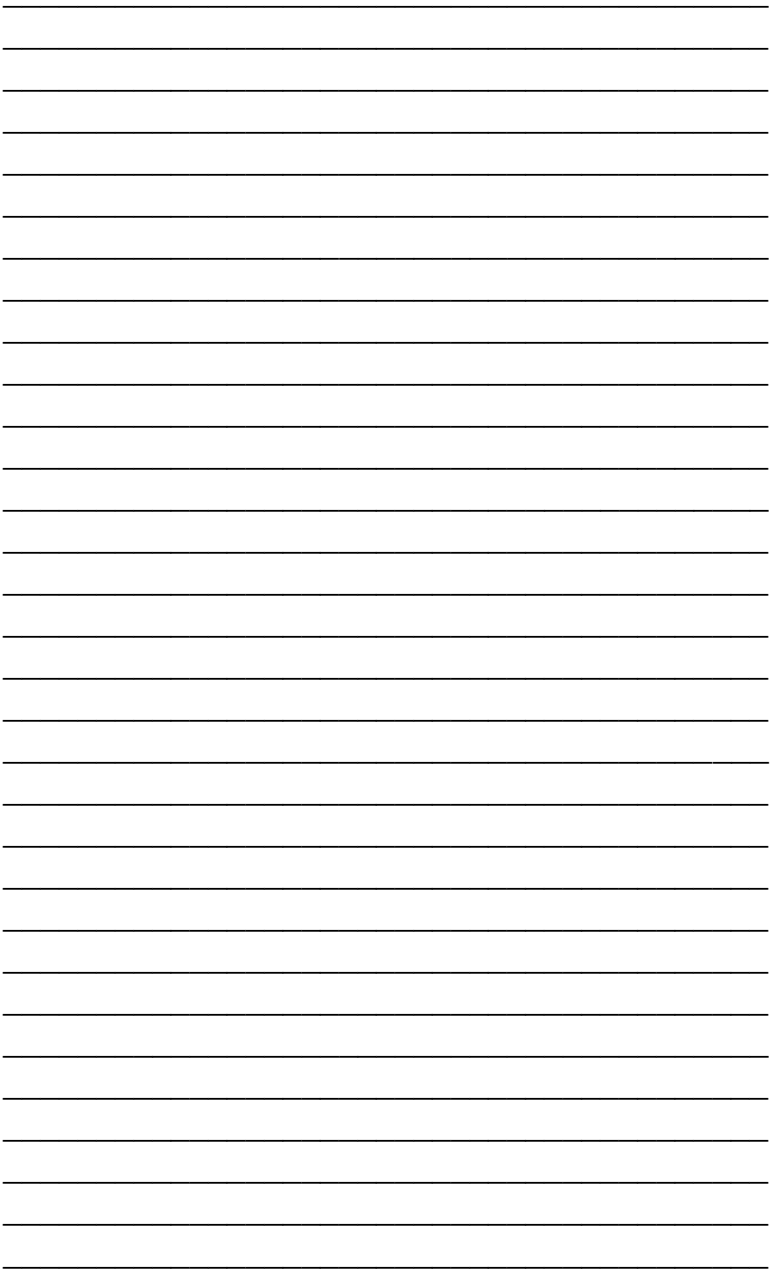


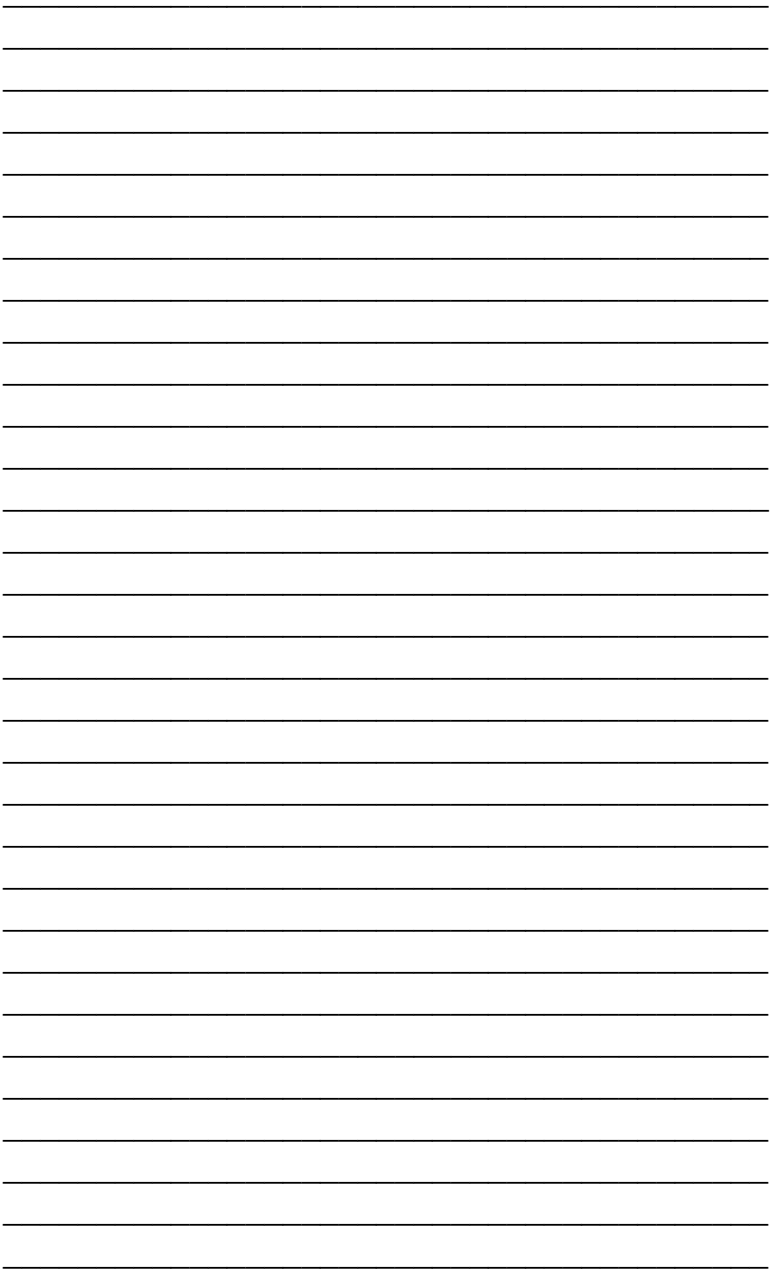


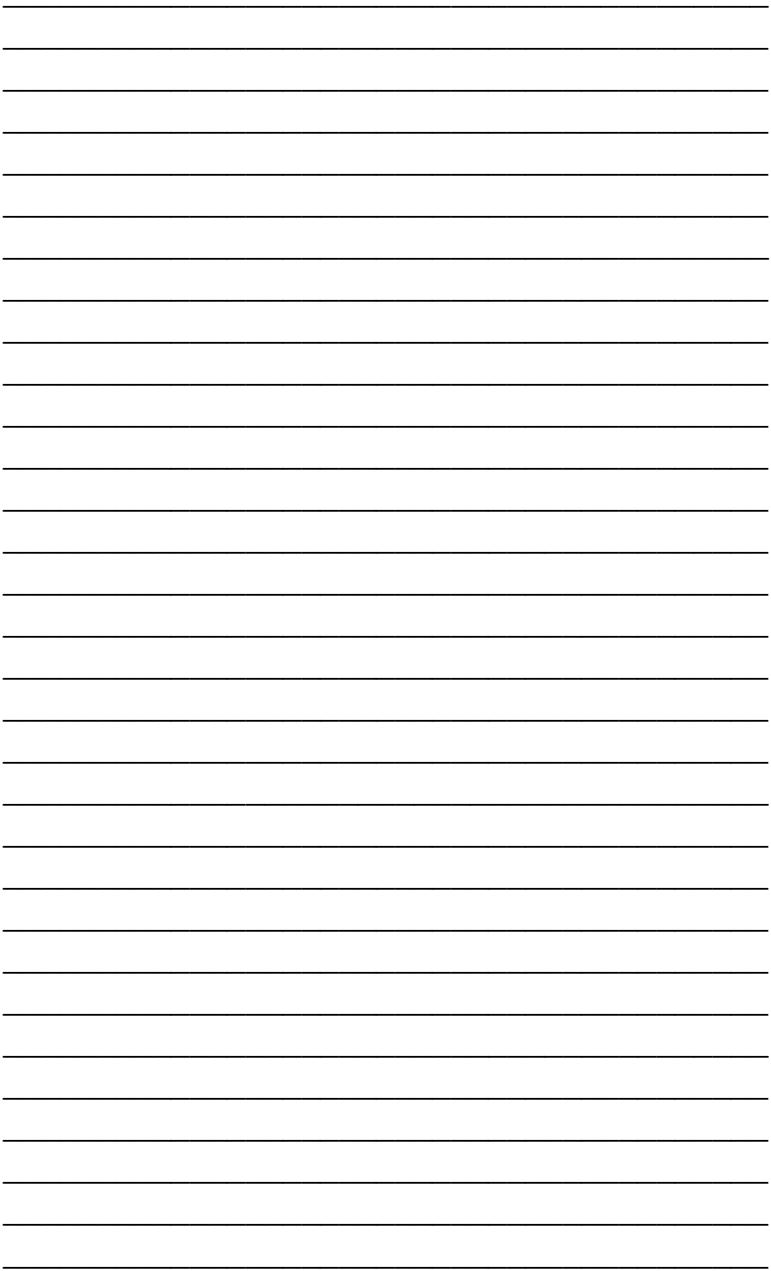
**GOALS**

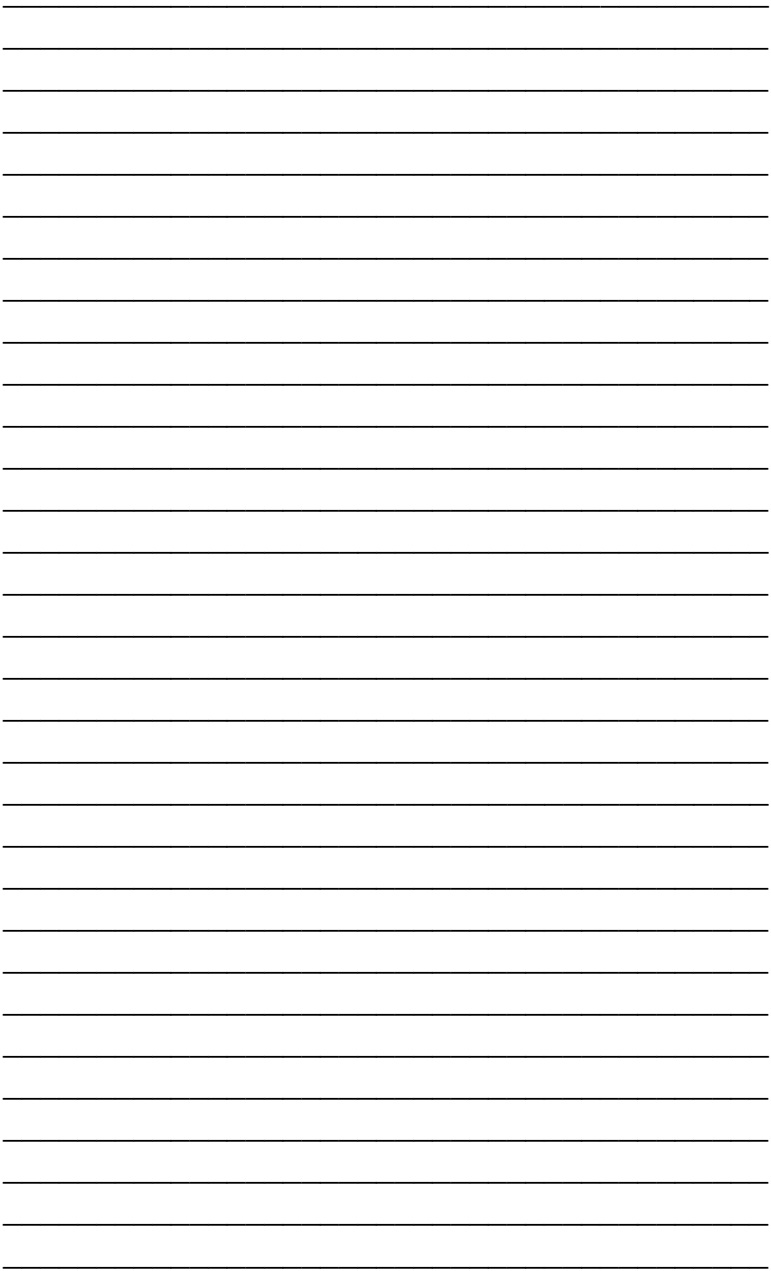


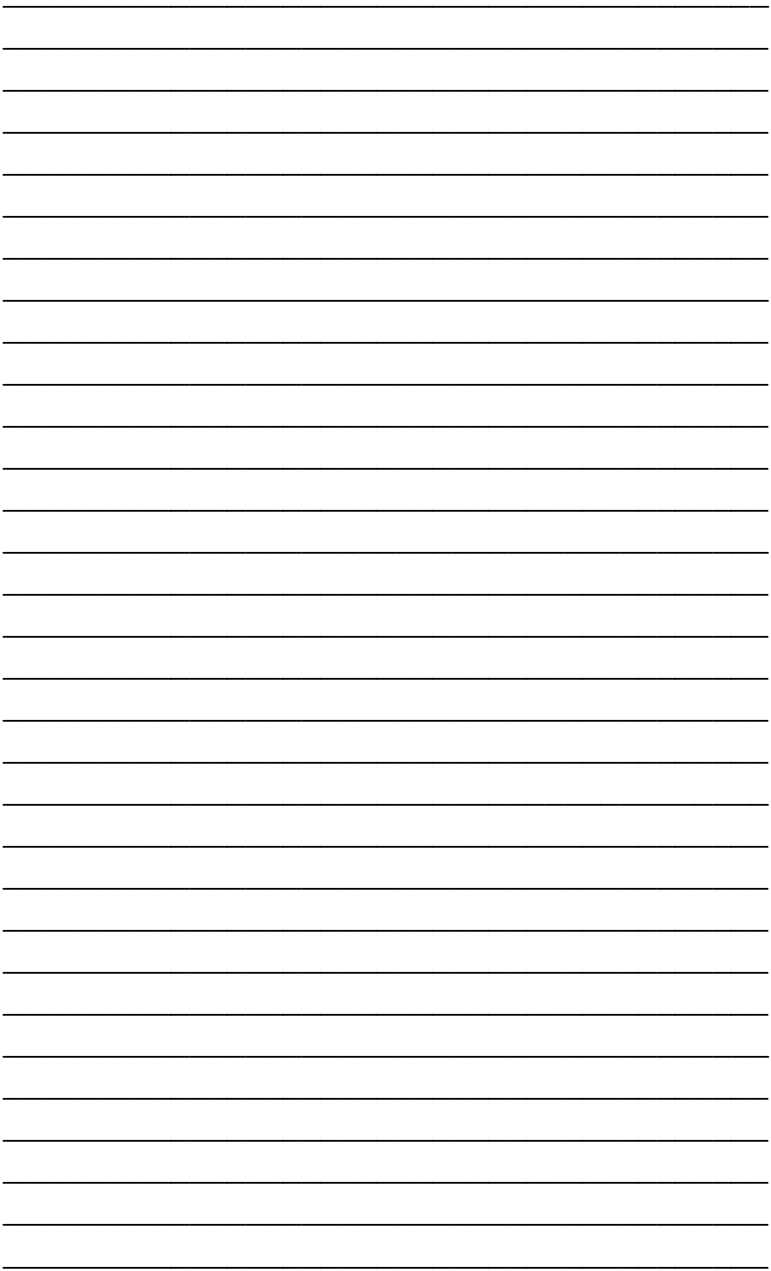


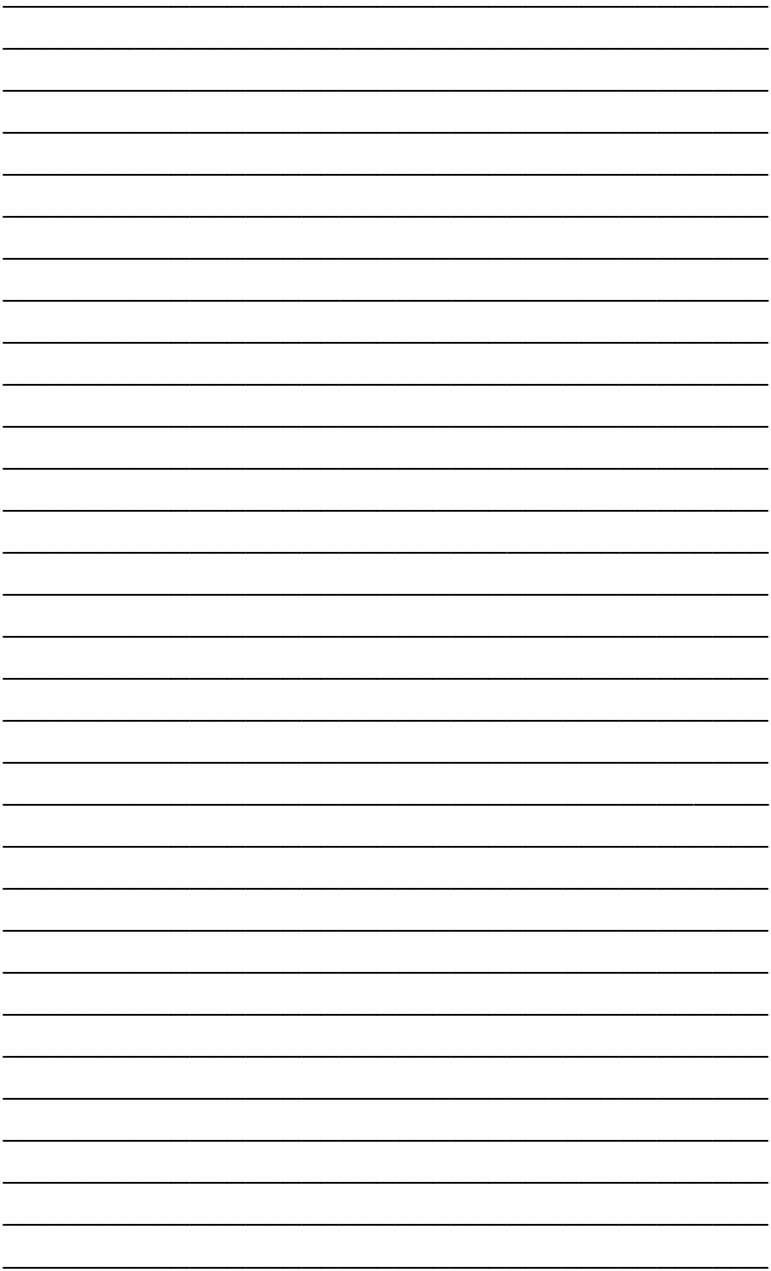


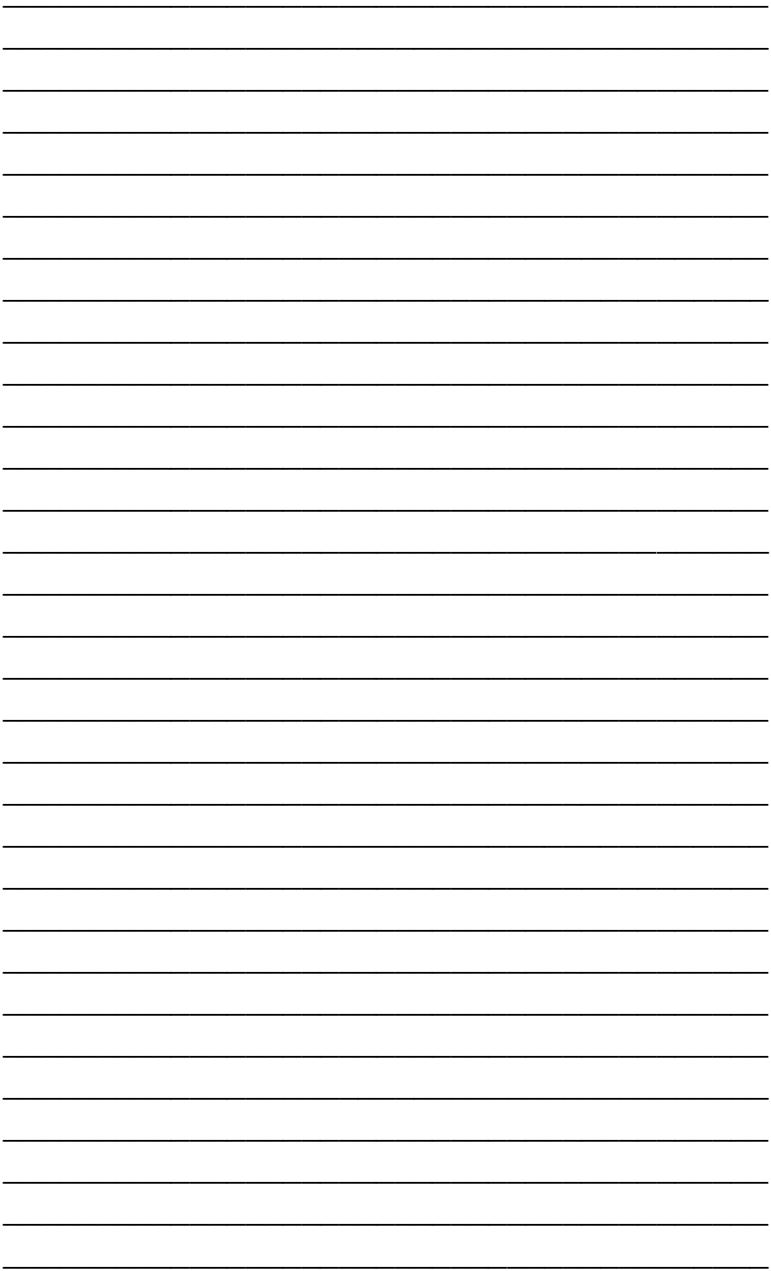








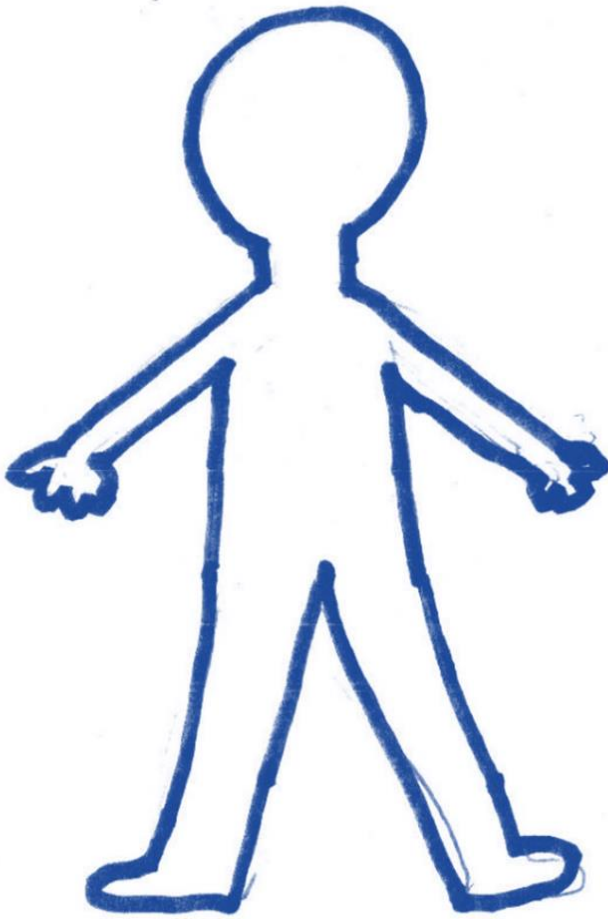






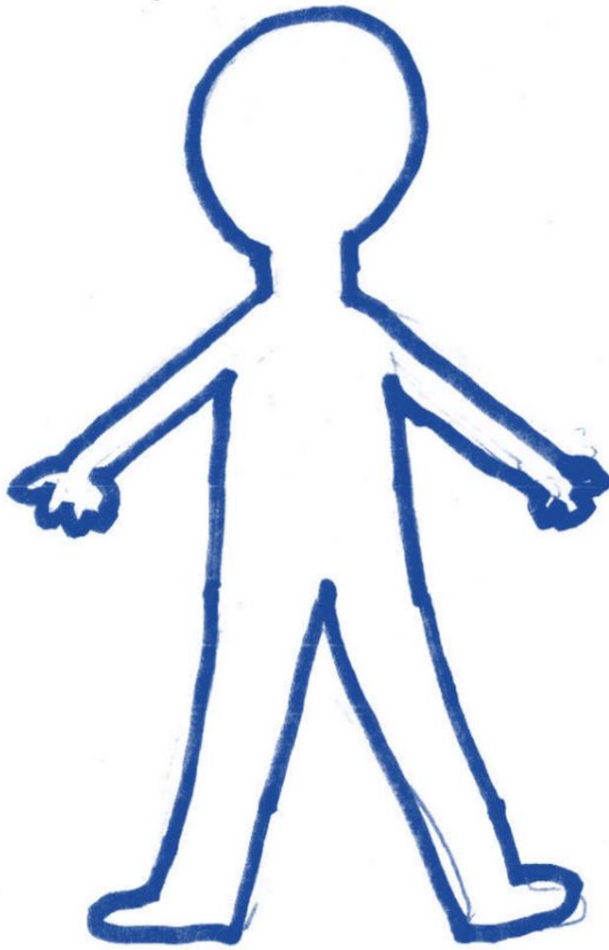
**SELF-CARE**



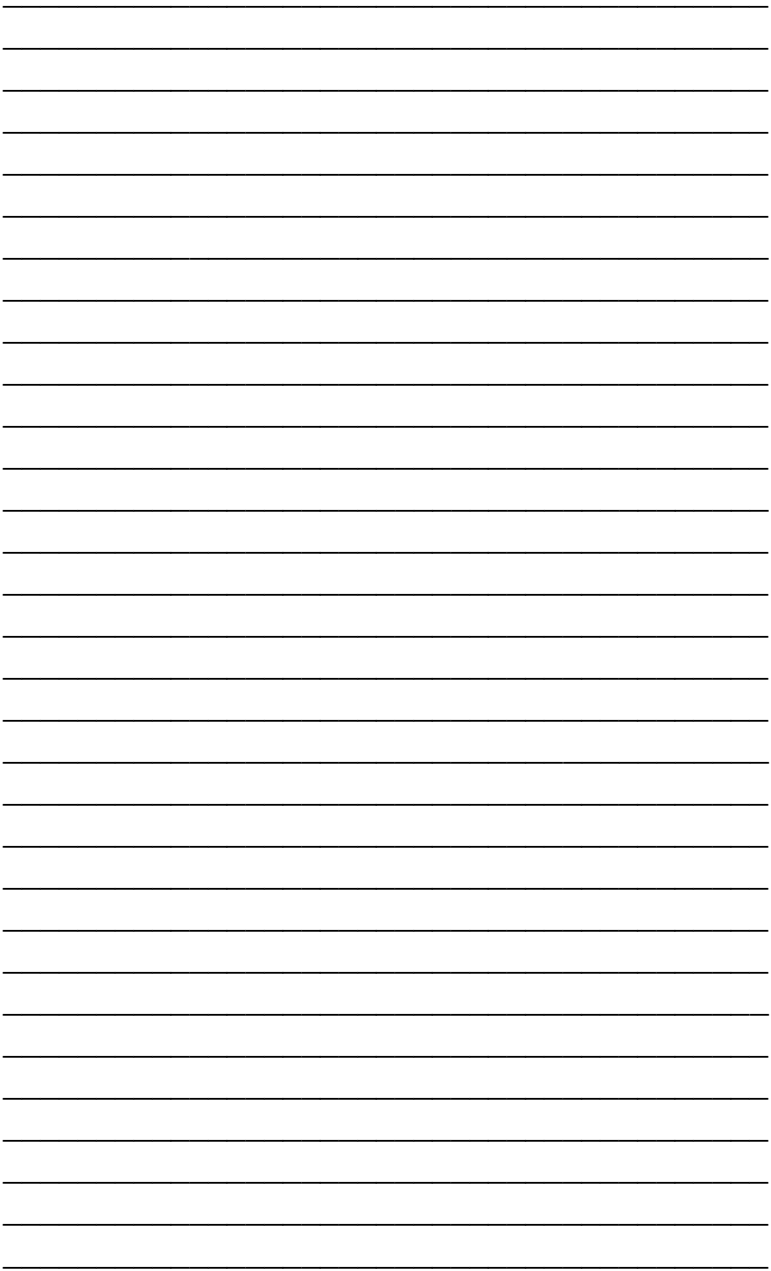


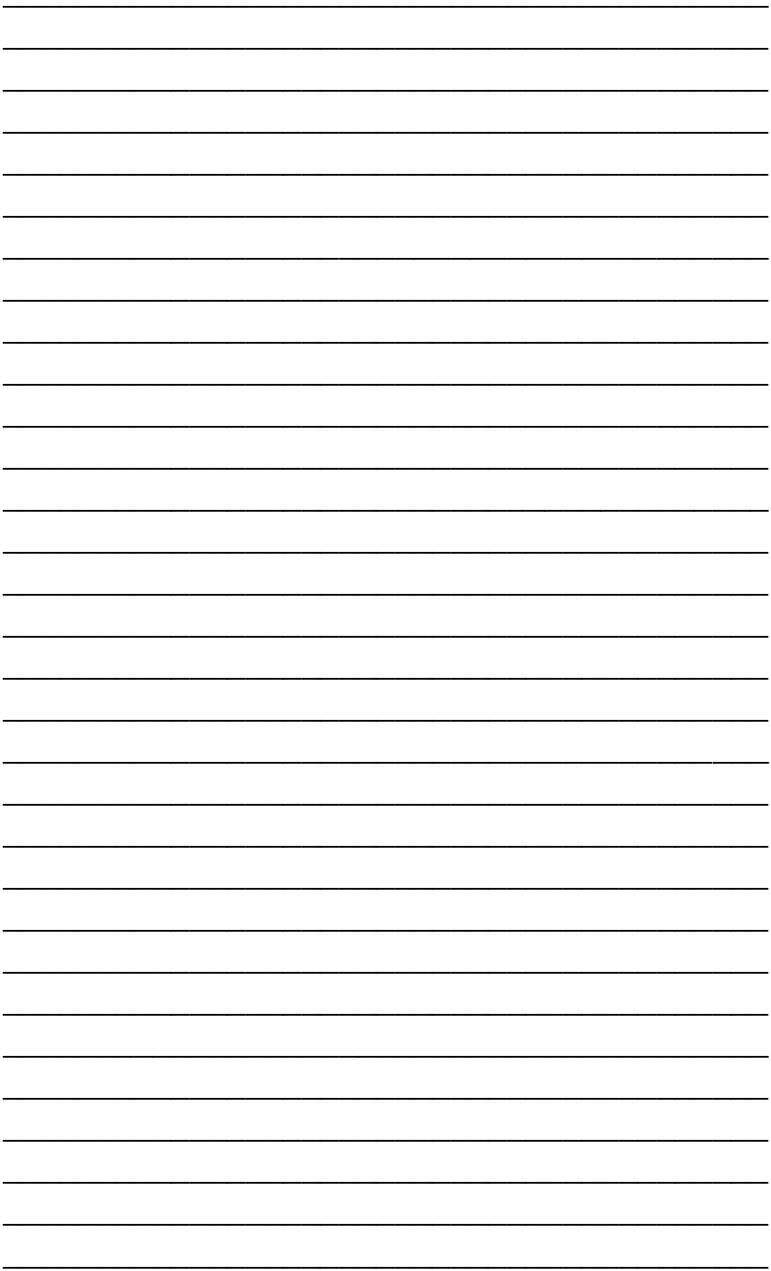
## **ART THERAPY**

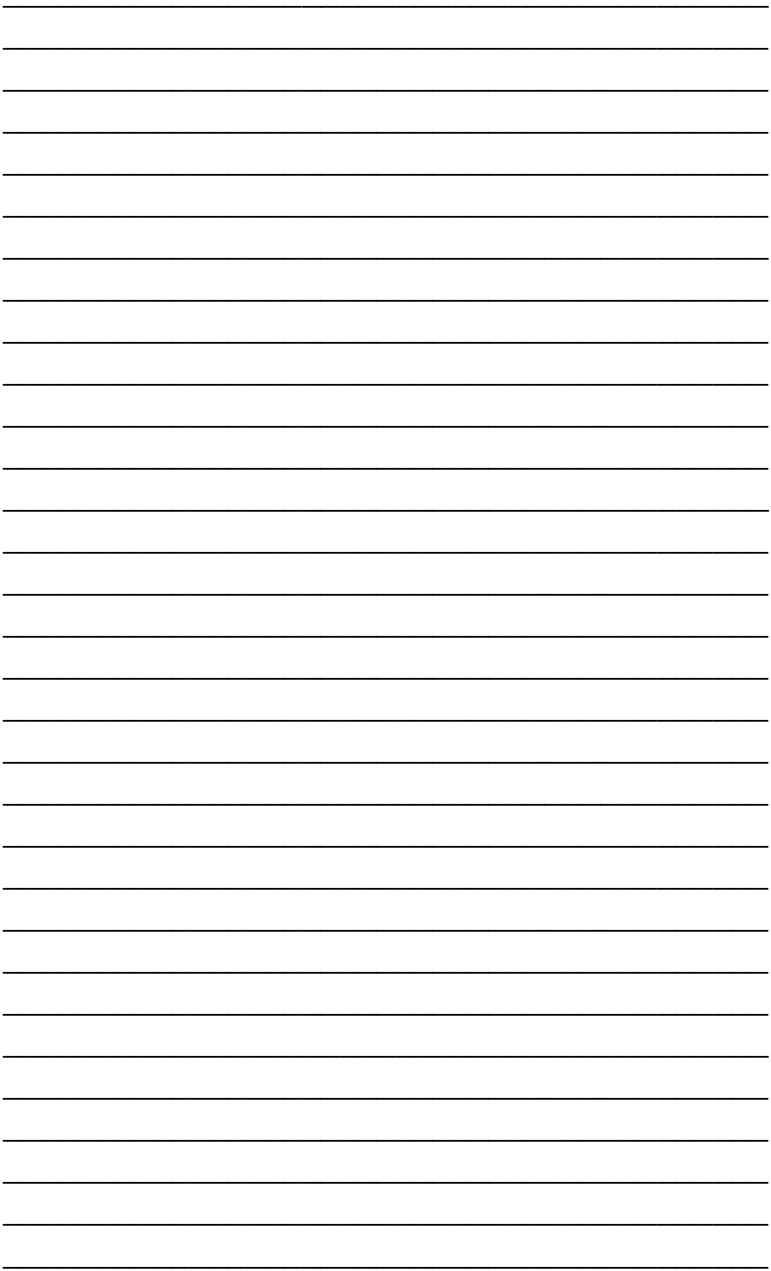
**Draw your emotions with colors, pictures, or symbols to describe how you feel.**

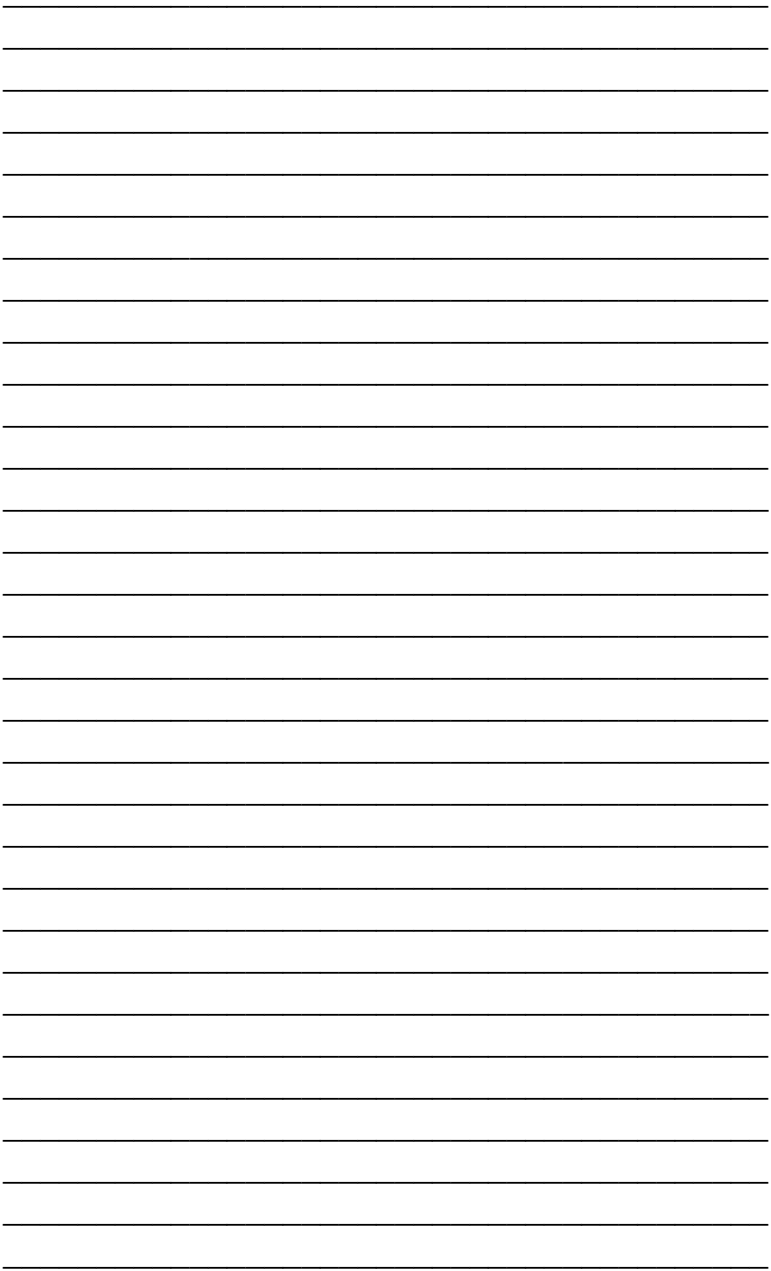


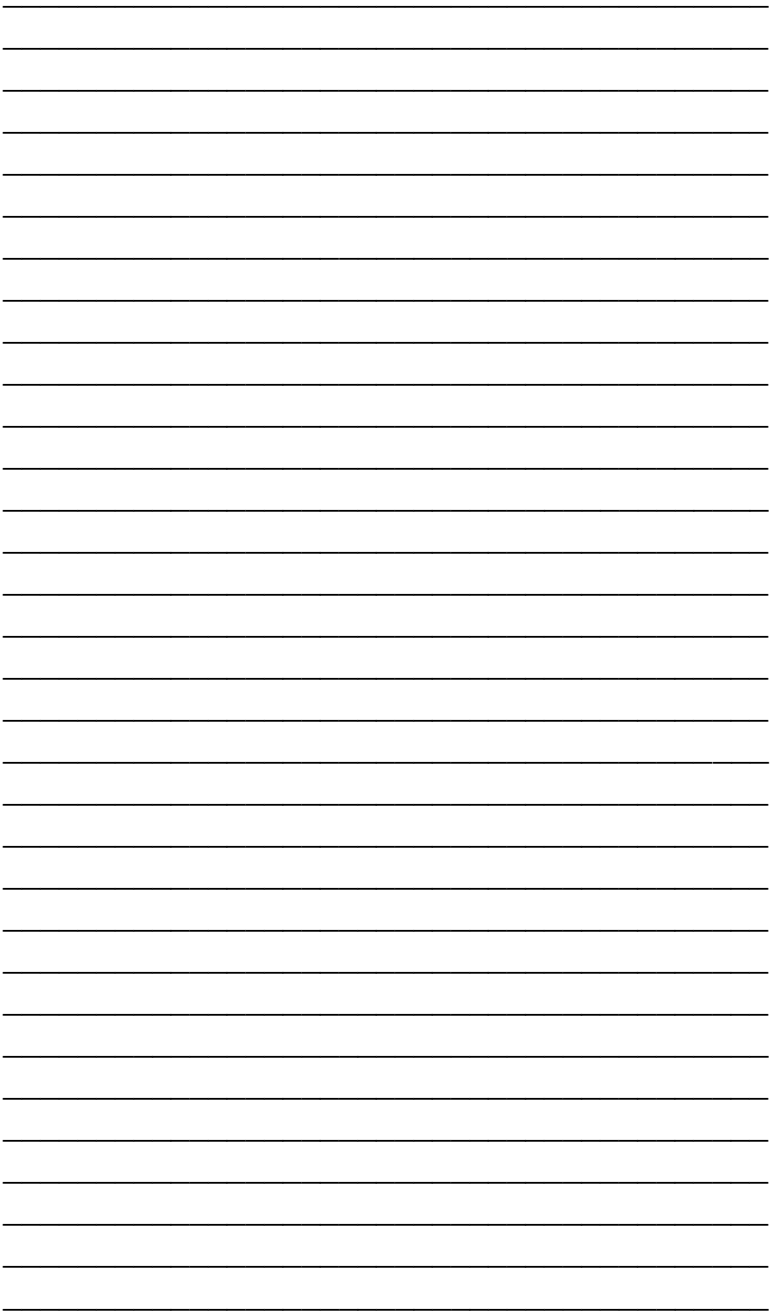
**SELF-DIRECTION**

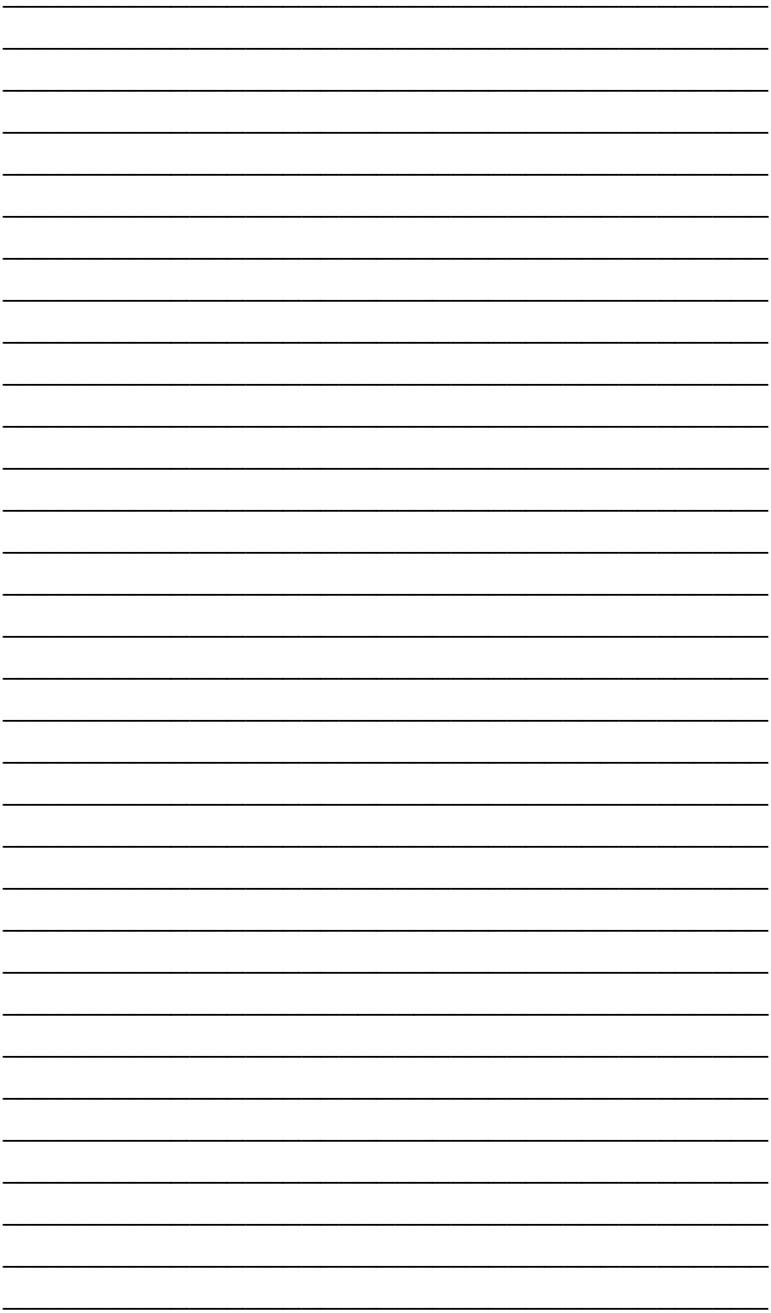




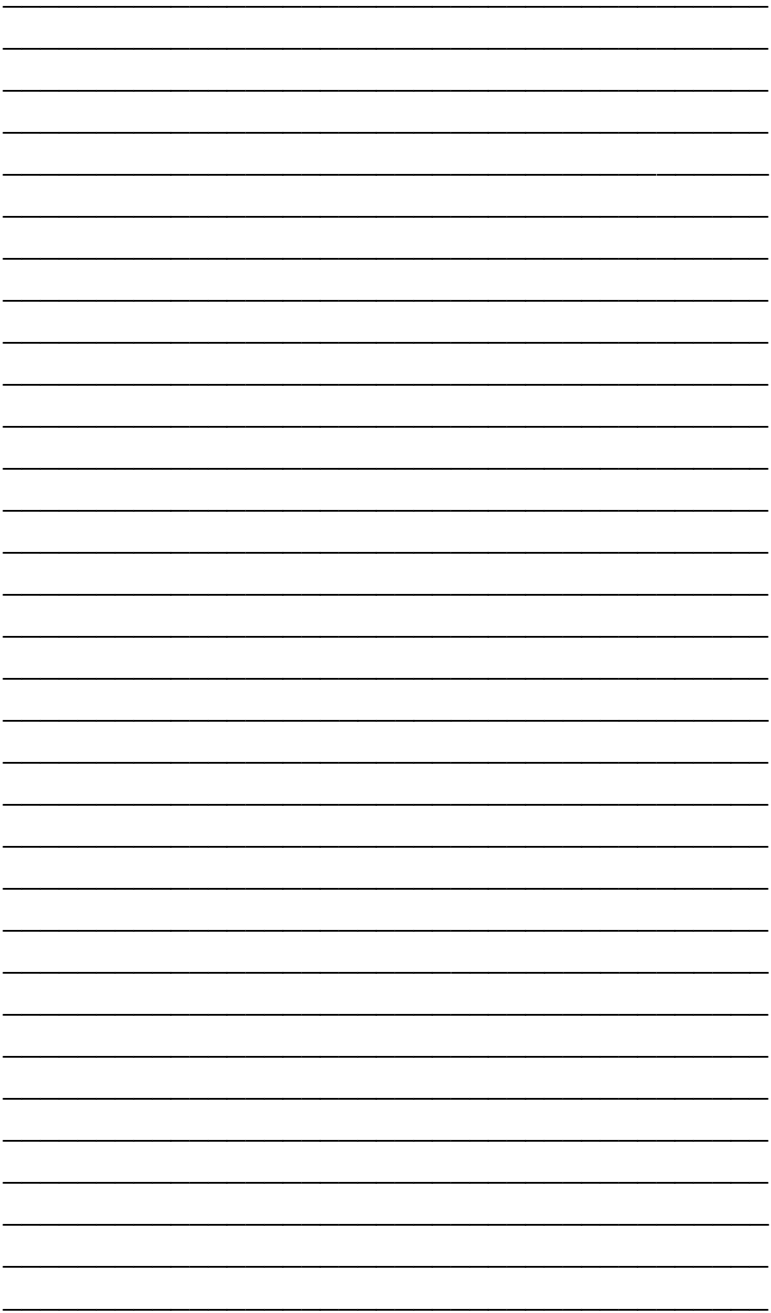


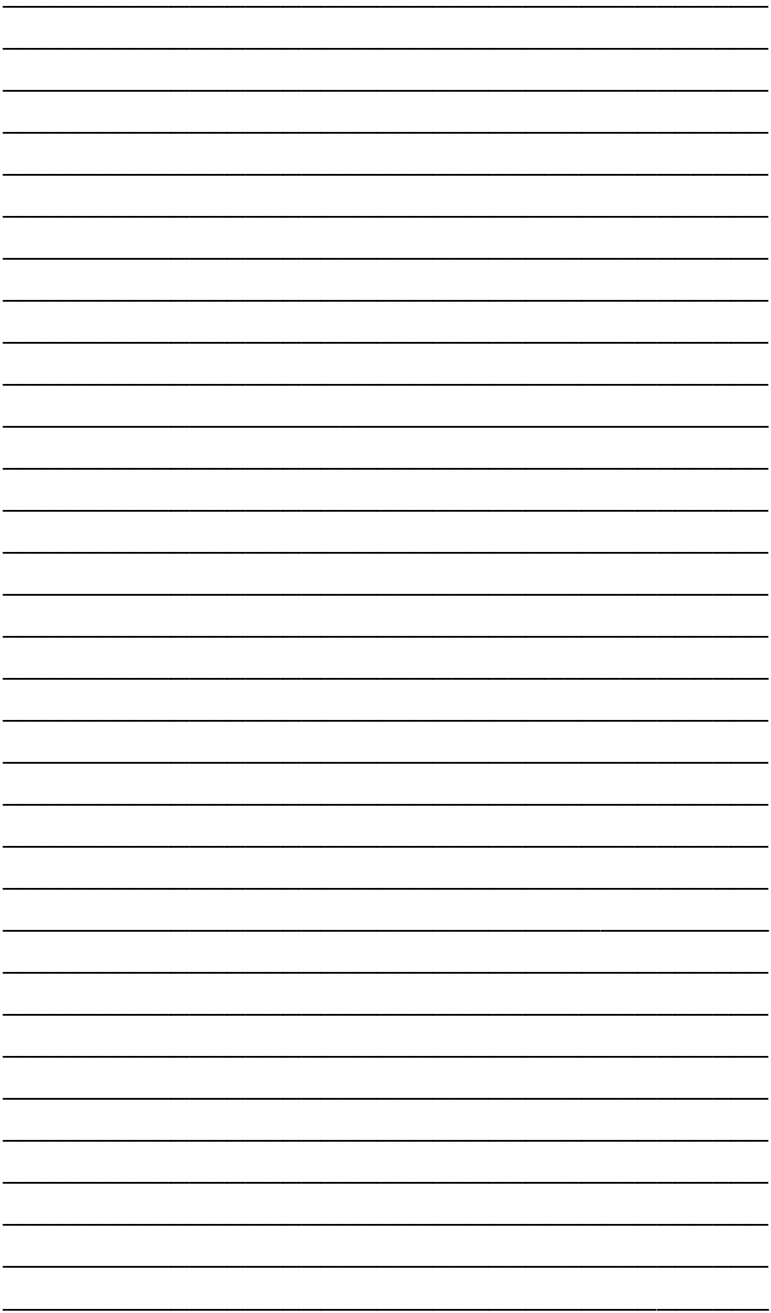












## **DON'T GIVE UP!**

*Memoirs Of An Addict: Fact or Fiction Theme Song*

© 2013

*Don't Give Up! HE will help you through anything.*

*Don't Give Up! The pain will end. Don't Give Up!*

*Your sorrow will descend; HE will help you through, HE will help you move. If you want to change, you got to rearrange your life and give it to GOD, he will work it out.*

*So, Don't Give Up!*

*Now if you are down and you need help. HE will pick you up, HE will turn you around. HE will place you on better ground and give you what you need!*

*So, go forward, and if you got a problem, you should give it to GOD, and HE will work it out.*

*HE has a journey for you because HE is talking to you*

*Now if you are listening, HE is saying Don't Give Up!*

*Don't Give Up! So, Don't Give Up!*

*Just Don't You Give Up!*

*Remember Don't Give Up On God!*



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