

# RECLAIMING ME!

As I stand at this beautiful intersection of life, healing, and growth, I am reminded of the power of reclaiming oneself. Recently, I made the decision to return to my maiden name, **Hart**—a name that holds the essence of who I truly am. It's not just a name change; it's a bold declaration of transformation, empowerment, and self-discovery.

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or much of my life, my name was shaped by relationships, roles, and expectations. Having been

married more than once, my identity became intertwined with those partnerships. Each name I took on seemed to carry a story of love, hope, heartache, and lessons learned. For years, I carried the weight of shame about those marriages, believing that society's judgment defined my worth. But shame has no place in a healing heart.

Now, I see those chapters differently—not as failures, but as essential parts of my journey. They shaped me, stretched me, and ultimately strengthened me. They taught me about love, resilience, and, most importantly, myself. Embracing that truth has been a powerful part of my healing journey.

The name Hart symbolizes so much

than my lineage. It represents the core of who I am—a woman of resilience, strength, and light. It's a reminder that I am enough, not because of the roles I've played or the mistakes I've made, but because of the woman I've become through life's trials and triumphs.

## A Journey of Transformation

This decision didn't come overnight. It was born out of deep introspection and the courage to ask myself the hard questions: *Am I living in alignment with my authentic self?* What does it mean to reclaim my power? These questions, rooted in my experiences of love, loss, and growth, led me to embrace the name I was given at birth.

Returning to Hart feels like coming home. It's a home where the walls are built with wisdom from the past, the windows let in the light of healing, and the foundation is anchored in purpose.

## The Power of Reclaiming Yourself

Many of us have moments when life nudges us to take a step back and redefine who we are. Perhaps you've felt it too—a stirring in your soul that whispers, *There's more to you than this.* It takes courage to listen to that voice and even greater courage to act on it.

For me, reclaiming my maiden name is my way of declaring to the world—and to myself—that I choose to live as my whole, unbroken self. It's an act of self-love, an affirmation that I am not defined by the roles I've played, the marriages I've had, or the mistakes I've made. I am defined by the light I bring to this world.

### **An Invitation to Reclaim Your Light**

My journey to reclaim my name is also an invitation for you. What parts of your life or identity have been shaped by others' expectations? What parts of yourself have you tucked away, waiting for the right time to bring them back into the light?

You don't have to change your name to reclaim who you are. It could be setting a boundary, rediscovering a passion, or simply giving yourself permission to dream again. Whatever it is, know this: You are worthy of reclaiming every part of yourself.

Honor where we've been, celebrate where you are, and boldly step into where you are going.

With love and light,  
*Shauntia Hart*

