


100 Days to Finding the  
Hope and Joy You Want

# THE SUN SHINE MIND

A white sun with rays is positioned to the right of the word 'SUN' in the title. The sun is a simple white circle with several white lines of varying lengths radiating outwards to represent sunbeams.

TANYA RAD &  
RAQUELLE STEVENS

Tanya and Raquelle have cracked the code to finding true peace, joy, and happiness every day. *The Sunshine Mind* gives readers practical daily steps to improve their mood and attitude. This is a must-read for anyone looking to become more optimistic and hopeful.

DEVON FRANKLIN, *New York Times* bestselling  
author and Hollywood producer

Tanya Rad is forever a romantic of life, and this is what we need more of in the world—to see life through a never-ending lens of hope. Tanya and Raquelle have authentically and vulnerably crafted a book that will help us in our journeys to loving ourselves and in turn the world around us.

PATTY RODRIGUEZ, author, producer,  
and cofounder of Lil' Libros

*The Sunshine Mind* is a must-read for anyone looking to incorporate mindfulness into their lives. Inspirational, empowering, and uplifting, *The Sunshine Mind* is a triumph in helping guide its readers on how to navigate the human condition.

ALEEN KESHISHIAN, founder and CEO  
of Lighthouse Management + Media

For those of us lucky enough to know and love Tanya, there is one truth we know for certain: she is sunshine. In *The Sunshine Mind*, Tanya and Raquelle inspire us to live a life filled with hope: The kind of hope that strengthens. The kind of hope that shines beautiful light into every second of every day. May we all carry sunshine in our hearts and choose to see life through hope-colored glasses.

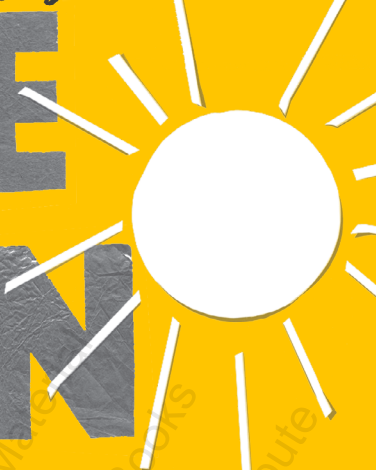
SOFIA CARSON, actor, singer, producer,  
and UNICEF ambassador

# THE SUN SHINE MIND



*100 Days to Finding the  
Hope and Joy You Want*

# THE SUN SHINE MIND



*TANYA RAD &  
RAQUELLE STEVENS*

*WITH ALLIE KINGSLEY BAKER*



ZONDERVAN  
BOOKS

ZONDERVAN BOOKS

*The Sunshine Mind*

Copyright © 2023 by Tanya Rad and Raquelle Stevens

Requests for information should be addressed to:

Zondervan, 3900 Sparks Dr. SE, Grand Rapids, Michigan 49546

Zondervan titles may be purchased in bulk for educational, business, fundraising, or sales promotional use. For information, please email [SpecialMarkets@Zondervan.com](mailto:SpecialMarkets@Zondervan.com).

ISBN 978-0-310-36618-8 (hardcover)

ISBN 978-0-310-36622-5 (audio)

ISBN 978-0-310-36620-1 (ebook)

All Scripture quotations, unless otherwise indicated, are taken from The Holy Bible, New International Version.<sup>®</sup> NIV.<sup>®</sup> Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.<sup>®</sup> Used by permission of Zondervan. All rights reserved worldwide. [www.Zondervan.com](http://www.Zondervan.com). The “NIV” and “New International Version” are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.<sup>®</sup>

Scripture quotations marked CEB are taken from the Common English Bible. Copyright © 2011 Common English Bible.

Scripture quotations marked ESV are taken from the ESV<sup>®</sup> Bible (The Holy Bible, English Standard Version<sup>®</sup>). Copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

Scripture quotations marked KJV are taken from the King James Version. Public domain.

Scripture quotations marked MSG are taken from *THE MESSAGE*. Copyright © 1993, 2002, 2018 by Eugene H. Peterson. Used by permission of NavPress. All rights reserved. Represented by Tyndale House Publishers, Inc.

All Scripture quotations marked NASB are taken from the New American Standard Bible<sup>®</sup>. Copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995, 2020 by The Lockman Foundation. Used by permission. ([www.Lockman.org](http://www.Lockman.org)).

Scripture quotations marked NKJV are taken from the New King James Version<sup>®</sup>. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.

Scripture quotations marked NLT are taken from the Holy Bible, New Living Translation. © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

The information in this book has been carefully researched by the authors and is intended to be a source of information only. Readers are urged to consult with their physicians or other professional advisors to address specific medical or other issues. The author and the publisher assume no responsibility for any injuries suffered or damages incurred during or as a result of the use or application of the information contained herein.

Names and identifying characteristics of some individuals have been changed to preserve their privacy.

Any internet addresses (websites, blogs, etc.) and telephone numbers in this book are offered as a resource. They are not intended in any way to be or imply an endorsement by Zondervan, nor does Zondervan vouch for the content of these sites and numbers for the life of this book.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopy, recording, or any other—except for brief quotations in printed reviews, without the prior permission of the publisher.

Cover design: Faceout Studio, Amanda Hudson

Cover illustrations: Malte Mueller / Getty Images; Aanush / Shutterstock

Interior design: Denise Froehlich

Printed in the United States of America

# CONTENTS

<i>Foreword by Selena Gomez</i> .....	ix
<i>Introducing Tanya</i> .....	xi
<i>Introducing Raquelle</i> .....	xv
<i>Acknowledgments</i> .....	xvii
<i>Introduction</i> .....	xix
1. Trust God's Plans .....	1
2. Hold On to Hope .....	4
3. Know Your Own Worth .....	6
4. Accept Yourself as Wonderfully Made .....	8
5. Overcome Imposter Syndrome ..	10
6. Pray for Wisdom .....	12
7. Be True to You .....	14
8. Serve Others .....	16
9. Do a Declutter .....	18
10. Be Generous with Relationships ..	20
11. Live Your Journey .....	22
12. Show Love .....	24
13. Act with Boldness and Confidence .....	26
14. Protect Your Light .....	28
15. Give Cheerfully .....	30
16. Be Someone Else's Sunshine .....	32
17. Give It Your All and Crush It .....	34
18. Be an Encouraging Friend .....	36
19. Find Family in Friendships .....	38
20. Change Your Mindset .....	40
21. Celebrate Others .....	42
22. Prepare for Perfect Love .....	44
23. Forgive Yourself .....	46
24. Believe in Your Purpose .....	48
25. Live Out Your Faith .....	51
26. Put Off Your Old Self and Be Made New .....	54
27. Find Your Path .....	56
28. Refresh Your Soul .....	58
29. Improve Yourself .....	60
30. Get Guidance .....	62
31. Prioritize Rest .....	64
32. Walk in Integrity .....	66
33. Find Solitude .....	68
34. Love Others .....	70
35. Help One Another .....	72
36. Be the Difference .....	74
37. Give Love and Grace .....	76
38. Be Done with Shame .....	78
39. Build Your Life on a Strong Foundation .....	80
40. Share, Don't Compare .....	82
41. Practice Positive Self-Talk .....	84
42. Prioritize Character over Chemistry .....	86
43. Find Light in the Darkness .....	88

44. Make It through Heartbreak . . . .	90	73. Celebrate the Success of Others . .	152
45. Be Patient with Love . . . . .	93	74. Redirect Your Worry . . . . .	154
46. Practice Patience . . . . .	96	75. Confront Your Weaknesses . . . .	156
47. Watch Your Words . . . . .	98	76. Find Peace in Being Alone . . . .	158
48. Get Stronger . . . . .	100	77. Love Everyone God's Way . . . .	160
49. Open Your Heart . . . . .	102	78. Know God's Love . . . . .	162
50. Be Financially Fit . . . . .	104	79. Stop the Gossip . . . . .	164
51. Worship . . . . .	106	80. Stop Taking Yourself So Seriously . . . . .	166
52. Learn to Love Your Body . . . . .	108	81. Reach Out to Someone . . . . .	169
53. Get Rid of Resentment . . . . .	110	82. Realize Your Happiness . . . . .	172
54. Appreciate Your Season . . . . .	113	83. Receive Gracefully . . . . .	174
55. Pray Big . . . . .	116	84. Be a Blessing . . . . .	176
56. Help Yourself . . . . .	118	85. Spread the Sunshine . . . . .	178
57. Be Nurtured by Nature . . . . .	120	86. Care for Creation . . . . .	180
58. Work Out Well . . . . .	122	87. Put a Smile on Your Face . . . . .	182
59. Catch a Vision . . . . .	124	88. Thrive in Your Current Season . .	184
60. Embrace Change . . . . .	126	89. Soak in the Sunshine . . . . .	186
61. Be Independent . . . . .	128	90. Walk Carefully . . . . .	188
62. Start the Day with Sunshine . .	130	91. Shake It Off . . . . .	190
63. Forgive Someone . . . . .	132	92. Repent and Release . . . . .	192
64. Practice Self-Control . . . . .	134	93. Follow the Sun . . . . .	194
65. Open Up to Others . . . . .	136	94. Change Someone's Day . . . . .	196
66. Friendship: Reason, Season, or Lifetime . . . . .	138	95. Find Power in True Partnership .	198
67. Stop Procrastinating . . . . .	140	96. Be Bold . . . . .	200
68. Find Contentment . . . . .	142	97. Be Fearless . . . . .	202
69. Challenge Your Perspective . .	144	98. Experience Joy . . . . .	204
70. Put Away Pride . . . . .	146	99. Access the Fruit of the Spirit . .	206
71. Try Something New . . . . .	148	100. Live Out the Fruit of the Spirit .	208
72. Love without Attachment . . . .	150	Closing Note . . . . .	213

Notes . . . . .	215
-----------------	-----



# FOREWORD

*Selena Gomez*

I am so proud of Raquelle and Tanya for writing this book.

Raquelle is like my sister and has been one of my closest friends for over a decade now. I can't think of a single word that would describe her better than *bright*. When it comes to light, optimism, and appreciating all that is good in our lives, there is no one better to have by your side than Raquelle. She is the person you call when you are worried, hurt, or scared. She is the one you call when something has fallen apart entirely and you can't seem to pick yourself back up. She is always right there to offer hope and perspective. She will hand you a little joy, happily. This joy is not flimsy. It's not an empty optimism that promises everything will become better right away, but an optimism that is grounded in truth. Raquelle has helped me through some of my own hardest times.

When it comes to a partner for this book, I cannot think of a better person than Tanya. She is another friend who continues to fight for the good and believe for better times ahead. Both Raquelle and Tanya are a gift to those who know them. They are a gift to this city we call home, and I think these words they have chosen to share will be a gift to you.

It is easy to look out at the world around us and get discouraged. So many things feel broken. So many things feel beyond repair. And yet there is still the choice to show up and believe that things could be a little bit better tomorrow. Raquelle and Tanya are committed to this. While life is both good and hard, they choose hope. They choose trust. They choose grace and forgiveness and show up for people in a way that makes a difference. This is so much of what it looks like to live a life that is bright. We can walk through these days choosing to give more than we take. We can look for ways to listen and love and care. We can choose to show up and serve long after it feels easy. We can choose to let the challenging things



stretch us into who we want to become, and we can choose gratitude for every single good thing we are given. I have watched Raquelle and Tanya live every bit of this out. They are strong and resilient and lighthearted through every season.

I hope the words of this book bring you comfort and perspective. I hope they leave you encouraged, and I hope they leave you feeling a little less alone. Because the truth is that every last one of us needs to be picked back up along the way. We all have moments of feeling tired or worn down or overwhelmed. May these words be like the many conversations I've had with these two friends. May they remind you that you carry everything you need to walk through the very season you are in. May they remind you that joy is one of the greatest gifts we can carry with us. It's a strength that lifts and lightens us in the middle of days that are almost always both good and challenging.

I think we all hope to live a generous life that matters to those around us. And while there are plenty of ways to do that, I can't think of anything better to bring than joy. I can't think of anything more necessary or needed in these very days than hope. So I hope that the courage, the unshaken hope, and the sunshiny joy of these two friends of mine rub off on you as you read these words they have shared.

May this book meet you right where you are and lift you up a little. This is what they have both done for me in so many moments, and I know their words can do the very same for you.



My name is Tanya, and I'm a modern woman. I march to the beat of my own drum. I am annoyingly optimistic. I give people the benefit of the doubt. I sing out loud when I go on runs (yes, I'm *that* person). I watch rom-coms on the daily. I'm a hopeful romantic. And my relationships are everything to me. The top questions I am always asked are, "How are you always so happy?" and "How do you stay so positive?" The truth is, I'm not always, but that can be our little secret. I try to keep it real, and I exude happiness and positivity by choice and am able to maintain both because I am deeply rooted in my faith.

In my twenties I experienced a major heartbreak and felt enormous rejection. Little did I know I was being redirected to an even greater calling and destiny than the one I had imagined for myself. When I was laid off from my first job in radio, I doubted my abilities and felt terribly lost and hopeless. But a force much bigger than my own was pushing me out of a situation I now realize I would never have left on my own. I didn't know then that I was meant to be in a bigger city, with a bigger platform. It's experiences like these that remind me there's always a plan, even when you can't see it. I've seen God work in beautiful ways in my life, and it's always changed me for the better, from the inside out.

My faith wasn't always this way. I was raised in the Serbian Orthodox Church. Being part of that church was more of a Sunday formality than an internal experience or connection. I didn't truly find my faith until my early twenties. I hate to admit this, but that major heartbreak is what brought me to my knees and ultimately landed me in a Bible study.

I'm a bleeding heart. I wear my soul on my sleeve. All I ever wanted in life was to get married and have babies. So when the one relationship I'd put all those expectations on came crashing down, I was left sleepless, hopeless, confused, weak, and majorly codependent on others. I didn't know who Tanya was, what she wanted in life, or even what she did for fun. I was a shell of a woman, and as hard as it is to admit, it took me feeling this low to become the strong, independent, self-sufficient, modern woman I am today.

As I mentioned, this breakup left me on the floor. I was a cliché of a woman scorned. I went to too many parties. I was intimate with too many guys. I watched all the sad movies and ate way too much ice cream. Spoiler alert: None of it helped—not even a little. One day at work, I was crying in the hallway (which was a daily ritual for me at that point) when a friend of mine, Jason Kennedy, who was hosting for E! News at the time, saw me. He didn't know what was going on or why I was crying, but he came over to say he was sorry for whatever I was going through and asked if I'd like to come to his Bible study that night.

My mind raced. Bible study? He offered me Bible study? Not a good-looking single friend to set me up with but . . . Bible study? At that point I had tried everything else, so I figured why not give this a try? Plus, I was out of ice cream. So that night I went to Bible study. I sat in the middle row, far to the left, and was moved to tears. It was as if the pastor knew exactly what to say to make me feel less alone. For the first time in months, I finally felt like myself again.

One of the friends I met that night—Raquelle Stevens, the coauthor of this book—is like my sister now. She was happy, self-assured, secure, and deeply rooted, which I so desperately wanted to be. She was—and is—sunshine in human form. Little did I know that night, she would be a rock in my life, helping me navigate personalities, egos, contracts—you name it. The entertainment industry is not for the faint of heart, and Raquelle has talked me through every single argument, squabble, or moment of self-doubt I've had in my career while also helping me continue to shine my light.

I hope *The Sunshine Mind* is a lifesaver for you. I hope it brings you steadiness. I pray it restores hope in your heart in the places where you may have lost it. I pray that this book—and the sunshine mindset—creates a beautiful community of people who want to live life through hope-colored glasses.

Enjoy!

*Tanya*

Copyright-Protected Material  
Property of Zondervan Books  
Do Not Reproduce or Distribute



I remember meeting Tanya Rad at her first night of Bible study like it was yesterday. Even though I had grown up in church, the Bible study Jason Kennedy had started was a special place for me. I had recently moved to LA from Chicago, and I was lonely. Shortly after moving, I had prayed, “God, if LA is where I’m meant to be, I pray that I would make the best friends I’ve ever made in my life and that you would make this clear to me, or I’m moving back to Chicago.” I gave myself a one-year timeline, and a few months after I said that prayer, I walked into Bible study and met Tanya. I instantly knew she was one of those friends I had prayed for.

After we met, we made plans for lunch, and it was then that she opened up about the challenges she was having at work—people saying she was too positive, too nice, and that she would never make it in this industry because people never get to the top being that way. My advice to her was to keep being herself because that’s exactly why God had given her that position—to spread her light and positivity, to be different in an industry that can sometimes be toxic.

Through our friendship and our shared spirituality, no matter how hard life got, Tanya always stayed true to who she is, and that is something I admire and respect. Now, after almost nine years of friendship, I have seen her year after year continually choose the high road, and I am so proud of the woman she has become. The light she gives out on television, the radio, her podcast, and social media is truly remarkable. I believe God has honored her efforts to stay true to herself because that’s exactly who he created her to be, and I’m so grateful to be her friend.

When Tanya approached me about writing this book together, I thought of how beautiful it is that our faith journeys have led both of us here. As we were coming up with a title for this book, something that resonated with both of us was the word *sunshine*. With both of us being eternal optimists, people often assume life is easy for us—that we wake up happy every morning—but that couldn't be further from the truth. Like everyone else, we face challenges and hard times, which affect us deeply.

I truly love God, love life, and love people. My greatest desire has always been, and always will be, to spread God's love to people and, in return, to see people live free. Most of all, I want to help you shine to your fullest potential.

I am truly honored that you've picked up *The Sunshine Mind*, and it's my hope and prayer that you will find freedom, love, and light in the best thing I have ever known and will ever know—a relationship with God.

Raquel

# ACKNOWLEDGMENTS

We have so many people to thank for helping bring this devotional to life—it was a giant combination of people being generous with their connections, resources, and time. We could not have done this without every single one of you.

First we'd like to thank Erika Munger (scrub sisters for life) for connecting us to our publisher, Zondervan. You were the spark that got this fire going.

To our entire team at Zondervan—Carolyn McCready (our fearless leader), Alicia Kasen, Paul Fisher, Sarah Falter, Matt Bray, Devin Duke, Kim Tanner, Brenda Snodderly, and Bridgette Brooks: We could not have done this without you. Thank you for seeing our heart, passion, and vision for this project.

To Allie Kingsley Baker, our right hand on this project: You are the Sunshine Mind in human form; working with you on this was truly a blessing. We would have been lost without you. Thank you for believing in us. Thank you for not only your time, effort, and energy but also your leadership and knowledge in this literary world we were navigating for the first time. (And hopefully on future ones to come.)

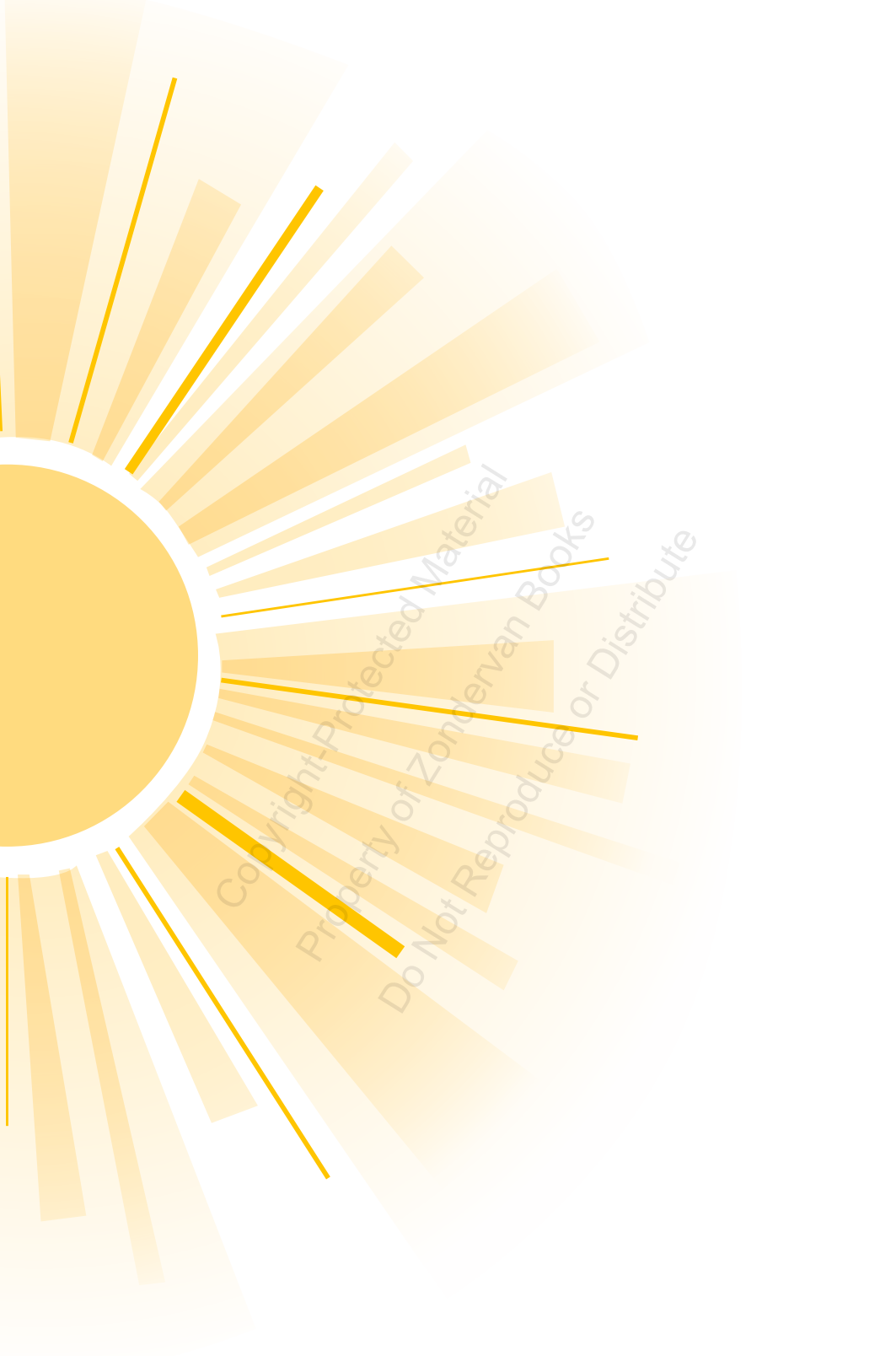
To Roby, our “agent” on this deal (and Tanya’s better half): Thank you for your time and energy and being our legal eyes on the details. Roby, you have been my greatest gift; I am so lucky to do life with you by my side. I love you so much!—Tanya

To Ashley Cook: We couldn't have done this without you!

To our parents, Sam, Branko, Dusanka & Heidi: We are forever grateful for your unwavering and unconditional love and support.

To every single person that listens to the morning show, or *Scrubbing In*, or follows us on social media: Thank you for being a part of this journey with us. Your constant encouragement has lit us up from the inside out . . . this book is for all of you!





Copyright-Protected Material  
Property of Zondervan Books  
Do Not Reproduce or Distribute

# INTRODUCTION

We're so glad you're here with us to learn about and share in our mindset, the Sunshine Mind. We see this mindset as a daily practice. It's not a formula or a quick fix, but rather the way you go about your life each day, one day at a time. We all know life can throw us a mean curveball. Facing challenges is part of the human experience. As you read through this devotional, we hope your faith is strengthened each day and you are able to navigate life's obstacles with positivity, grace, and light. Because living life with a sunshine mindset means exuding light, positivity, and promise. *The Sunshine Mind* will restore your hope, give you practical ways to deal with the stresses that come with this digital age, and help you shine from the inside out.

We knew this book was necessary because we listened to you, whether it was those of you who messaged us on social media or walked right up to us while we were out and about, asking for better ways to conquer anxiety, overcome stress, or become stronger than the pressures of trying to live up to the world's expectations. We read and took to heart the brave comments left on our pages about needing strength to cope with the disappointments of life and wanting to discover real peace and joy. You—our listeners, followers, and friends—were the inspiration for this project. Our hope is that you feel encouraged and inspired. Let us, two girls who have been there and done that, be your gentle reminder to listen to God, pursue your passions, and spread God's love and positivity to the people around you. Remember, they're lucky to be in your presence, as are we.





Day 1

# TRUST GOD'S PLANS

*"I know the plans I have for you," declares the LORD,  
"plans to prosper you and not to harm you, plans to  
give you hope and a future."*

—JEREMIAH 29:11

Tanya

It was my senior year of college, and I was living my best life in a house with seven of my best friends and sorority sisters. (Go, Theta!) I was working my dream job as a morning show producer at a local radio station while participating in a senior honors program I'd worked hard to get into. My daily existence was the epitome of work hard, play hard—waking up before the sun to produce my awesome morning show, taking classes during the afternoon, and dashing from day to date in the evening. Life was fast and fun at twenty-one! But I'll never forget the day the fun rug was pulled out from under my feet. It started like any normal workday, except there was a weird energy in the building. Something felt off. And boy, was it! It was on that day, two weeks before my college graduation, that I was let go from my coveted position at the morning show.

I took being let go very personally. What had I done wrong? How could this have happened? Even after I was assured that this was a companywide decision and most part-time positions had been eliminated, I still didn't believe it. It *must* have been something I'd done. My mind spun as a dark cloud of self-doubt came over me. I told myself I hadn't been good enough to keep my first real job. If I had been better, this wouldn't have happened. This, of course, was before I'd found my relationship with Jesus. Yet years before I even knew who God was, here he was pushing me out of a space that was too small for me. You see, what I didn't realize at

the time was that God had bigger plans for my career. He wanted me to have a greater opportunity and a bigger platform. My postcollege plan had been to stay in Tucson, Arizona, where I was comfortable, and not push myself further. So God said, “Let me help you out here, Tanya. I’m going to gently push you out of this position so you can find your own voice and a greater calling right where I want you.” This calling was in Los Angeles, at a top radio market with one of the biggest shows in the country. What I didn’t realize at the time of being let go—after which I’d spend many hours, days, and nights self-analyzing, second-guessing, moping, and crying—was that this setback was actually a step *forward*—a blessing from God, who was telling me, “I have bigger plans for you. Trust me.”

**T**anya speaking . . . I know it can be difficult in the moment (trust me, I’ve dealt with a lot of rejection in my life, both personally and professionally), but think of rejection as redirection from God. When a door closes, God is calling you in a different direction. The road to success will be bumpy at times, but with God as your safety belt, the destination will be worth it.

In moments of rejection, I find it helpful to write myself letters. I write a letter to my future self when I experience this rejection professionally. And I write a letter to my future husband when the rejection deals with matters of the heart. I write about the hurt and disappointment I feel in that exact moment but end the letter with a message of hope, knowing that God sees the bigger picture and will fulfill the desires of my heart because he placed them there.

Plus, the letters are something fun to look at January 1 of every year to see the progress I’ve made (and the love letters to the person you haven’t even met yet could be a nice little treat to give to your future spouse one day!).

## THE SUNSHINE MIND WAY TO . . . TRUST GOD'S PLANS

**SHOWCASE YOUR ACHIEVEMENTS.** Frame and display your diploma, certification, or any other accomplishment you worked hard for. Don't let an award collect dust in a dark closet. Put that baby on a prominent shelf!

**JOURNAL.** Putting thoughts on paper can give you some aha moments.

**TALK TO FRIENDS WHO SHARE YOUR FAITH.** When you connect with people who come from the same place spiritually, you're able to meet each other on a deeper, more meaningful level.

**PRAY EVERY DAY.** Keep the faith by remaining consistent in your relationship with God.

**LISTEN TO GOD.** Follow the breadcrumbs set out for you.

Copyright-Protected Material  
Property of Zondervan Book House  
Do Not Reproduce or Distribute



Day 2

## HOLD ON TO HOPE

*May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.*

—ROMANS 15:13

Tanya

I went through a phase of dating where I kept meeting wrong guy after wrong guy. I will spare you the details, but man, I felt like I was put through the wringer. I found myself questioning God daily: *Why, God? Are there any decent men left out there? Why are you testing me like this?* Until one day my hope was restored—in the form of a man. He was loving. He was kind. He was faith-filled. He was fun. He was easy on the eyes (I know, I know—this isn't the most important thing, but it doesn't hurt). He was sent from God to restore my hope. Even though the relationship didn't work out, I chose to see this experience from the bright side. It was a sign of hope from Jesus. It was his answer to all the questions I'd cried out to him. God showed me that good men do exist. He reminded me that there are men with great character and integrity in this city. He restored my faith in love. He restored my faith on my love journey.

I was dating this guy when Kacey Musgraves was in her prime. I'm talking Grammy-sweep-momentum Kacey Musgraves era. My song with this guy was Kacey's "Butterflies." I took that image—a butterfly—and made it my symbol of hope in love. Since then, every time a butterfly crosses my path, I see it as a God-wink, God putting that symbol of hope directly in my path to make sure my heart is never depleted of hope again.



If you lose your positive outlook, God can restore your hope. Think of a time when you had to trust God for something. Hopefully you were able to trust and hope because you believe God is a good God and that he's faithful and reliable even when circumstances aren't. That's ultimately what hope is—a trust that all will be well eventually. Look at your history and see how God's been faithful in the past. Use these reminders to help you continue to trust the God of hope.

### THE SUNSHINE MIND WAY TO . . . HOLD ON TO HOPE

For Tanya, butterflies are visual confirmation that hope is alive. Find your butterfly today. What is that symbol in your life? Something that pops up in moments when you need your hope restored. Figure out what that symbol is and hold it close, knowing that every time you see it, God is saying, “Keep hope in your heart.” You will be surprised by what having this little symbol can do for your heart.