

— FREE GUIDE —

THE 7 TRUTHS THAT CHANGED MY LIFE

A guide to clarity,
alignment, and
lasting change.

Change begins with the truth.
The truth **changes everything.**

Nashawn
PARKER
REAL AGENT OF CHANGE



Before We Begin

I didn't change my life all at once.

There wasn't one big moment when everything suddenly made sense. There were truths I had to face, decisions I had to make, things I had to let go of, and parts of me I had to allow God to change.

Some of those truths were hard.

Some hurt.

Some made me look at myself differently.

But every truth gave me something I didn't have before: **a choice.**

A choice to stay where I was or become who God was calling me to be.

The seven truths in these pages aren't things I learned from having a perfect life. I learned them by living. By getting some things wrong.

By praying. By healing. By starting over. And sometimes, by finally admitting what I already knew but wasn't ready to face.

I'm sharing them because maybe you will see a little of yourself in my story. Don't rush through these pages.

Read the truth. Sit with it. Answer the question honestly.

You don't have to change everything today.

You just have to be willing to tell the truth about where you are.

That's where we're going to begin.

Olashaun Parker
Real Agent of Change

TRUTH 1

Change begins with the truth.

For a long time, I could tell you exactly what everybody else did wrong.

Who hurt me.

Who disappointed me.

Who didn't show up.

What happened to me.

What I didn't have.

And some of it was absolutely true.

But there was another truth I wasn't telling.

What was I doing with the life I had now?

I remember realizing that I had spent so much time looking at what people had done to me that I wasn't paying enough attention to what I was continuing to allow, repeat, and choose for myself.

That truth was uncomfortable.

Because once I saw my part, I couldn't unsee it.

I couldn't change what had happened to me, but I could change what happened next.

That realization changed my life.

As long as everybody else was responsible for where I was, I was also giving everybody else responsibility for getting me out.

A background image of a hallway with white walls and a light-colored tiled floor. A wooden cart with a handle is positioned in the middle of the hallway. In the background, there is a doorway leading to another room with a window. A large, semi-transparent grey shape is overlaid on the right side of the image.

I had to take my power back.

Not by pretending I hadn't been hurt.

Not by excusing what other people had done.

But by becoming honest about what was mine to change.

And that's when God began doing something different in me.

He didn't need a perfect me.

He needed a willing me.

The truth didn't condemn me.

The truth gave me somewhere to begin.

REFLECTION

What truth have you been avoiding because facing it might require something from you?

Don't explain it.

Don't defend it.

Don't blame anyone.

Just tell yourself the truth.

What will changing require from you?

Change Begins with The Truth

A modern interior hallway with a wooden cabinet, a window, and a large grey abstract shape on the right wall. The hallway is brightly lit, with a large window at the end showing a view of trees. A wooden cabinet stands in the center of the hallway. A large, dark grey, abstract shape is positioned on the right side of the hallway, partially obscuring the wall and floor. The floor is made of light-colored tiles, and a brown rug is visible at the bottom left corner.

Change Begins with The Truth

TRUTH 2

God changes people before He changes circumstances.

For years, I prayed for God to change my life.

Change the situation.

Change the people.

Open the door.

Fix what wasn't working.

Remove what was hurting me.

And sometimes I couldn't understand why I was praying, believing, and waiting, but certain things in my life still looked the same.

I thought God wasn't changing anything.

I didn't realize He was changing me.

He was changing the way I thought.

The way I responded.

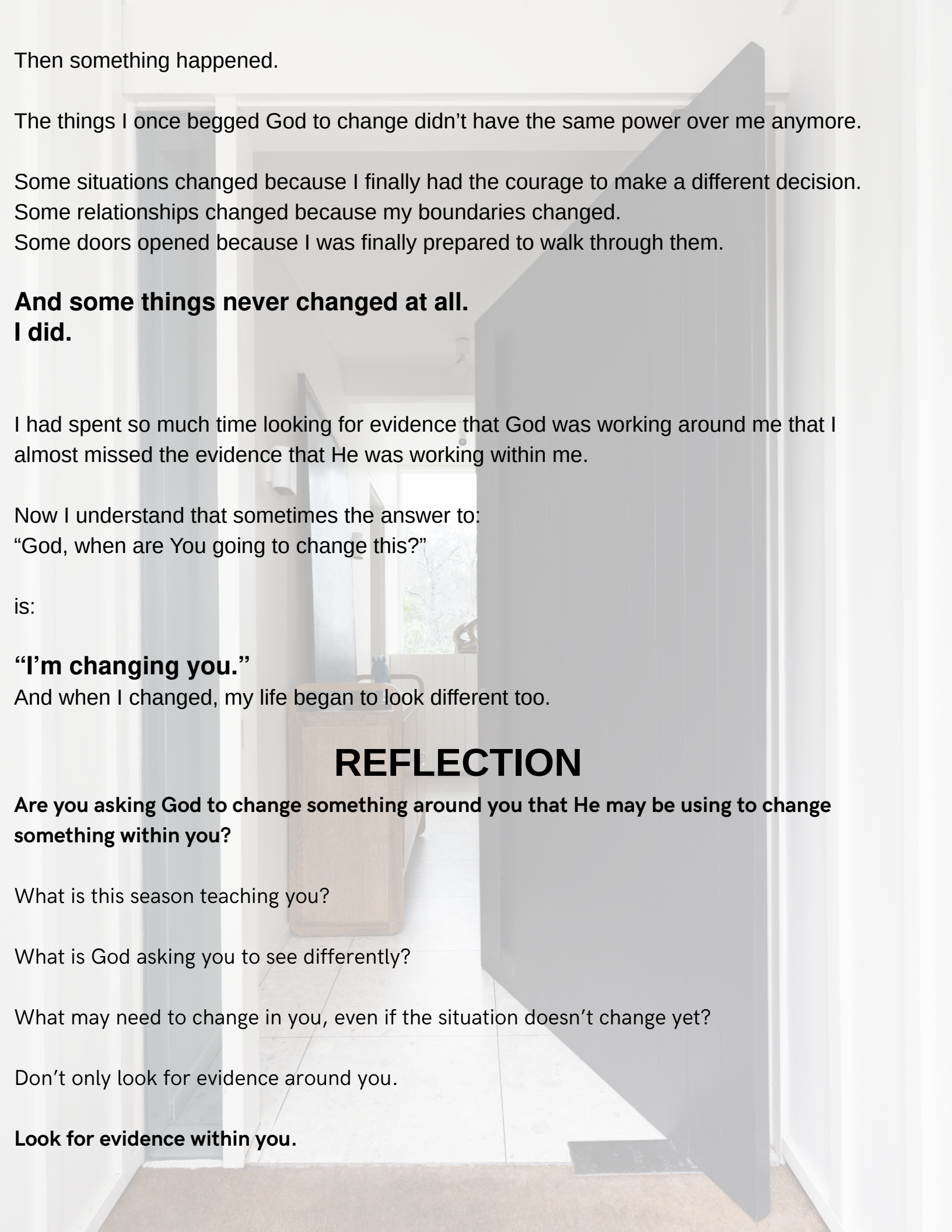
What I tolerated.

What I believed about myself.

What I was willing to walk away from.

What I had the courage to walk toward.

And little by little, I became different even while some of my circumstances remained the same.



Then something happened.

The things I once begged God to change didn't have the same power over me anymore.

Some situations changed because I finally had the courage to make a different decision.

Some relationships changed because my boundaries changed.

Some doors opened because I was finally prepared to walk through them.

And some things never changed at all.

I did.

I had spent so much time looking for evidence that God was working around me that I almost missed the evidence that He was working within me.

Now I understand that sometimes the answer to:

“God, when are You going to change this?”

is:

“I’m changing you.”

And when I changed, my life began to look different too.

REFLECTION

Are you asking God to change something around you that He may be using to change something within you?

What is this season teaching you?

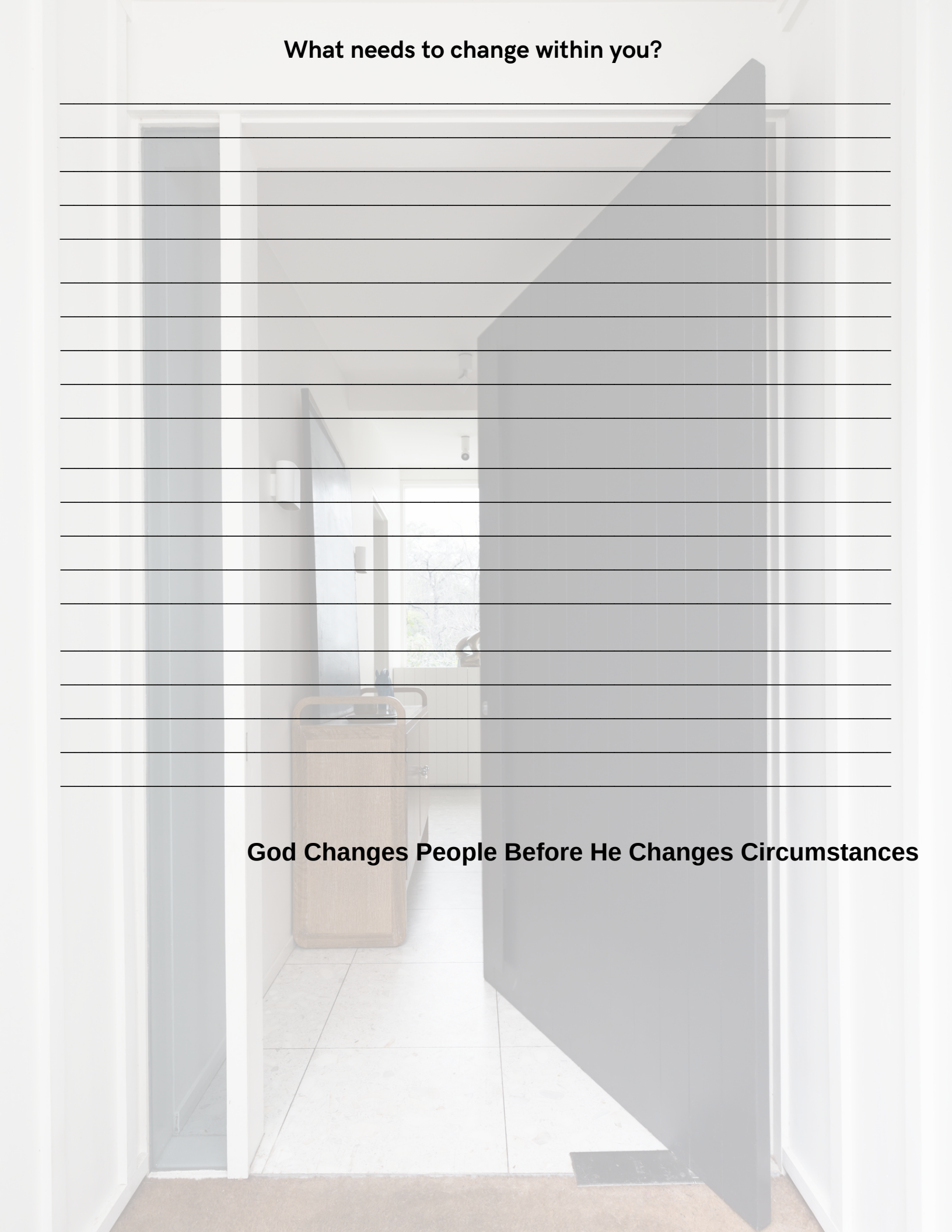
What is God asking you to see differently?

What may need to change in you, even if the situation doesn't change yet?

Don't only look for evidence around you.

Look for evidence within you.

What needs to change within you?



A series of horizontal lines for writing, overlaid on a background image of a modern interior hallway. The hallway features a wooden cabinet, a window, and a tiled floor. A large grey diagonal shape is overlaid on the right side of the image.

God Changes People Before He Changes Circumstances

The image shows a modern interior hallway. On the left, there is a long, low wooden cabinet with a light-colored wood grain. Above the cabinet, a large window allows natural light to enter the space. The floor is made of light-colored tiles. A large, semi-transparent grey triangle is overlaid on the right side of the image, pointing towards the top right corner. Horizontal lines are drawn across the entire image, creating a grid-like effect. The text "Change Begins with The Truth" is located in the bottom right corner.

Change Begins with The Truth

TRUTH 3

Obedience opens doors that comfort never will.

I've prayed for things and then realized God had already given me an instruction.

I was just waiting for a different one.

One that felt easier.

One that made more sense.

One that didn't require me to leave something comfortable, risk being misunderstood, or move before I knew exactly how everything was going to work out.

I called it waiting on God.

Sometimes, I was really waiting for obedience to become comfortable.

But obedience doesn't always come with comfort.

Sometimes it looks like making the call you're afraid to make.

Starting before you feel ready.

Walking away when staying would be easier.

Investing in yourself when you'd rather spend the money somewhere else.

Saying no when you've always said yes.

Saying yes when fear has taught you to say no.

Taking the first step without knowing where the tenth one will lead.

I've learned that I can pray about something repeatedly, but eventually I have to get up and move.

There have been times when the very thing I was asking God for was sitting on the other side of something He had already told me to do.

I didn't need another sign.

I needed to obey.

And obedience has cost me comfort.
It has cost me familiarity.
Sometimes it has even cost me relationships.

But I've also watched obedience introduce me to versions of myself I would have never met if I had stayed where I was comfortable.

That's when I learned something about hard:

Hard isn't new.

I've survived hard before.

The question became:

What is my hard producing?

There is a hard that keeps you stuck, and there is a hard that grows you.
There is a hard that comes from repeating the same cycle, and there is a hard that comes from breaking it.

Both can be uncomfortable.

But only one is taking you somewhere.

So now, when I know what God is asking of me, I'm learning not to wait until obedience feels easy.

Sometimes the door doesn't open until you move toward it.

REFLECTION

What step of obedience have you been postponing because it feels uncomfortable?

What do you already know you need to do?

What are you calling “waiting” that may actually be fear?

And if both staying and moving are hard:

What is your hard producing?

A photograph of a modern bathroom interior. In the foreground, a light-colored wooden vanity with a white rectangular sink and a chrome faucet is visible. A wooden cutting board rests on the counter. Behind the vanity is a large window with a white frame, looking out onto a wooded area. The walls are white, and the floor is covered in light-colored tiles. A white towel hangs on a rack to the right of the vanity.

Obedience opens doors that Comfort Never Will

A photograph of a modern interior hallway. The floor is covered in light-colored square tiles. On the left, there is a long, low wooden cabinet or counter. In the background, a large window allows natural light to enter, showing some greenery outside. The scene is overlaid with a series of horizontal lines and a large, semi-transparent grey triangle that points towards the top right corner.

Change Begins with The Truth

TRUTH 4

Healing begins when you take responsibility for your own life.

One of the hardest truths I ever had to face was this:

People often treated me the way I treated myself.

That one hurt.

Because it was easier to focus on what someone else wasn't giving me than to ask myself why I kept accepting less than I needed.

I wanted people to value me while I was still learning to value myself.

I wanted people to respect my boundaries when I wasn't consistently honoring my own.

I wanted people to choose me while there were places in my own life where I wasn't choosing myself.

And for a while, I thought recognizing those things meant I was taking the blame for how other people treated me.

It didn't.

Responsibility and blame are not the same thing.

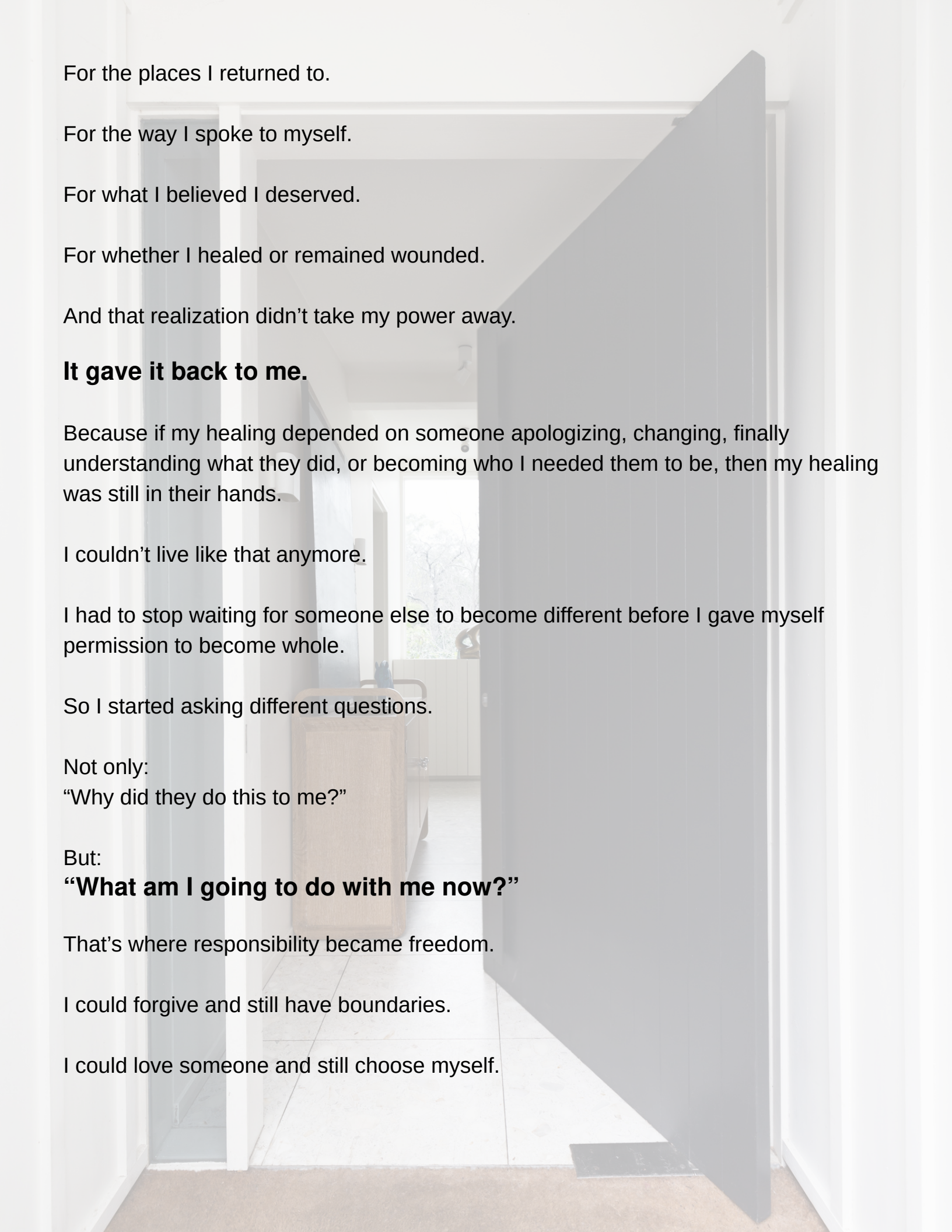
I wasn't responsible for someone else's choices.

I wasn't responsible for their dishonesty, their behavior, their inability to love me well, or the things that had hurt me.

But I became responsible for what I did next.

I became responsible for what I continued to allow.

For the boundaries I set.



For the places I returned to.

For the way I spoke to myself.

For what I believed I deserved.

For whether I healed or remained wounded.

And that realization didn't take my power away.

It gave it back to me.

Because if my healing depended on someone apologizing, changing, finally understanding what they did, or becoming who I needed them to be, then my healing was still in their hands.

I couldn't live like that anymore.

I had to stop waiting for someone else to become different before I gave myself permission to become whole.

So I started asking different questions.

Not only:

“Why did they do this to me?”

But:

“What am I going to do with me now?”

That's where responsibility became freedom.

I could forgive and still have boundaries.

I could love someone and still choose myself.

And I could heal without receiving an apology.

REFLECTION

Where have you placed your healing in someone else's hands?

And then ask yourself:

Healing begins when you take responsibility for your own life.

A photograph of a modern interior hallway. The floor is covered in light-colored square tiles. On the left, there is a long, low wooden cabinet or counter. In the background, a large window allows natural light to enter, showing some greenery outside. The scene is overlaid with a series of horizontal lines and a large, semi-transparent grey triangle that points towards the top right corner.

Change Begins with The Truth

TRUTH 5

Your assignment is greater than your attachment.

I used to believe that if something was good, meaningful, or important to me, I needed to hold onto it.

Especially people.

If I loved you, I wanted you to stay.

If we had history, I believed the history meant something about our future.

If God used a person, place, or opportunity to help me during one season, I sometimes assumed it was supposed to come with me into the next one.

But I've learned something:

Purpose and permanence are not the same thing.

To the memory.

To the potential.

To who someone used to be.

To who I hoped they would become.

Sometimes even to who I used to be when I was with them.

But attachment can make you keep trying to extend something beyond its assignment.

I've had to learn to ask:

“What was this here to teach me?”

Instead of only asking:

“How do I keep it?”



That changed the way I understood letting go.

Letting go doesn't mean it wasn't real.

It doesn't mean it wasn't valuable.

It doesn't mean you didn't love them.

And it doesn't mean the season was a mistake.

Sometimes letting go simply means you are willing to honor what something was without demanding that it become something it was never assigned to be.

That's difficult when your heart is attached.

Because attachment says:

"But I don't want to lose this."

Assignment asks:

"Has this completed what it came to do?"

I've learned that I can appreciate what someone brought into my life without requiring them to remain in it forever.

I can thank God for a season and still walk into the next one.

I can love and release.

I can remember without returning.

And I can stop trying to turn every meaningful connection into a permanent one.

Because when I become more committed to the attachment than I am to the assignment, I can miss what God is trying to do next.

Some things aren't meant to be carried forever.

Sometimes the lesson is what comes with you.

REFLECTION

What are you holding onto that God may have only intended for a season?

Are you holding onto the person, or what the relationship taught you?

Are you holding onto the opportunity, or who you became because of it?

Are you trying to preserve something because it still has purpose, or simply because you're attached to it?

Ask yourself:

What if I don't have to lose the lesson just because I release the attachment?

Your assignment is greater than your attachment.

A modern interior hallway with a wooden cabinet, a window, and a large grey abstract shape on the right wall. The hallway is brightly lit, with a large window at the end showing a view of trees. A wooden cabinet stands in the center of the hallway. A large, dark grey, abstract shape is positioned on the right side of the hallway, partially obscuring the wall and floor. The floor is made of light-colored tiles, and a brown rug is visible at the bottom left corner.

Change Begins with The Truth

TRUTH 6

The life you want is built one decision at a time.

I used to think changing my life would require one big decision.

One opportunity.

One breakthrough.

One moment when everything finally came together.

But when I look back at how much my life has changed, I can't point to just one moment.

I can point to decisions.

Small ones.

Decisions nobody applauded.

Decisions that didn't look life-changing when I made them.

Buying the course instead of the shoes.

Making the call I had been putting off.

Getting up and trying again.

Praying instead of reacting.

Choosing peace instead of proving a point.

Saying no when the old me would have said yes.

Telling the truth when hiding would have been easier.

Choosing myself when I had spent years choosing everyone else.

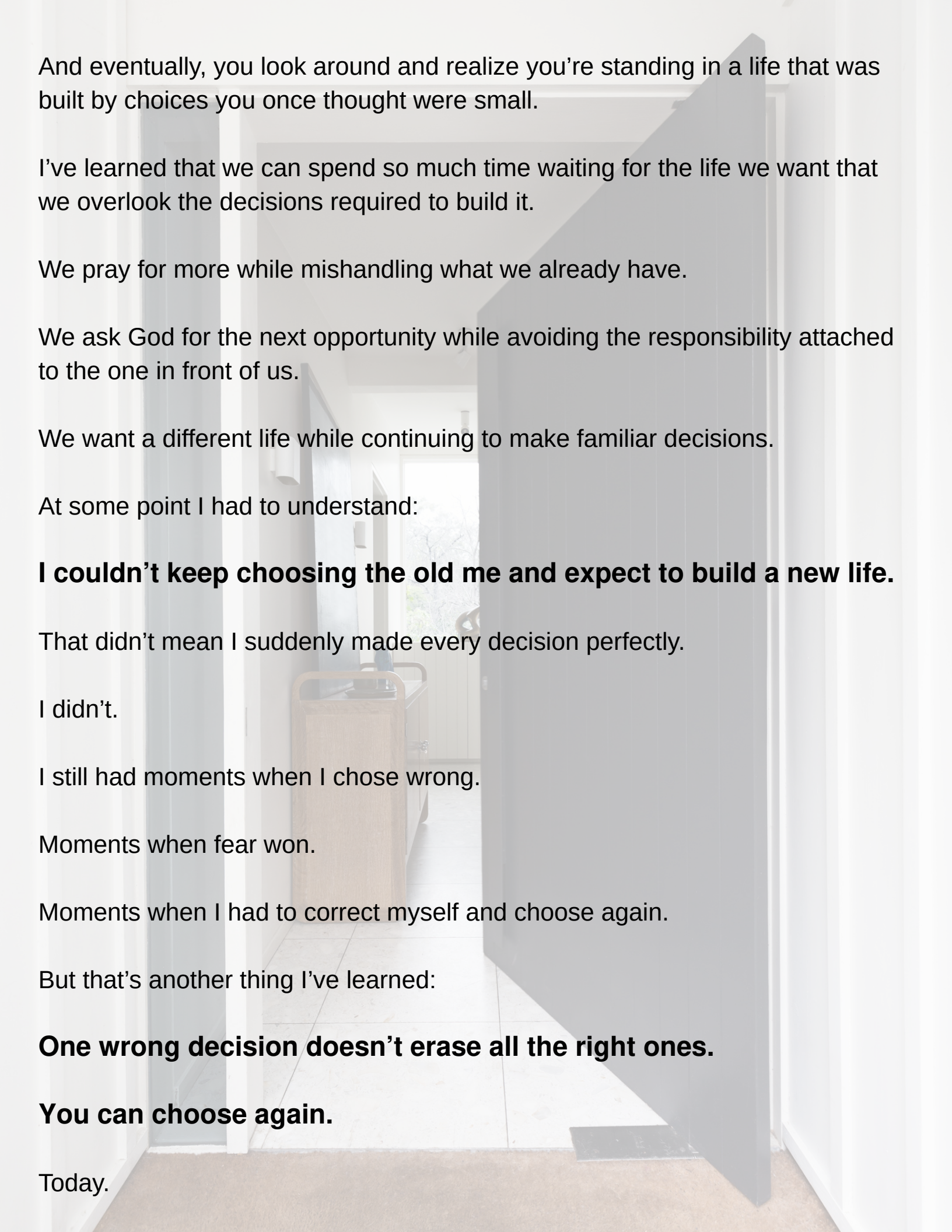
None of those decisions changed my entire life that day.

But they changed the direction of my life.

And direction matters.

Because one decision becomes another.

Then another.



And eventually, you look around and realize you're standing in a life that was built by choices you once thought were small.

I've learned that we can spend so much time waiting for the life we want that we overlook the decisions required to build it.

We pray for more while mishandling what we already have.

We ask God for the next opportunity while avoiding the responsibility attached to the one in front of us.

We want a different life while continuing to make familiar decisions.

At some point I had to understand:

I couldn't keep choosing the old me and expect to build a new life.

That didn't mean I suddenly made every decision perfectly.

I didn't.

I still had moments when I chose wrong.

Moments when fear won.

Moments when I had to correct myself and choose again.

But that's another thing I've learned:

One wrong decision doesn't erase all the right ones.

You can choose again.

Today.

Right now.

With whatever is in front of you.

Your future isn't only being built by the big decisions everybody can see.
It's being built in the quiet ones.

What you do when nobody is watching.

What you do with your money.

What you do with your time.

What you do when you're tired.

What you do when you're afraid.

What you do when going backward would be easier than continuing forward.

Those decisions add up.

And one day you realize:

The life you were waiting for is the life you've been building

REFLECTION

What decision can you make today that your future self will thank you for?

Not next month.

Not when you have more money.

Not when you're less afraid.

Not when everything makes sense.

Today.

What is one decision you already know would move your life in the direction you want it to go?

Write it down.

Then make it.



A background image of a modern interior hallway. On the left, there is a wooden cart with two shelves. In the background, a window looks out onto a garden with trees. The floor is light-colored wood. The image is overlaid with horizontal lines for writing.

The life you want is built one decision at a time.

A modern interior hallway with a wooden cabinet, a window, and a large grey abstract shape on the right wall. The hallway is brightly lit, with a large window at the end showing a view of trees. A wooden cabinet stands in the center of the hallway. A large, dark grey, abstract shape is positioned on the right side of the hallway, partially obscuring the wall and floor. The floor is made of light-colored tiles, and a brown rug is visible at the bottom left corner.

Change Begins with The Truth

TRUTH 7

God is my anchor. Everything else is an attachment.

I've had seasons when I thought certain things had to work out for me to be okay.

I needed the relationship to work.

The opportunity to come through.

The money to be there.

The plan to happen the way I pictured it.

I needed people to stay.

And when those things changed, ended, disappointed me, or didn't happen at all, sometimes I felt like I was changing with them.

Because without realizing it, I had attached my peace to things that were never designed to hold it.

People change.

Relationships change.

Money changes.

Plans change.

Dreams change.

Even the version of me I thought I would become has changed.

But God has remained.



And I had to learn the difference between an anchor and an attachment.

An attachment is something I can love, value, appreciate, enjoy, and even grieve if I lose it.

But an anchor is what keeps me steady when everything else moves.

For a long time, I expected attachments to do the job of an anchor.

I looked to people for security.

I looked to accomplishments for identity.

I looked to money for peace.

I looked to plans for certainty.

And every time one of those things moved, part of me moved with it.

Until I started building my life differently.

I stopped asking everything around me to make me feel secure and started becoming more secure in who I was with God.

That didn't mean I stopped loving people.

It didn't mean I stopped dreaming.

It didn't mean I stopped building, achieving, planning, or wanting more for my life.

It meant those things could have a place in my life without becoming the foundation of it.

That's where I found a different kind of peace.

Not the kind that requires everything to go right.

The kind that can remain when something goes wrong.

I can lose something and still know who I am.

I can be disappointed and still have hope.

I can love deeply without making another person responsible for holding me together.

I can change my plans without believing I've lost my purpose.

I can let an attachment move without losing my anchor.

And after everything I've learned, everything I've released, everything I've survived, and everything I'm still becoming, I know this:

God is my anchor.

Everything else gets to be what it was always supposed to be.

An attachment.

REFLECTION

What are you anchored to today?

What has the power to disturb your identity, your peace, or your sense of security when it changes?

A person?

Money?

Success?

A relationship?

A plan for your future?

Be honest about what you've been asking to hold you that was never designed to carry that weight.

Then ask yourself:

If this changes, will I still know who I am and Whose I am?

A photograph of a modern kitchen interior. In the foreground, a long, light-colored wooden countertop runs across the frame. On the left side of the counter, there is a wooden cutting board. Behind the counter, dark-colored cabinetry is visible. To the right, a large window looks out onto a green landscape with trees. The kitchen floor is light-colored. The overall atmosphere is bright and clean.

God is my anchor. Everything else is an attachment.

A photograph of a modern interior hallway. The floor is covered in light-colored square tiles. On the left, there is a long, low wooden cabinet or counter. In the background, a large window allows natural light into the space. The image is overlaid with a series of horizontal lines and a large, dark grey triangle that points towards the top right corner.

Change Begins with The Truth

NOW THAT YOU KNOW THE TRUTH...

You made it through all seven truths.

But reading them was never the point.

What you do with them is.

Maybe one truth made you uncomfortable.

Maybe one sounded like something you've known for a long time but weren't ready to admit.

Maybe you recognized a pattern.

A person.

A decision you've been avoiding.

Maybe you realized you've been asking God to change something He's been trying to use to change you.

Whatever came up for you, don't rush past it.

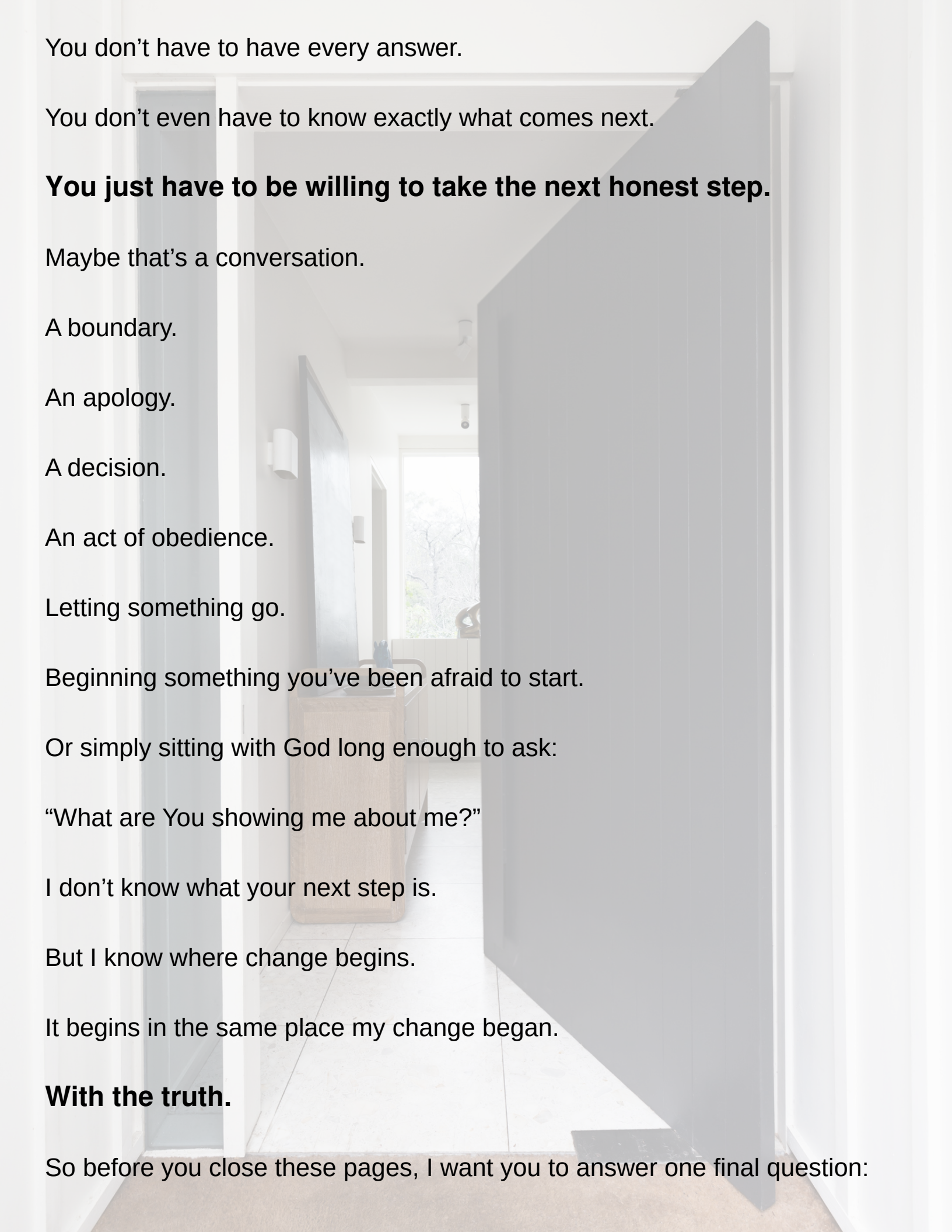
Because awareness gives you an opportunity.

And now you have a choice.

You can close these pages and return to what you've always done.

Or you can decide that knowing the truth requires something different from you.

You don't have to change your entire life today.



You don't have to have every answer.

You don't even have to know exactly what comes next.

You just have to be willing to take the next honest step.

Maybe that's a conversation.

A boundary.

An apology.

A decision.

An act of obedience.

Letting something go.

Beginning something you've been afraid to start.

Or simply sitting with God long enough to ask:

"What are You showing me about me?"

I don't know what your next step is.

But I know where change begins.

It begins in the same place my change began.

With the truth.

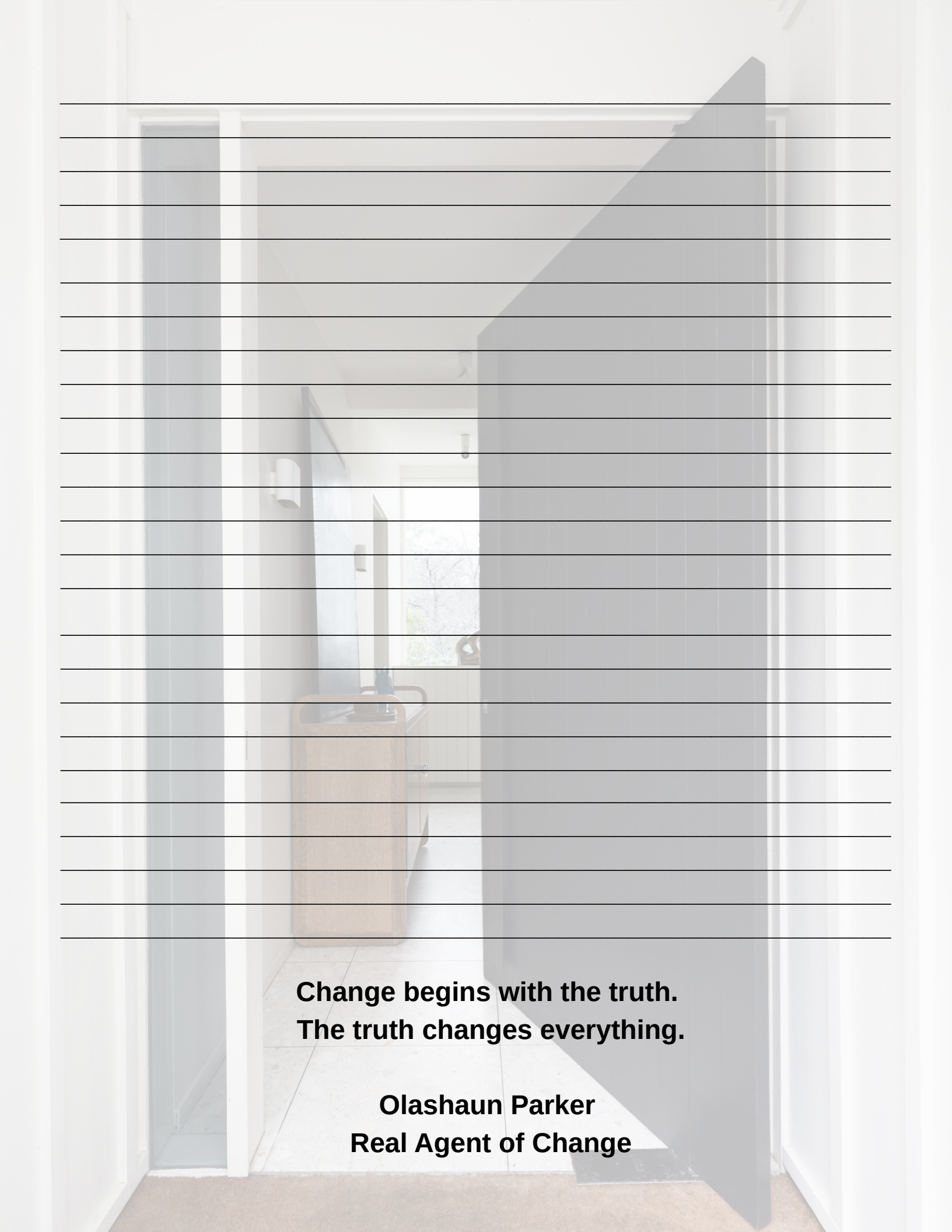
So before you close these pages, I want you to answer one final question:

Now that you know the truth, what are you going to do with it?

Change Begins with The Truth

A photograph of a modern interior hallway. The floor is covered in light-colored square tiles. On the left, there is a long, low wooden cabinet or counter. In the background, a large window allows natural light to enter, showing some greenery outside. The scene is overlaid with a series of horizontal lines and a large, semi-transparent grey triangle that points towards the top right corner.

Change Begins with The Truth

A photograph of a modern interior hallway. On the left, there is a long, low wooden cabinet or desk. In the background, a large window looks out onto a green landscape. The hallway is brightly lit, and the walls are white. A large, semi-transparent grey shape is overlaid on the right side of the image, partially obscuring the view.

**Change begins with the truth.
The truth changes everything.**

**Olashaun Parker
Real Agent of Change**

THE FOUNDATION = **TRUTH**

I shared mine.
You reflected on yours.

**NOW THAT YOU KNOW
THE TRUTH,
WHAT WILL YOU DO
WITH IT?**

Truth gives you clarity.
Alignment gives you direction.

READY TO TAKE THE NEXT STEP?

**SCHEDULE YOUR
ASSIGNMENT OF ALIGNMENT**

REALAGENTOFCCHANGE.COM

Change begins with the truth.
The truth **changes everything.**

Nashawn
PARKER
REAL AGENT OF CHANGE

