

THE 11:59 RESET

A Complimentary Preview from *11:59: Redefining Everything*

What if I told you that your life could change in the next sixty seconds?

Not because your circumstances suddenly became easier.

Not because someone rescued you.

Not because you won the lottery.

But because you made one decision.

That is the power of **11:59**.

Every year, millions of people count down the final minute before midnight with excitement. They hug strangers. They kiss loved ones. They make promises to themselves. They believe, if only for a moment, that life can be different.

What fascinates me isn't the celebration.

It's the belief.

For one minute, people become hopeful.

For one minute, they believe the future can be greater than the past.

For one minute, they give themselves permission to begin again.

My question became...

Why do we only live that way once a year?

Why not every Monday?

Every Thursday?

Every birthday?

Every ordinary afternoon?

Why not today?

That question changed my life.

I stopped waiting for January 1st.

I stopped waiting for perfect timing.

I stopped waiting until I felt completely healed, completely ready, completely fearless.

Instead, I created a philosophy that became the foundation of my life.

I call it **11:59**.

To me, 11:59 is not a time on the clock.

It's a decision.

It's the moment you refuse to let your past make decisions for your future.

It's the moment you forgive yourself.

It's the moment you finally leave what no longer serves you.

It's the moment you choose faith over fear.

It's the moment you stop surviving and begin living.

Throughout my life, I have experienced heartbreak, betrayal, teenage motherhood, divorce, grief, entrepreneurship, healing, rebuilding, forgiveness, therapy, advocacy, and countless moments where life positioned me to lose.

But every single one of those moments gave me another opportunity to begin again.

Every setback became a classroom.

Every disappointment became a lesson.

Every closed door redirected me toward another entrance.

I've learned that problems really are opportunities in disguise.

Not because the problems disappear.

Because they reveal strengths you didn't know you possessed.

This book isn't about pretending life is easy.

It isn't about positive thinking without action.

It isn't about perfection.

It's about becoming.

It's about learning how to stand back up after life knocks you down.

It's about discovering that your identity was never determined by your worst day.

It's about understanding that your value has never been dependent upon someone else's ability to recognize it.

It's about reclaiming your voice.

Your peace.

Your purpose.

Your joy.

And your future.

Inside these pages, you'll walk with me through thirty chapters of my life.

You'll meet the teenage mother who refused to surrender.

The woman who learned that forgiveness was freedom.

The entrepreneur who built businesses from ideas.

The daughter shaped by an incredible mother.

The friend who discovered the meaning of loyalty.

The woman who rebuilt after heartbreak.

The believer who found God in the middle of uncertainty.

The eagle who learned to fly above the storm.

More importantly...

I hope you'll begin to see yourself.

Because this isn't just my story.

It's an invitation for you to reflect on your own.

Maybe you're standing at your own 11:59 right now.

Maybe you've been carrying guilt for years.

Maybe you've forgotten who you are.

Maybe you've been waiting for permission to start over.

Consider this your permission.

Because it's never too late.

And it's never too early.

To begin again.

Before You Go...

Take a moment and answer these questions honestly.

- What chapter of my life is ending?
- What chapter is waiting to begin?
- What have I been afraid to release?
- What dream have I placed on hold?
- If today were my personal 11:59... what decision would I make before midnight?

Write your answers down.

Don't overthink them.

Simply begin.

The first step toward a new life is rarely a giant leap.

More often, it's one honest decision.

One courageous prayer.

One intentional moment.

One minute.

One **11:59**.

Continue the Journey...

If these few pages stirred something inside you, imagine what thirty chapters of reflection, healing, faith, entrepreneurship, forgiveness, self-worth, and purpose can unlock.

Inside *11:59: The Power of Starting Over*, you'll discover the complete journey—along with practical exercises, personal stories, and a philosophy designed to help you reset your life one day at a time.

The clock isn't counting down.

It's calling you forward.

I'll meet you at **11:59**.

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