

AFTERDARK SOUL DROP



Reflection Worksheet



Date: _____

Today I choose: **Healing** **Purpose** **Empowerment**

1. CHECK IN WITH YOUR HEART

How are you feeling right now?

What has been weighing on your heart lately?

3. PROTECT YOUR PEACE

What boundaries or changes do you need to make to protect your peace?

What can you release and give to God?

5. DAILY REMINDERS

- I will protect my peace.
- I will check my mindset.
- I will stay focused.
- I will walk in confidence.
- I will remember that faith still moves.



7. PRAYER

Write your prayer to God.



2. REFLECTION TIME

What is something life has been teaching you in this season?

What is a challenge you're currently facing?

What does breakthrough look like for you?

4. FAITH & GROWTH

What are you believing God for right now?

Write a scripture that speaks to you today.



6. GRATITUDE & WINS

List 3 things you're grateful for today.

1. _____
2. _____
3. _____


What is one small win you're proud of today?

Affirmation for today:



HEALING. PURPOSE. EMPOWERMENT.



Remember: YOU ARE NOT ALONE. YOU ARE SEEN. YOU ARE LOVED. YOU ARE TREASURED. 

Keep trusting. Keep praying. Keep going.

TREASURED BY THE STORM 