



# Healing REFLECTION WORKSHEET

You are not your past. You are becoming. Take this time to reflect, release, and reconnect with the strength that's still within you.

DATE: \_\_\_\_\_

## 1 WHERE I AM NOW

What has this season taught you about yourself?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What emotions have been showing up for you the most lately?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 2 WHAT I'M READY TO RELEASE

What am I no longer willing to carry?

\_\_\_\_\_  
\_\_\_\_\_

I release:

- The past
- Other people's opinions
- Pain that isn't mine to carry
- What no longer serves my growth
- Self-doubt and fear
- Other: \_\_\_\_\_



## 3 WHAT I'M CHOOSING INSTEAD

What truth do I need to remind myself of daily?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What am I choosing to believe about my future?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## 4 MY NEXT STEP

What is one small step I can take today toward the life I'm building?

\_\_\_\_\_  
\_\_\_\_\_



## 5 AFFIRMATION

Write an affirmation that speaks life over your healing journey.

\_\_\_\_\_  
\_\_\_\_\_



## “ REFLECTION

You are allowed to be proud of how far you've come. Celebrate your growth.



List 3 ways you've grown through your storm:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



YOU ARE TREASURED. YOU ARE HEALING. YOU ARE ENOUGH.

*Keep going. Your story matters.* ♡