



# TRYING TO Stay Strong

WHILE CARRYING SO MUCH  
REFLECTION & HEALING WORKSHEET



**You are not alone in what you carry.**

Healing is not linear, but it is possible. Your past does not define you.  
God is preparing you for what's ahead.



**1** What am I carrying emotionally that nobody sees?

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**2** What has been mentally exhausting me lately?

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**3** What do I need to stop revisiting from my past?

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**4** What would healing look like for me right now?

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**5** What is one thing I can release this week?

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TODAY I CHOOSE: 

- Peace over pressure
- Healing over survival mode
- To stop carrying what is breaking me
- To move forward without looking back
- To trust God with what I cannot control
- To give myself grace
- To keep going, even while healing



LET IT GO 

Write down what you are ready to release.  
Then, surrender it to God.

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A PRAYER FOR TODAY 


Dear God,

Today, I release the weight I've been carrying. Help me stop looking back at the pain that keeps me stuck. Give me strength to let go, peace to heal, and the courage to keep moving forward.

I trust You with my past, my present, and my future.

Amen.



*Healing is happening. Growth is coming. Purpose is ahead. God is with you.* 



TREASURABLE LIFE



TREASUREDBYTHESTORM



FAITH. HEALING. GROWTH.