



# TBS

## TREASURED

— BY THE STORM —

Protect My Peace.  
Prioritize My Growth.  
Perfect My Purpose.

Protect My Peace. Prioritize My Growth.  
Perfect My Purpose.

A REFLECTION WORKSHEET FOR YOUR JOURNEY

TODAY'S DATE: \_\_\_\_\_

TODAY I CHOOSE: ME  GROWTH  PEACE

### 1 PROTECT MY PEACE

What drains my energy or disrupts my peace?

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

What boundaries will I set to protect it?

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



### 2 TRUST MY JOURNEY

What is one thing I'm proud of myself for?

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

What lesson am I learning right now?

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



### 3 HEAL & GROW

What am I releasing that no longer serves me?

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

What am I ready to heal from and grow through?

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



### 4 REMEMBER WHO I AM

List 5 qualities that remind you who you are.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



### 5 I AM BECOMING

Who am I becoming?

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

What does my future self look like?

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



### TODAY, I WILL...

- Choose peace over people-pleasing
- Focus on growth, not comparison
- Take aligned action toward my goals
- Speak life over myself
- Be patient and trust the process
- Celebrate the small wins
- Show myself grace
- Other: \_\_\_\_\_



### DAILY AFFIRMATION

- I am enough.
- I am worthy.
- I am growing.
- I choose me.
- I attract peace, opportunities, and blessings.
- I am becoming everything I prayed for.
- I protect my peace, prioritize my growth, and perfect my purpose.



NEW STORIES. NEW LESSONS. NEW YOU.

