# Treasured by the Storm – Printable Reflection Worksheet

## 1. CHECK IN WITH YOU

Right now, how are you really feeling?

What has been weighing on you lately?

## 2. THE TRUTH YOU NEED

What truth do you need to remind yourself of today?

What's one positive thought you can speak over your life right now?

## 3. WHY YOU MATTER

Who in your life needs you to keep showing up?

What impact does your presence have on others?

## 4.SMALL STEPS, BIG DIFFERENCE

What's one small step you can take today to move forward?

What's one thing you can let go of that's draining you?

## 5. YOUR REMINDER

Write a message to yourself that you can come back to when you feel overwhelmed.

## 6. DECLARE IT

Today, I choose to...

I will keep showing up for...

Because my life still needs me.

**YOU ARE NOT BEHIND. YOU ARE BECOMING.**

*Keep showing up. Your breakthrough is on the way.*