

Date: _____

Daily Self Reflections

Finding Joy & Peace in My Imperfections

Healing isn't about returning to who you once were. It's about embracing the person you are now—the one who weathered the storm. It's recognizing that some days will be harder than others, and that it's okay not to feel okay. There's no rush; this journey is yours alone, unfolding in its own time. Let each step forward be a reminder of your resilience and strength

Gratitude Reflection:

Who am I becoming through this healing process, and what strengths have I discovered in myself that I didn't see before?

Growth Reflection:

When I face challenging days, what gentle reminders or actions help me show myself compassion and patience

Current Appreciation:

What would it look like to release any pressure or expectations I have around my healing, allowing myself to fully embrace each step of the journey?

Affirmations

I embrace who I am now, stronger and resilient after the storm.
I honor my journey, knowing it's okay to have hard days, and
I release the need to rush.
I heal at my own pace,
with patience, courage, and self-compassion."