

THE RISING JOURNAL

*7 Mornings to Heal, Rediscover Yourself
& Begin Again After Divorce*

The Rising Journal

Ronnie H.



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The Rising Journal

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7 Days of Healing For The Woman Starting Over

A Free Gift From Ronnie H

RiseWithRonnieH.com

"Divorce didn't break you. It broke you open."

WELCOME

Dear Beautiful Woman,

You didn't stumble upon this journal by accident. Something in you — brave, stubborn, and quietly magnificent — reached out for something more than survival.

This journal is your answer.

For the next seven days, I invite you to set aside just fifteen minutes each morning — before the noise begins, before the world asks anything of you — and give that time entirely to yourself.

No rules. No right answers. No performance.

Just you, these pages, and the slow, sacred remembering of who you truly are.

You are not broken, love. You are becoming.

Now let's begin.

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DAY ONE

"I Am Still Here"

Theme: Acknowledgment & Survival

Opening Reflection

Before you can rise, you must first acknowledge how far you have already come.

You are still here.

Take a moment to truly reflect on that; allow it to resonate deeply within you. Despite the experiences that have shaken your foundation and challenged your beliefs, you remain strong and present in this moment. I am still breathing and still reaching. Still, in some quiet corner of your heart, believe that something better is possible.

That is not a weakness.

That is remarkable bravery cloaked in the guise of a typical morning.

Today, we do not rush through the important process of healing. Instead, we take a meaningful moment to honor and celebrate the incredible woman who has survived and thrived through her numerous challenges. Today's Healing Prompt invites us to reflect on her strength and resilience

Today's Healing Prompt

Take as much space as you need to answer this gently and honestly:

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"Reflecting on my journey, what does it reveal about the woman I really am? What challenges have I overcome that I once doubted I could? And what does my ability to endure say about my strength?"

Write without editing. Write without judgment. Let the words come exactly as they are.

Closing Affirmation

Read this slowly. Read it twice. Then carry it with you today:

"I am still here, and that alone is proof of my strength. I have survived every challenging day so far. I will survive this one, too. I celebrate my journey today, not for the distance left to travel but for the progress I have already made"

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DAY TWO

"Feeling It All"

Theme: Emotional Honesty & Release

Divorce brings a deep emotional turmoil that is often difficult to navigate. It's typically more than just feeling sad; it encompasses a mix of intertwined grief and relief. Anger coexists with love. Fear intertwines with the smallest, most delicate strand of excitement.

Yesterday, you honored your survival. Today, we go a little deeper.

Opening Reflection

Somewhere along the way, you learned to tuck away those feelings—perhaps to stay strong for your children, family, or colleagues. To effectively handle them. They persist and flourish regardless of their existence. *But here is what nobody tells you about unexpressed emotion:*

It doesn't disappear. It waits.

Today, we come together to create a safe and sacred space for it all—the beautiful moments, the ugly truths, the complicated emotions, and the confusing thoughts. This process is essential because you cannot truly heal what you refuse to feel and acknowledge in your life.

Today's Healing Prompt

Sit quietly for a moment before you write. Take three slow breaths. Then answer this:

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If my emotions at this very moment could express themselves without any constraints, free from filters, devoid of shame, and without the fear of being judged, what would they reveal? What am I truly feeling deep inside that I have yet to fully acknowledge and accept, and how can I confront these emotions honestly?



Name every emotion you discover, no matter how contradictory they seem. They are all valid. They are all welcome here.

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Closing Affirmation

"My feelings are not my weakness; they are my humanity. I give myself full permission today to feel everything without shame. In feeling it fully, I begin to move through it freely. I am safe to feel. I am brave enough to heal."

DAY THREE

"Who Was She?"

Theme: Identity & Rediscovery

Opening Reflection

There is a woman who existed before the marriage.

'Before she learned to shrink herself to maintain the peace in her surroundings. Before she shaped her dreams around someone else's needs and desires. Before she slowly, quietly, and almost imperceptibly began to fade away into the role of a devoted wife, losing sight of her identity in the process.

She had things she loved. Things she believed. Things she wanted for her life that had nothing to do with anyone else.

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She is still in there.

She never left; she went quiet. And today, with great tenderness and curiosity, we go looking for her.

Instead of dwelling on the past, recognize and honor your true essence, despite the experiences and challenges you've faced.

Today's Healing Prompt

Answer each of these; gently let memory and feeling guide you more than logic:



Before this marriage, who truly was I? What passions ignited my spirit? What experiences made me feel most vibrant and alive? What dreams and aspirations did I quietly set aside, and do any of those long-forgotten hopes still whisper to me now, urging me to remember?

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What parts of that woman do I want to bring forward into who I am becoming?

Closing Affirmation

"I am not defined by who the marriage made me. I am not the person whose divorce was shattered. I am the woman deep beneath it all, curious, capable, and finally coming home to the essence of who she truly is."

She never really left; she has been patiently waiting all this time. And today marks the beginning of my journey to warmly welcome her back into my life, embracing all that she represents

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DAY FOUR

"What I Am Releasing"

Theme: Letting Go & Liberation

Opening Reflection

Halfway through your seven days—something in you is already shifting. Can you feel it?

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Today, we do one of the most liberating and most challenging things a woman can do.

We let go.

Not about your memories. Not about the love you shared — that was genuine and significant. But about the elements that no longer fit the narrative you are now creating. The guilt. The what-ifs. The part of you that lingered too long, gave excessively, and neglected to consider your own needs

Letting go is not an act of betrayal. It does not mean forgetting what has happened. It certainly is not a sign of weakness.



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It is the bravest and most loving thing you can do, not just for her, but also for yourself. This choice is also for the beautiful life that is still waiting for both of you, filled with hope and potential.

Today's Healing Prompt

Take your time with this one. Be honest. Be gentle:

"What am I still carrying that no longer serves me — guilt, resentment, regret, fear, or a version of myself I have outgrown? What would change in my life if I gave myself full permission to set it down?"

If it helps, write what you are releasing as a letter. Address it directly. Say goodbye.

Closing Affirmation

"I release what was never mine to carry forever. I lay down the guilt, the grief, and the girl who forgot her worth. My hands are open now, empty enough to receive everything my next chapter holds. I let go with love. I move forward with grace."

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DAY FIVE

"What I Am Keeping"

Theme: Gratitude & Inner Strength

Opening Reflection

Yesterday you were released.

Today we gather.

Because here is the undeniable truth about your unique story: even the chapters that caused you pain contained invaluable gifts. They held lessons that sharpened your resilience and wisdom. Those moments, though challenging, revealed your incredible capacity to endure and grow. It was a love that, once ignited, regardless of how it evolved, made you feel truly alive.

And within you, forged through everything you have endured, is a collection of strengths, wisdom, and qualities that belong entirely to you. Nobody gave them to you. The difficult seasons grew them in you.

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Today, we name them. We claim them. We carry them forward not as reminders of pain but as proof of power.

You are richer than you know, love.

Today's Healing Prompt

Reflect on this with an open and generous heart:

*"What has this experience taught me about myself that I could not have learned any other way?
What strengths have I discovered? What do I know now about love, about life, and about myself that
I am choosing to carry into my future?"*

Make a list of everything you are keeping. Every quality. Every lesson. Every unexpected gift.

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Closing Affirmation

I am not leaving this chapter empty-handed. I carry with me wisdom earned through fire, compassion deepened through pain, and a strength I never knew I had until I needed it. I am grateful even for the challenging things. They made me magnificent."

DAY SIX

"The Woman I Am Becoming"

Theme: Vision & Possibility

Opening Reflection

Six days ago, you opened this journal as a woman in the middle of her story.

Look at you now.

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You have honored your survival in profound ways. You have bravely felt your feelings, allowing them to flow through you. You have embarked on a journey to search for yourself and discovered her patiently waiting for your return. You have courageously released what no longer serves you and gathered what is genuinely yours, embracing your true essence.

You are already rising.



And today — perhaps for the first time in a very long time — I want you to look ahead with hope and anticipation. Not with anxiety or fear. Not with the heavy burden of everything that still feels uncertain and unresolved. But with the quiet, wide-eyed wonder of a woman standing at the beginning of a journey she hasn't yet imagined, embracing the possibilities that lie before her.

What does she look like, the woman you are becoming?

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Today's Healing Prompt

Write this as a love letter from your future self to your present self:

"One year from today, who am I? How do I feel when I wake up in the morning? What does my life look like? What have I relinquished? What have I embraced? What does she wish her younger, hurting self to understand at this moment?"

Let yourself dream without limits today. She deserves that.

Closing Affirmation

"The woman I am becoming is not a stranger; she is the truest version of me, finally free to emerge. I grant her permission today to be bold, to be soft, to be joyful, and to be whole. She is coming. And she is more beautiful than I have yet allowed myself to imagine."

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DAY SEVEN

"I Rise"

Theme: Commitment & New Beginning

Opening Reflection

Seven days ago, you took a brave, quiet step toward yourself.

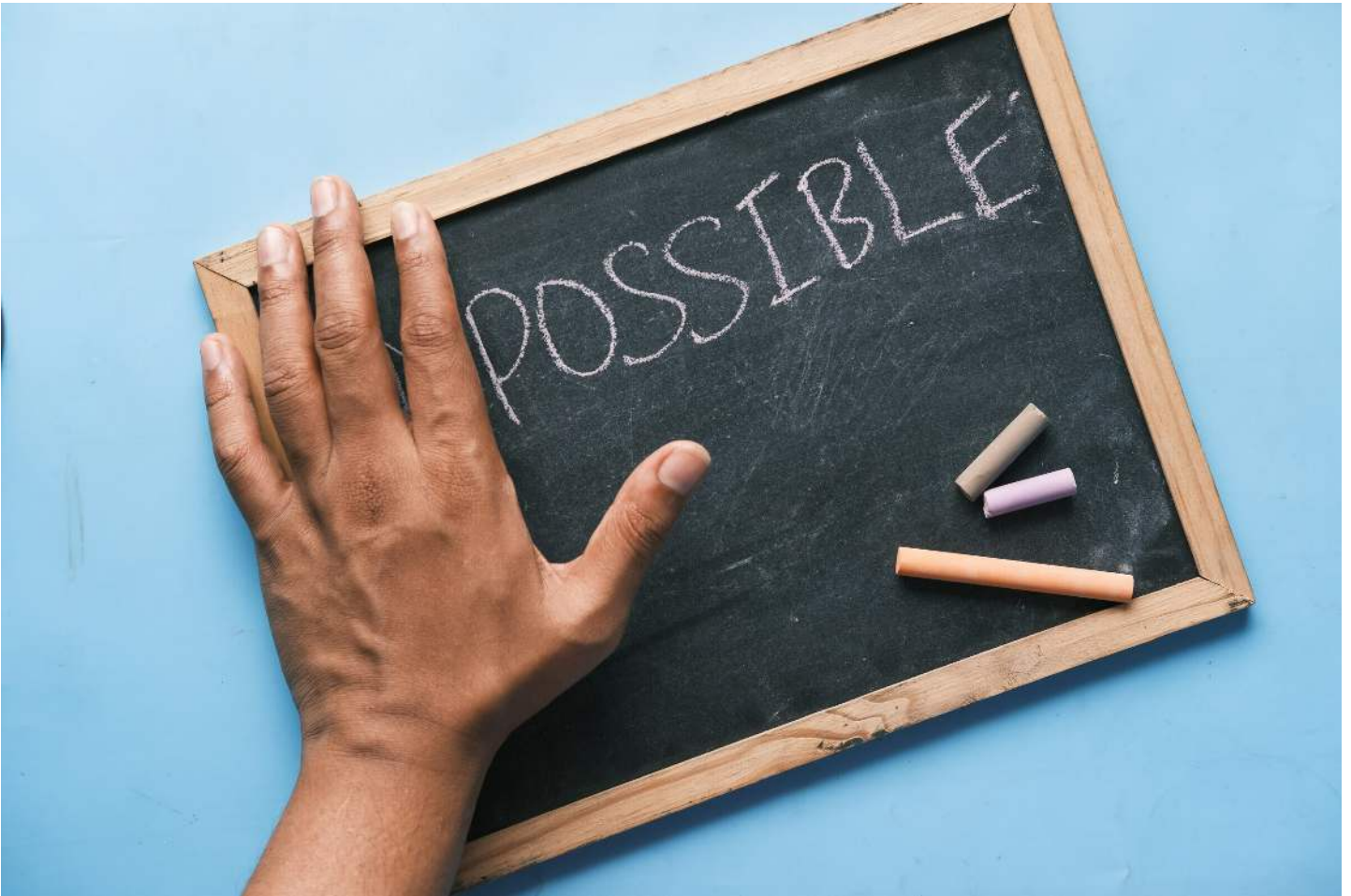
And here you are.

Not fixed, because healing is never a linear process or something that can be categorized neatly. It is different for everyone. Softer in some areas, yet stronger in others. Over time, it becomes somewhat more familiar, a deeper understanding of the woman who carries the pain.

Today is not an ending.

It is the most important kind of beginning, the chosen kind, one that resonates deeply within you. It is not forced by circumstance, nor is it something thrust upon you by someone else's decision or influence. Instead, it is a beginning you consciously, deliberately, and lovingly choose, reflecting your true desires and aspirations. *You are choosing yourself today.*

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Perhaps for the first time in a very long time.

Perhaps for the very first time ever.

That is not a small thing, love.

That is everything.

Today's Healing Prompt

Write your rising vow—a personal promise from you to yourself:

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I, _____, commit to myself on this day. I promise to honor my healing, to protect my peace, and to keep choosing the woman I am becoming, even on the days when it feels hard. I commit to these things because I believe I am worth them."

Write as many commitments as your heart holds. Then sign it. Date it. Keep it.

This is your beginning.

Closing Affirmation

I rise not because the pain is gone, but because I am greater than the pain. I rise not because I have it all figured out, but because I trust myself to figure it out. I rise softly, surely, and with my whole heart into the life I was always meant to live. I am my own woman. And I Rise."

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Seven Mornings That Could Change Everything.

A free 7-day healing journal for the woman who is ready to stop surviving her divorce and start rising from it.

Opening Copy

There is a particular kind of exhaustion that nobody warns you about.

Not the sleepless nights. Not the paperwork. Not the conversations you replay over and over, searching for the moment it all went wrong.

It is the exhaustion of carrying it alone.

You smile when you desperately need to cry. It is about continuing to function when everything inside you feels shattered and broken beyond repair. It's waking up each morning and instinctively reaching almost without thinking for a life that no longer exists, yearning for moments that have slipped away.

Sweet woman, you were never meant to carry this alone.

And you don't have to. Not anymore.

The Gift Introduction

This is not a workbook full of clinical exercises. This is not a checklist of things you should be doing.

This is fifteen minutes every morning — just for you.

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A sacred and guided space where you can finally take the time to feel what you have been holding deep within; release what no longer serves you or belongs in your life; remember who you truly are beneath the layers of pain—and begin, both gently and powerfully, to rise and embrace your true essence.

Over seven beautiful mornings, you will move through the following:

Day 1 — I Am Still Here. Honoring your survival and your strength

Day 2 — Feeling It All. Creating space for emotional honesty and release

Day 3 — Who Was She? Rediscovering the woman before the marriage

Day 4 — What I Am Releasing | Letting go of what no longer belongs

Day 5 — What I Am Keeping Claiming the wisdom the journey gave you

Day 6 — The Woman I Am Becoming Daring to envision the life waiting

Day 7—I rise. Honoring your sacred promise to yourself

Each day includes a guided reflection, a deeply personal healing prompt, and a closing affirmation to carry with you through your day.

Emotional Bridge

Imagine

Seven days from now, you sit down with your morning coffee—and instead of that familiar heaviness, you feel something different.

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Lighter. Clearer. More like yourself than you have felt in months.

'Not because the divorce is finally over. Not because everything has been neatly figured out and resolved. But because for seven consecutive mornings, you consciously chose yourself, and that choice, though subtle, is already quietly and powerfully transforming you in ways you may not yet fully realize.'

That is what this journal does. It doesn't fix the pain. It walks you through it — gently, safely, and with the warmth of a guide who has walked this road herself and knows exactly where the light begins to appear.

Who is this for?

This journal was written for you if:

- ✨ You feel lost, numb, or uncertain about who you are after a divorce
- ✨ You are between 40 and 65 and wondering if your best years are behind you. I tell you, they are not
- ✨ You are ready to stop surviving and start truly healing
- ✨ You crave a quiet, sacred space that is entirely, unapologetically yours
- ✨ You sense that something beautiful is waiting on the other side of this pain

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A Note From Ronnie

My name is Ronnie H. I am a transformational wellness and life coach, and I created The Rising Journal because I know from my own lived experience exactly where you are right now.

I have sat in the quiet room. I have held the cold coffee. I have asked the question that haunts every woman in your position —

Who am I now?

And I found my way through, not because I had all the answers, but because I was willing to ask the right questions. These seven prompts are the questions that changed everything for me. And now I am placing them gently, with my whole heart, into your hands.

You are in the right place, beautiful woman, I promise.

Yes, Ronnie—I Am Ready To Rise

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Your Email Address: _____

[Send Me My Free Rising Journal →]

Your privacy is sacred here. Your information will never be shared, sold, or misused. You may unsubscribe at any time with complete ease.

This is completely free. No catch. No credit card. No pressure.

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Just a woman who has walked through the fire, reaching back to take your hand.

Come. Let's rise together.

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CLOSING INVITATION — INSIDE THE JOURNAL

Beautiful woman,

You just did something remarkable.

You chose seven mornings for yourself. Seven days of honesty, reflection, and the quiet, courageous work of healing. That is nothing — that is the foundation upon which everything else is built.

If these seven days stirred something in you — if you felt a glimpse of the woman waiting on the other side of this pain — I want you to know that this journey is only the beginning of what is possible.

Inside my coaching programs, we go deeper. Further. Together.

You don't have to walk this road alone.

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When you are ready, I am here.

The Rising Together Circle. Healing in the warmth of sisterhood

12 weeks | Private 1:1 coaching and group coaching

[Book Your Free Discovery Call; Let's talk →]

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[**Explore My Coaching Programs** →] <https://risewithronnieh.com/programe-1-rekindleradiance>

With all my heart,

Ronnie H

BSc Nursing / MBA / Certified Wellness Coach

RiseWithRonnieH.com

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