



My 10-Day REFLECTION JOURNAL



10-DAY REFLECTION JOURNAL

MY NAME IS...

I COMMIT TO THIS 10-DAY REFLECTION BECAUSE...

I NEED HEALING FOR MY...

MY 10-DAY REFLECTION BEGAN... (DATE)

MY GOALS FOR THE NEXT 10-DAYS

1.

2.

3.

Day 1

A companion guide for the Health, Healing, and Hope community.

**What message(s) have you received from the small voice within?
(listen closely)**

Day 2

A companion guide for the Health, Healing, and Hope Community.

Reflect on a moment when grace showed up unexpectedly.

Day 3

A companion guide for the Health, Healing, and Hope Community.

Define what healing looks and feels like in this season.

A companion guide for the Health, Healing, and Hope Community.

If you don't currently have support. Write a letter requesting someone's support. Inform them of the type of support you need.

10-DAY REFLECTION JOURNAL

Day 5

Date:

A companion guide for the Health, Healing, and Hope Community.

**God in the Journey: When have you felt God's presence
most clearly during your struggle?**

Day 6

A companion guide for the Health, Healing, and Hope Community.

Your Strength is Showing: Write about a moment when you kept going against the odds.

Day 7

A companion guide for the Health, Healing, and Hope Community.

Releasing What No Longer Serves: What do you need to let go of to move forward?

10-DAY REFLECTION JOURNAL

Day 8

Date:

A companion guide for the Health, Healing, and Hope Community.

Hope as a Strategy:
Describe a vision for your life fueled by hope
(possibilities)

Day 9

A companion guide for the Health, Healing, and Hope Community.

10-DAY REFLECTION JOURNAL

Day 10

Date:

A companion guide for the Health, Healing, and Hope Community.

Still Here, Still Whole: Celebrate how far you've come and write a love letter to yourself.

Handwriting practice lines for the reflection journal page.

10-DAY REFLECTION JOURNAL

MY NAME IS...

I COMPLETED THIS 10-DAY REFLECTION BECAUSE...

I COMMIT TO MY HEALING BECAUSE...

MY 10-DAY REFLECTION CONCLUDED ON (DATE)

WHAT I LEARNED DURING MY REFLECTION

1.

2.

3.

We're Getting Better Together

**Join the Community
The Healing and Hope Circle**



www.yourhealthhealingandhope.com

