A RAY OF HOPE FOUNDATION

HEALING JOURNAL

A Guided Reflection for Healing, Hope & Growth

Healing takes time, and every journey is different.
This journal is a space to pause, reflect, acknowledge where you are, and consider the healthy steps that may support your continued growth.

A MOMENT TO PAUSE

Before thinking about what comes next, give yourself permission to notice where you are today.

Today, I am feeling...

_____

_____

_____

WHAT AM I CARRYING?

Sometimes naming what we are carrying can help us better understand what we need.

What has been weighing on me?

_____

_____

_____

WHAT DO I NEED?

Consider the support, encouragement, information, boundaries, rest, or practical resources that may help you move forward.

What do I need more of right now?

_____

_____

_____

REFLECTION FOR HEALING

Use the questions below to explore your experience at your own pace.

What does healing mean to me right now?

_____

_____

_____

_____

What helps me feel supported, encouraged, or grounded?

_____

_____

_____

_____

What healthy coping strategy has helped me move through a difficult moment?

_____

_____

_____

_____

What is one boundary, habit, or choice that could support my well-being?

_____

_____

_____

_____

A STEP TOWARD HOPE

Healing and growth can happen one step at a time.

One healthy step I can take:	_____
Someone I can reach out to:	_____
Something I want to learn:	_____
Something I want to release:	_____

A WORD OF HOPE

Healing restores what trauma has damaged. Hope reminds us that growth and possibility can continue beyond where we are today.

You are allowed to take your journey one step at a time.

A Ray Of Hope Foundation provides faith-centered, evidence-informed emotional wellness education, personal development opportunities, supportive relationships, and community outreach designed to equip women to heal, grow, and thrive.

Encourage • Enlighten • Empower | arayofhopefoundation.org