

Personal Healing Journal

10 DAYS OF HEALING

QUOTES, JOURNAL PROMPTS AND
ACTIVITIES FOR WOMEN

Living
— in the —
Middle...
Together

Day One



“You don’t have to have it all figured out to move forward.”

Journal Prompt: What is one small step I can take today, even if I don’t know the whole plan?

Activity: Write down 3 simple, doable actions (like making a call, journaling, or walking outside). Circle the one you will complete today.

Day Two



“This chapter may be painful, but it’s not the whole story.”

Journal Prompt: What do I hope the next chapter of my story looks like?

Activity: Create a “next chapter” vision board on paper or in Canva using images and words that inspire you.

Day Three



“You are stronger than the storm you are walking through.”

Journal Prompt: When in the past have I faced something hard and made it through?

Activity: Write a “strength list” of 5 qualities you used before and keep it somewhere you can see daily.

Day Four



“Healing doesn’t mean forgetting; it means choosing peace over pain.”

Journal Prompt: What memory or thought is taking up space in my heart that I’m ready to release?

Activity: Write that memory on a piece of paper, then tear it up or burn it (safely) as a symbol of letting go..

Day Five



“You can rise, even from the pieces of what you thought life would be.”

Journal Prompt: What part of my life feels “broken” right now, and how could it be rebuilt into something new?

Activity: Collect 5 positive quotes or affirmations and create a “rebuilding wall” on your mirror or fridge.

Day Six



“You don’t have to have it all figured out to move forward.”

Journal Prompt: What is one small step I can take today, even if I don’t know the whole plan?

Activity: Write down 3 simple, doable actions (like making a call, journaling, or walking outside). Circle the one you will complete today.

Day Seven



“The future is unwritten; you get to hold the pen now.”

Journal Prompt: If I could rewrite my life story starting today, what would I include? What would I leave out?

Activity: Write the first page of your “new chapter”—a letter starting with: “Dear Future Me, here’s what life looks like now...”

Day Eight



“You are not starting over, you are starting fresh—with wisdom.”

Journal Prompt: What lessons have I learned from this season that I can carry forward?

Activity: Make a list of 3 “wisdom statements” (like “I deserve respect in relationships”). Post them where you’ll see them often.

Day Nine



“Your worth was never tied to who stayed or who left.”

Journal Prompt: What are 5 things that make me valuable, no matter what anyone else says or does?

Activity: Write those 5 things on sticky notes and put them on your bathroom mirror as daily affirmations.

Day Ten



“The sun will rise again, and so will you.”

Journal Prompt: What gives me hope, even in the middle of this hard season?

Activity: Take a sunrise (or morning) walk this week and reflect on how every new day is a fresh start.

Closing Message

This season of life may feel heavy, uncertain, or even impossible—but it will not define you. Each day you choose to show up for yourself, even in small ways, you are proving your strength. Healing isn't about rushing past the pain, it's about learning to breathe through it and believing that joy still has a place in your story.

You are stronger than you think, braver than you feel, and more worthy than you realize. The sun will rise again, and so will you. Keep taking one step at a time—you are not just surviving, you are becoming.

From my heart to yours—know that you are not alone. I'm cheering you on as you write this new chapter.

♥ Carol

More resources to come....

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