

Empowerment Resource

Episode 17: Reflecting on Your Healing Journey

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Healing is a journey, not a destination. Taking time to reflect on your growth, acknowledge your resilience, and celebrate your progress is an essential part of reclaiming your power. This empowerment resource is designed to help you recognize the strength you've built along the way.



Journaling Prompts: Acknowledging Your Progress

Use these prompts to reflect on your journey so far:

The Moment It Changed:

Think back to the moment you realized you needed to prioritize your healing. What led to that realization? How did you feel at that time?





Journaling Prompts: Acknowledging Your Progress

Lessons in Growth:

What are three lessons you've learned about yourself throughout your healing process?

Your Resilience in Action:

Describe a time when you handled a situation differently than you would have in the past. How does this moment reflect your growth?





Journaling Prompts: Acknowledging Your Progress

Your Strengths Revealed:

What strengths have emerged from your healing journey?
How do these strengths support you today?

Forgiveness & Self-Compassion:

Is there something you need to forgive yourself for? What words of compassion would you offer to a friend in your situation?



Interactive Activity: **Your Healing Milestones Map**

 **Activity:** Create a "Healing Milestones Map" by listing key moments that have marked your growth. These could include:

- The first time you said "no" without guilt.
- A day you prioritized self-care.
- The moment you recognized a red flag and walked away.
- When you started trusting yourself again.

Draw or write out your milestones and keep them somewhere visible as a reminder of your progress.





Self-Reflection Exercise: Future-Focused Healing

Healing isn't just about the past—it's about stepping into a brighter future. Answer the following:

→ **What kind of life are you creating for yourself now?**

→ **What are three things you want to focus on moving forward?**

→ **How will you continue to honor your healing?**



✨ Affirmations for Reflection & Growth

Repeat these affirmations to remind yourself of your resilience:



I honor my progress
and trust my journey.



Healing is not linear,
and I embrace each
step forward.



Healing is not linear,
and I embrace each
step forward.



I am proud of the
strength I've built
along the way.



Every challenge has
led me to deeper
wisdom and growth.

