

A Simple 7-Day Healing Journaling Challenge



Day 1: Notice

What have I been feeling lately that I haven't fully acknowledged yet?



Day 2: Feel

If I let myself feel this emotion without judging it, what would I want to say?



Day 3: Understand

What happened, and how has it changed the way I see myself, other people, or my life?



Day 4: Release

What am I still carrying that I no longer want to carry into the next chapter of my life?



Day 5: Care

What is one need I've been ignoring, and what would caring for it look like this week?



Day 6: Rebuild

What is one thing about myself I want to learn to trust again?



Day 7: Look Forward

What do I want the next version of my life to feel like, and what small choice could move me toward it?

