

Moving Forward

Healing Every Day


Thank you for committing this time to loving yourself through the exercises in this healing journal. Look back at what you've written — your dreams, toolkits, encouragements, plans and feelings.

What promises can you make to yourself? For example:

"I promise to care for myself while caring for others"

"I promise to set boundaries around my time and effort"

"I promise to make healing myself part of my everyday routine"

I promise... 

Cut this page out and stick it up on your mirror, refrigerator, wardrobe, door, or anywhere that you can read it on a daily basis.

YOU CAN DO IT!