

Healing & Becoming Your Best & True Self

“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.”

– Anaïs Nin

Part 1: Grounding & Self-Check-In

1. How am I feeling right now? (Use 3–5 words)
2. Where do I feel this in my body?
3. What do I need at this moment?

Part 2: Letting Go of the Past

4. What am I holding onto that no longer serves me?
5. Write a letter of release to one of those things.
Start with “Dear ____, I’m letting you go because...”

Part 3: Self-Reflection & Truth

6. Who am I underneath the pain, labels, or expectations?
7. What are 3 moments I felt most like myself?
8. What qualities do I love and admire about myself?

Part 4: Vision & Alignment

9. What does my best self look and feel like?
10. What does my true self need more of? Less of?



- More: _____
- Less: _____

11. What boundaries or habits will support my healing?

Part 5: Daily Healing Practice (Optional)

Pick one practice you'll commit to for 7 days:

- Journaling
- Affirmations
- Movement or yoga
- Meditation/breathwork
- Time in nature
- Creative expression

- My healing ritual: _____
- Time of day: _____
- Start date: _____

Part 6: Affirmation

Finish this sentence:

"I am becoming..."

Repeat it daily like a mantra.