BY C. MARIA DELALUZ



The Light After

30-DAY HEALING AND REFLECTION JOURNAL

Dear Beautiful Soul..

THERE IS LIGHT AHEAD



If this journal has found its way into your hands, I want you to know—you are not alone.

Healing does not happen overnight, and you do not have to have everything figured out to begin. These pages were created to gently guide you through truth, healing, identity, and purpose while reminding you that God's light still reaches broken places.

There may be tears along the way. There may also be freedom, peace, and hope waiting for you in places you least expect.

Be patient with yourself.

Every step forward matters.

My prayer is that through these pages, you begin to see yourself not through the pain you endured, but through the love, grace, and strength God placed within you.

Your story is not over.

There is still light ahead.

Let's start!

C.MARIA DELALUZ

SURVIVOR AUTHOR SPEAKER

who am i?

HI THERE!

I am a survivor, mentor, and advocate for healing who is passionate about creating safe and grounded spaces where others can begin processing their stories with honesty, grace, and hope. With more than 25 years of experience leading and serving in industries centered around care and human connection, I bring both compassion and resilience into the work I do.

Throughout my life, I have walked through seasons that required deep faith, perseverance, and the courage to rebuild from places of pain and brokenness. Those experiences shaped my passion for helping others move beyond survival and into true healing by offering tools that encourage reflection, restoration, and personal growth.

The Light After was born from my own lived experiences and healing journey. I created it to be a guided space where survivors can reconnect with their voice, rediscover their strength, and begin moving forward one step at a time.

Everything I create is rooted in faith, authenticity, and the belief that even after the darkest chapters, healing is possible and light can still be found.



I AM NOT WHAT HAPPENED TO ME. I AM WHO GOD IS HEALING ME TO BECOME.
-C.MARIA DELALUZ.

Are you ready?

C. Maria DeLaLuz

SURVIVOR. AUTHOR. SPEAKER

How to Use
THIS JOURNAL

THIS JOURNAL WAS CREATED TO BE A SAFE SPACE FOR HEALING, REFLECTION, AND GROWTH. GIVE YOURSELF PERMISSION TO MOVE THROUGH THESE PAGES AT YOUR OWN PACE. SOME DAYS MAY FEEL EMOTIONAL, WHILE OTHERS MAY BRING PEACE AND CLARITY. THERE IS NO PERFECT WAY TO HEAL—AND NO TIMELINE YOU MUST FOLLOW. SIMPLY SHOW UP HONESTLY, ALLOW YOURSELF GRACE, AND TRUST THAT EVEN SMALL STEPS FORWARD MATTER.

- Take your time and move at a pace that feels safe for you
- Revisit days or prompts whenever you need deeper reflection
- Journal honestly without judging your thoughts or feelings
- Pray openly and invite God into every part of your healing
- Allow yourself to feel emotions without rushing past them
- Celebrate small moments of growth and progress



daily REMINDERS

- [ ] I showed up honestly for myself today
- [ ] I spent time reflecting, journaling, or praying openly
- [ ] I gave myself grace instead of judgment
- [ ] I acknowledged my emotions without trying to hide them
- [ ] I chose one small step toward healing and peace today
- [ ] I reminded myself that healing is a journey, not a timeline



goals CHECKLIST

- [ ] Prioritize my emotional and mental well-being
- [ ] Spend intentional time in prayer or reflection daily
- [ ] Speak to myself with kindness and grace.
- [ ] Create healthier boundaries in my relationships
- [ ] Release one fear, lie, or unhealthy pattern
- [ ] Practice gratitude and focus on small victories
- [ ] Choose habits that support my healing and peace
- [ ] Walk confidently toward the life I am rebuilding

gratitude

CHECKLIST

HEALING OFTEN BEGINS BY GENTLY NOTICING THE GOOD THAT STILL EXISTS AROUND US—EVEN IN DIFFICULT SEASONS. USE THIS SPACE EACH DAY TO PAUSE, REFLECT, AND WRITE DOWN MOMENTS, PEOPLE, OR BLESSINGS THAT BROUGHT LIGHT INTO YOUR HEART TODAY. GRATITUDE DOES NOT ERASE PAIN, BUT IT CAN HELP US RECOGNIZE HOPE, PEACE, AND GOD'S PRESENCE ALONG THE JOURNEY..

- [ ] Something that made me smile today
- [ ] A person I am thankful for
- [ ] A moment where I felt peace or comfort
- [ ] Something my body helped me do today
- [ ] A strength I see growing within myself
- [ ] A prayer, blessing, or reminder from God today
- [ ] One small thing bringing me hope for tomorrow

Week 1

AWARENESS

"Stepping Into the Light"

Day 1 — You Are Here
Day 2 — Naming the Pain
Day 3 — Breaking the Silence
Day 4 — Letting Go of Shame
Day 5 — God Was There
Day 6 — Understanding Triggers
Day 7 — Rest in the Light



Week 2

HEALING

"Letting the Light In"

Day 8 — Permission to Heal
Day 9 — Releasing Anger
Day 10 — Forgiveness Without Excusing
Day 11 — Grieving What Was Lost
Day 12 — Rebuilding Trust with God
Day 13 — Releasing Control
Day 14 — Healing Isn't Linear



Week 3
IDENTITY

"Rediscovering Who You Are"

Day 15 — Who Am I Now?
Day 16 — You Are Not What Happened to You
Day 17 — Worthiness
Day 18 — Healing Your Body and Self-Image
Day 19 — Reclaiming Your Voice
Day 20 — Healthy Boundaries
Day 21 — Confidence in the Light



Week 4

PURPOSE

"Becoming the Light"

Day 22 — Your Story Has Power
Day 23 — Helping Others Heal
Day 24 — Walking Without Fear
Day 25 — Trusting the Future
Day 26 — Joy After Pain
Day 27 — Building a Life You Love
Day 28 — Strength for What's Ahead
Day 29 — You Are the Light Now
Day 30 — Celebration and Commitment



Day 1

YOU ARE NOT TOO LATE. YOU ARE RIGHT ON TIME.

YOU ARE HERE

WEEK 1: AWARENESS

Awareness is the first light. It's the moment you stop ignoring the inner whispers and choose to listen. You don't have to have it all figured out—you just have to be willing to see.

Today, we begin.

♡ TODAY, I CHOOSE TO SHOW UP FOR MYSELF BY...

♡ WHAT AM I NO LONGER WILLING TO IGNORE?

♡ WHAT TRUTH AM I READY TO ACKNOWLEDGE?

♡ WHAT DO I NEED MOST RIGHT NOW?

Reflection Prompt

Where am I in my healing journey right now?

What brought me here?

What am I hoping for?

TODAY I WILL...

- ☐ Be honest with myself
- ☐ Notice how I feel
- ☐ Practice self-compassion
- ☐ Take a slow, intentional breath
- ☐ Trust that this is the beginning of change

REMEMBER THIS:

You are enough.
You are worthy.
You are healing.

♡

TODAY'S INTENTION

I choose awareness. I choose me.

Day 2

YOU ARE NOT TOO LATE. YOU ARE RIGHT ON TIME.

NAMING THE PAIN

WEEK 1: AWARENESS

Healing begins when we stop running from what hurts
and start honoring what we've been through.
Naming the pain doesn't define you—
it frees you to move beyond it.

You are safe here. You are not alone.

♡ WHAT PAIN HAVE I BEEN CARRYING?

What has hurt me the most?

♡ HOW HAS THIS PAIN AFFECTED MY LIFE?

How has it shown up in my thoughts, feelings, relationships, or choices?

♡ WHAT HAVE I BEEN TELLING MYSELF BECAUSE OF THIS PAIN?

What lies have I believed?

♡ WHAT EMOTIONS COME UP WHEN I ALLOW MYSELF TO FEEL THIS PAIN?

It's okay to feel. You don't have to fix it right now—just name it.

Reflection Prompt

What happened?

When did it start?

Who or what was involved?

How did I survive it?

What did I learn about myself?

TODAY I WILL...

- ☐ Be honest with myself
- ☐ Write it out without judgment
- ☐ Allow my emotions
- ☐ Release the need to blame
- ☐ Speak truth over the pain
- ☐ Trust that this is part of the healing process

REMEMBER THIS:

My pain has purpose.
My story has power.
My healing has begun.

♡

TODAY'S INTENTION

I choose to face my pain with courage so I can walk in freedom.

♡ "The Lord is close to the brokenhearted and saves those who are crushed in spirit." – Psalm 34:18

Day 3

YOUR VOICE HAS POWER. YOUR STORY MATTERS. YOUR HEALING BEGINS.

BREAKING THE SILENCE

WEEK 1: AWARENESS

Silence may have protected you in the past,
but your voice will set you free.
Breaking the silence is an act of courage,
and every word you speak is a step toward healing.

I release the shame. I reclaim my voice.

♡ WHAT PARTS OF MY STORY HAVE I KEPT SILENT?

What have I been afraid to say out loud?

♡ WHY DID I STAY SILENT?

What did I fear would happen if I spoke up?

♡ HOW HAS SILENCE AFFECTED ME?

In what ways has holding it in hurt me?

♡ WHAT WOULD IT FEEL LIKE TO BE FULLY HEARD?

Imagine speaking your truth without fear.

Reflection Prompt

What would I say to my younger self who felt unheard?

What truth have I been ready to speak?

Who are safe people I can share with?

TODAY I WILL...

- ☐ Acknowledge my pain
- ☐ Write or talk about what I've been holding in
- ☐ Release the fear of judgment
- ☐ Speak with someone I trust
- ☐ Remind myself that my story can help someone else

REMEMBER THIS:

You did not cause it.
You did the best you could with what you knew then.
Now, you choose you.

♡

TODAY'S INTENTION

I choose to speak my truth with love and without apology.

Day 4

SHAME SAYS I AM BAD. TRUTH SAYS WHAT HAPPENED TO ME WAS NOT MY FAULT.

LETTING GO OF SHAME

WEEK 1: AWARENESS

Shame whispers lies that keep us stuck.
But God's truth reminds us—we are not defined by what happened to us. We are defined by our healing, our choices, and the light we choose to walk in.

I release the shame. I embrace my worth.

♡ **WHAT SHAME HAVE I BEEN CARRYING?**
Where do I still believe I'm not enough?

♡ **WHOSE VOICE MADE ME FEEL ASHAMED?**
Whose words or actions caused me to believe the lies?

♡ **WHAT LIES ABOUT MYSELF AM I READY TO LET GO OF?**
What negative beliefs are no longer serving me?

♡ **WHAT TRUTH DO I CHOOSE TO BELIEVE TODAY?**
Replace the lie with God's truth about who you are.

Reflection Prompt

What would change if I truly believed I am not my past?

How would I treat myself with kindness today?

What does freedom from shame look like for me?

TODAY I WILL...

- ☐ Speak kindly to myself
- ☐ Write a truth affirmation
- ☐ Release one shame-filled thought when it comes up
- ☐ Remind myself I am worthy
- ☐ Practice self-compassion

REMEMBER THIS:

I am not what happened to me. I am who I choose to become. ♡

TODAY'S INTENTION

I choose to release shame and step into the freedom of my worth.

♡ "There is therefore now no condemnation for those who are in Christ Jesus."
— Romans 8:1

Day 5

GOD WAS THERE

WEEK 1: AWARENESS

SHAME SAYS I AM ALONE. TRUTH SAYS GOD WAS WITH ME ALL ALONG.

Even in the darkest moments, God was with me.
I may not have seen Him, but He saw me.
He held me, carried me, and never left my side.

I look back and see His faithfulness.
He was there then. He is here now.

WHEN DID I FEEL MOST ALONE?
What season or moment felt unbearable?

HOW DID GOD SHOW UP ANYWAY?
What are some ways God was present, even when I didn't recognize it?

WHAT HAS HE BROUGHT ME THROUGH?
What testimonies can I look back on?

HOW DOES THIS TRUTH CHANGE ME TODAY?
Knowing God was there then, how does it strengthen me now?

Reflection Prompt

Where do I need to invite God into my current pain?

How can I trust Him more with what I can't see?

What would it look like to rest in His presence today?

TODAY I WILL...

- [ ] Spend time with God
- [ ] Write a thank you list
- [ ] Read or listen to Scripture
- [ ] Look for His hand in my story
- [ ] Choose to trust Him more

REMEMBER THIS:

He was there in every chapter of my story.

TODAY'S INTENTION

I choose to remember God's presence and let that truth bring me peace.

"The Lord himself goes before you and will be with you; he will never leave you nor forsake you." — Deuteronomy 31:8

Day 6

UNDERSTANDING TRIGGERS

AWARENESS BRINGS LIGHT. GOD BRINGS HEALING. I CHOOSE BOTH.

WEEK 1: AWARENESS

Triggers are not the enemy—their purpose is to reveal the places that still need healing. When I understand my triggers, I can make different choices and invite God into those moments.

I bring my triggers into the light so I can walk in freedom.

WHAT TRIGGERS ME MOST OFTEN?

People, situations, places, words, or memories.

HOW DO I TYPICALLY REACT?

What emotions, thoughts, or behaviors show up?

WHAT IS THIS TRIGGER TRYING TO SHOW ME?

What deeper hurt, fear, or unmet need might be underneath?

HOW CAN I RESPOND WITH HEALING INSTEAD?

What truth, prayer, or boundary can help me respond differently?

Reflection Prompt

What triggers do I want God's help to heal?

How can I invite God into these moments in real time?

What would freedom look like when I am no longer controlled by my triggers?

TODAY I WILL...

- [ ] Pause and identify my triggers
- [ ] Pray and ask God for insight
- [ ] Choose a new, healthy response
- [ ] Speak truth over my heart
- [ ] Practice grace with myself

REMEMBER THIS:

I don't have to stay trapped. I can choose freedom with God's help.

TODAY'S INTENTION

I choose to bring my triggers into the light so I can walk in freedom and peace.

"For God has not given us a spirit of fear, but of power and of love and of a sound mind." — 2 Timothy 1:7

Day 7

YOU ARE NOT DEFINED BY YOUR PAST. YOU ARE BEING REDEEMED BY GOD'S LOVE.

REST IN THE LIGHT

WEEK 1: AWARENESS

Healing isn't just about facing the pain—it's also about learning to rest in God's presence. In His light, we find peace, renewal, and the strength to keep going. Today, I choose to rest, receive, and be reminded that I am held, loved, and never alone.

I rest in the light because His love never fails.

WHAT DOES REST LOOK LIKE FOR ME TODAY?

What would help me feel truly rested in body, mind, and spirit?

WHAT HAS GOD TAUGHT ME SO FAR?

What truths or lessons have I received during this journey?

WHERE HAVE I SEEN GOD'S FAITHFULNESS?

What moments can I look back on and see His hand?

WHAT DO I NEED TO RELEASE AND LET HIM CARRY?

What burdens, worries, or pressures can I give to Him today?

Reflection Prompt

How does it feel to know I don't have to carry everything alone?

What would it look like to fully trust God with my healing?

What does resting in God's light mean for me right now?

TODAY I WILL...

- [ ] Take intentional time to rest
- [ ] Spend time with God in His Word or in prayer
- [ ] Do something that brings me joy and peace
- [ ] Let go of what I can't control
- [ ] Remember that I am deeply loved

REMEMBER THIS:

He makes me lie down in green pastures. He leads me beside quiet waters. He restores my soul.

TODAY'S INTENTION

I choose to rest in God's light and receive His peace and renewal.

"Come to me, all you who are weary and burdened, and I will give you rest." — Matthew 11:28

weekly SUCCESS

DATE:

REVIEW YOUR WEEK, AND MAKE SURE TO COMPLETE THE QUESTIONS BELOW IN FULL.

WHAT I HAVE ACHIEVED?

WHAT AM I PROUD OF THIS WEEK?

WHAT HAVE I LEARNED THIS WEEK?

WHAT AM I GRATEFUL THIS WEEK?

WHAT ONE THING COULD I DO DIFFERENTLY NEXT WEEK?

Day 8

GOD IS WRITING A NEW CHAPTER IN ME. I GIVE MYSELF PERMISSION TO HEAL.

PERMISSION TO HEAL

WEEK 2: HEALING

Healing begins when I stop asking for permission
from others and start giving it to myself.
I don't have to earn rest. I don't have to deserve peace.
I am allowed to heal, to grow, and to become whole.

I give myself permission to heal.

♡ WHAT DO I NEED PERMISSION TO HEAL FROM?

What pain, wounds, or experiences am I still holding onto?

♡ WHERE DID I LEARN THAT I HAD TO STAY STRONG?

Who or what taught me that I couldn't be vulnerable?

♡ HOW WOULD MY LIFE LOOK IF I GAVE MYSELF PERMISSION TO HEAL FULLY?

What would change in my heart, mind, and relationships?

♡ WHAT IS ONE LIE I NEED TO STOP BELIEVING?

What truth from God will I replace it with?

Reflection Prompt

What would I say to a friend
who needed permission to heal?

How can I show myself more
grace and compassion?

What does God say about me
that gives me permission to heal?

TODAY I WILL...

- ☐ Speak kind words to myself
- ☐ Set a boundary that protects my peace
- ☐ Choose rest without guilt
- ☐ Do something that nourishes me
- ☐ Remind myself that I am enough

TODAY'S INTENTION

I give myself permission to heal, grow, and receive God's love.

REMEMBER THIS:

I don't have to earn my healing. I only have to say yes to it. ♡

Day 9

RELEASING ANGER

WEEK 2: HEALING

I CHOOSE TO LET GO OF THE WEIGHT OF ANGER AND MAKE ROOM FOR PEACE

Anger can feel like protection, but it often keeps us trapped in the past.
Holding onto anger only hurts me.
Today, I choose to release it and invite God's peace to heal my heart.

I release anger and choose peace.

WHAT OR WHO AM I STILL ANGRY WITH?

What happened and how did it make me feel?

HOW HAS HOLDING ONTO ANGER AFFECTED MY LIFE?

How has it impacted my emotions, relationships, and overall well-being?

WHAT LIES OR BELIEFS DOES MY ANGER COME FROM?

What am I believing about myself, others, or the situation?

WHAT WOULD IT LOOK LIKE TO LET GO OF THIS ANGER?

What would freedom and forgiveness feel like?

Reflection Prompt

What is one truth I need to remember instead of holding onto anger?

How can I forgive without excusing the hurt?

Where do I need God's help to fully release this anger?

TODAY I WILL...

- [ ] Identify what I'm angry about
- [ ] Pray for the strength to forgive
- [ ] Release the anger to God
- [ ] Choose peace over bitterness
- [ ] Replace anger with love and grace

REMEMBER THIS:

I don't have to carry what I can give to God. Letting go is an act of faith and freedom.

TODAY'S INTENTION

I release anger and choose to walk in the peace that God gives me.

"Be angry and do not sin; do not let the sun go down on your anger, and do not give the devil a foothold." — Ephesians 4:26-27

Day 10

FORGIVENESS WITHOUT EXCUSING

FORGIVENESS SETS ME FREE, BUT IT DOESN'T MAKE WHAT HAPPENED OKAY.

WEEK 2: HEALING

Forgiveness is not saying what happened was acceptable.
It's choosing to release the hold it has on me.
I can hold truth and still choose freedom.
Today, I forgive without excusing, and I take back my peace.

I choose forgiveness, and I choose freedom.

WHO DO I NEED TO FORGIVE?

What did they do or say that still hurts?

HOW HAVE I BEEN AFFECTED BY NOT FORGIVING?

How has holding onto this hurt me emotionally, physically, or spiritually?

WHAT DOES FORGIVENESS LOOK LIKE FOR ME?

What would it mean to forgive without excusing the behavior?

WHAT IS ONE TRUTH I NEED TO REMEMBER AS I CHOOSE FORGIVENESS?

What truth from God's Word helps me let go and move forward?

TODAY'S INTENTION

I forgive without excusing, and I choose the freedom God has for me.

"Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." — Ephesians 4:31-32

Reflection Prompt

What is the difference between forgiveness and excusing?

How does forgiveness reflect God's heart?

What do I need to release in order to walk in freedom?

TODAY I WILL...

- [ ] Pray for the person I need to forgive
- [ ] Release the hurt to God
- [ ] Speak a truth over my heart
- [ ] Choose freedom over resentment
- [ ] Take one step toward healing

REMEMBER THIS:

Forgiveness doesn't change the past, but it changes my future.

Day 11

GRIEVING WHAT WAS LOST

WEEK 2: HEALING

IT'S OKAY TO GRIEVE WHAT YOU LOST. IT'S NOT GIVING UP—IT'S MAKING SPACE FOR HEALING.

Grief is not weakness—it's love with nowhere to go.
Acknowledging what was lost allows my heart to heal.
I don't have to rush or hide my pain.
Today, I give myself permission to grieve and trust
that God is restoring what was meant for me.

I honor my grief, and I trust God with my healing.

WHAT HAVE I LOST THAT STILL HURTS MY HEART?

It could be a relationship, a dream, innocence, time, health, or something else.

HOW DOES THIS LOSS STILL AFFECT ME TODAY?

How does it show up in my thoughts, emotions, or daily life?

WHAT AM I AFRAID WOULD CHANGE IF I LET MYSELF FULLY GRIEVE?

What fears or beliefs keep me from feeling and releasing the pain?

WHAT WOULD IT LOOK LIKE TO TRUST GOD WITH WHAT I LOST?

How can I believe He is working, even in this loss?

TODAY'S INTENTION

I allow myself to grieve what was lost, and I place it in God's loving hands.

"Blessed are those who mourn, for they will be comforted."
— Matthew 5:4

Reflection Prompt

What is one memory I miss the most?

What emotions come up when I allow myself to think about it?

What would it look like to give this to God today?

TODAY I WILL...

- [ ] Give myself time and grace to feel
- [ ] Write or talk about what I've lost
- [ ] Cry if I need to—tears are healing
- [ ] Pray and ask God for comfort
- [ ] Trust that He can bring beauty from this brokenness

REMEMBER THIS:

You are not alone in your pain. God sees every tear and holds every broken piece.

Day 12

REBUILDING TRUST WITH GOD

WEEK 2: HEALING

WHEN I TRUST GOD AGAIN, I CAN WALK IN PEACE, PURPOSE, AND HOPE AGAIN.

When trust is broken, it takes time, honesty, and God's grace to heal.
I don't have to have all the answers—just a willing heart.
God is faithful, even when I struggle to believe.
Today, I choose to open my heart again and let God restore my trust.

I will trust God's faithfulness, even when I can't see the way.

WHAT CAUSED ME TO LOSE OR STRUGGLE WITH TRUST IN GOD?

What experiences or disappointments affected my faith?

WHAT LIES HAVE I BELIEVED ABOUT GOD?

What negative beliefs have kept me from trusting His goodness and promises?

HOW CAN I REMEMBER GOD'S FAITHFULNESS?

What are some ways He has shown up in my life in the past?

WHAT SMALL STEPS CAN I TAKE TO TRUST GOD AGAIN?

What actions can help me lean on Him more each day?

Reflection Prompt

What fears make it hard to trust God?

What would it look like to fully trust God in this season?

What promise from God can I hold onto today?

TODAY I WILL...

- [ ] Spend time in prayer and quiet with God
- [ ] Read or meditate on His Word
- [ ] Write out one promise from God and remind myself of it
- [ ] Let go of the need to control
- [ ] Take one step of faith today
- [ ] Thank God for who He is, not just what He does

TODAY'S INTENTION

I choose to rebuild my trust in God, knowing He is faithful and will guide me.

REMEMBER THIS:

Trusting God doesn't mean everything will be easy. It means believing He is good, even when I can't see the whole plan.

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight."
— Proverbs 3:5

Day 13

RELEASING CONTROL

WEEK 2: HEALING

I DON'T HAVE TO HAVE IT ALL FIGURED OUT. I CAN LET GO AND LET GOD LEAD THE WAY.

Control can feel like safety, but it often brings stress and fear.
When I release control, I make room for God's better plan.
God sees the big picture, and I can trust His timing.
Today, I choose to let go of what I can't control
and rest in God's perfect care.

I let go. I trust. I rest in God's hands.

WHAT ARE SOME AREAS OF MY LIFE I'M TRYING TO CONTROL?

What situations, people, or outcomes am I holding onto?

WHAT HAPPENS WHEN I TRY TO CONTROL EVERYTHING?

How does it affect my emotions, relationships, and peace of mind?

WHAT WOULD IT LOOK LIKE TO FULLY TRUST GOD WITH THIS?

How would my life, mindset, and heart be different?

WHAT TRUTH CAN HELP ME LET GO OF CONTROL?

What Bible verses or reminders help me trust God's plan over my own?

TODAY'S INTENTION

I release control and trust God's plan.
I choose peace over worry and faith over fear.

"Cast all your anxiety on Him because He cares for you."
— 1 Peter 5:7

Reflection Prompt

What is one thing I need to surrender to God today?

How can I remind myself that God's plan is better than mine?

What would it look like to live with more peace and less control?

TODAY I WILL...

- [ ] Write down what I need to let go of
- [ ] Pray and surrender it to God
- [ ] Focus on what I can control, and let go of what I can't
- [ ] Take deep breaths and trust His timing
- [ ] Thank God for being in control

REMEMBER THIS:

Letting go doesn't mean I stop caring. It means I trust God to carry what I cannot.

Day 14

HEALING ISN'T LINEAR

WEEK 2: HEALING

HEALING HAS UPS AND DOWNS— BUT THAT DOESN'T MEAN I'M NOT MOVING FORWARD.

Some days will feel easier, and some days will feel heavy again.
That doesn't mean I've failed—it means I'm human.
God is not finished with me yet.
Every step I take, no matter how small, is still progress.
Today, I choose patience, grace, and trust in the process.

I trust that God is still working, even on the hard days.

WHAT HAS MY HEALING JOURNEY LOOKED LIKE SO FAR?

What are some highs, lows, and in-between moments?

HOW DO I FEEL ON THE HARD DAYS?

What emotions come up when I feel like I'm not making progress?

WHAT TRUTHS CAN REMIND ME THAT HEALING TAKES TIME?

What does God's Word say about His faithfulness in the process?

HOW CAN I SHOW MYSELF GRACE TODAY?

What would it look like to be kind and patient with myself right now?

Reflection Prompt

What is one way I've grown, even if it feels small?

What would I say to encourage a friend going through the same thing?

How can I celebrate progress instead of perfection?

TODAY I WILL...

- [ ] Remember that healing isn't a straight line
- [ ] Celebrate small wins
- [ ] Speak life over myself
- [ ] Choose faith over frustration
- [ ] Trust that God is still working

TODAY'S INTENTION

I will be patient with the process and trust that God is making me more like Him each day.

REMEMBER THIS:

God isn't in a hurry, but He is faithful. He will finish what He started in me.

"And I am sure of this, that He who began a good work in you will bring it to completion at the day of Jesus Christ."
— Philippians 1:6

weekly SUCCESS

DATE:

REVIEW YOUR WEEK, AND MAKE SURE TO COMPLETE THE QUESTIONS BELOW IN FULL.

WHAT I HAVE ACHIEVED?

WHAT AM I PROUD OF THIS WEEK?

WHAT HAVE I LEARNED THIS WEEK?

WHAT AM I GRATEFUL THIS WEEK?

WHAT ONE THING COULD I DO DIFFERENTLY NEXT WEEK?

Day 15

WHO AM I NOW?

WEEK 3: IDENTITY

Rediscovering who you are

I AM NOT DEFINED BY MY PAST. I AM BEING RENEWED, MADE NEW, AND CALLED TO WALK IN MY TRUE IDENTITY.

My past does not get to define my future.
I am not who I used to be—God has made me new.
Today, I take time to reflect on who I am becoming
and embrace the beautiful truth of my new identity.

I am chosen, loved, made new, and set apart for His purpose.

WHO WAS I BEFORE THIS JOURNEY?

How would I describe my identity in the past?

WHAT PARTS OF MY OLD IDENTITY NO LONGER FIT?

What labels, lies, or habits have I left behind?

WHAT TRUTHS IS GOD REVEALING ABOUT ME?

What is He showing me about who I really am in Him?

WHAT DOES MY NEW IDENTITY LOOK LIKE?

How do I see myself through God's eyes now?

Reflection Prompt

What strengths, gifts, and passions has God given me?

How does knowing I am God's beloved change me?

What would I say to encourage my past self on this journey?

TODAY I WILL...

- [ ] Declare the truth of who I am in Christ
- [ ] Write down my new identity in Him
- [ ] Let go of old labels and limitations
- [ ] Walk in confidence in who God says I am
- [ ] Take one step that aligns with my purpose

TODAY'S INTENTION

I embrace who I am now,
created new in Christ.
I walk in my true identity with confidence.

REMEMBER THIS:

You are not who you were.
You are who God says you are.

"Therefore, if anyone is in Christ, he is a new creation.
The old has passed away; behold, the new has come."
— 2 Corinthians 5:17

Day 16

YOU ARE NOT WHAT HAPPENED TO YOU.

MY STORY IS IMPORTANT, BUT IT DOESN'T DEFINE ME. GOD IS WRITING A NEW CHAPTER OF PURPOSE AND HOPE.

WEEK 3: IDENTITY

Rediscovering who you are

Pain can leave marks, but it doesn't have to be my identity.
I am more than my past because I serve a God
who makes all things new.
Today, I release shame and embrace the truth
that I am deeply loved and set free.

I am more than my past. I am who God says I am.

WHAT EVENTS OR EXPERIENCES IN MY PAST STILL TRY TO DEFINE ME?

How have those experiences shaped the way I see myself?

WHAT LIES HAVE I BELIEVED BECAUSE OF WHAT HAPPENED TO ME?

What negative beliefs or labels have I accepted about myself?

WHAT TRUTHS IS GOD SPEAKING OVER MY LIFE ABOUT MY WORTH AND IDENTITY?

What does His Word say about who I really am?

HOW CAN I CHOOSE TO SEE MYSELF THROUGH GOD'S EYES TODAY?

What would it look like to believe and live in His truth?

TODAY'S INTENTION

I release my past and walk forward in the freedom and identity God has given me.

"But now this is what the Lord says—he who created you, Jacob, he who formed you, Israel: 'Do not fear, for I have redeemed you; I have summoned you by name; you are mine.'"
— Isaiah 43:1

Reflection Prompt

If my past doesn't define me, who am I becoming?

What would I say to hug my younger self who went through that pain?

What does freedom from my past look like to me?

TODAY I WILL...

- [ ] Declare that I am not defined by my past
- [ ] Speak truth over myself out loud
- [ ] Write down one painful experience and give it to God
- [ ] Choose one way to focus on my future
- [ ] Rest in God's love and acceptance

REMEMBER THIS:

You are not what happened to you. You are who God says you are— chosen, loved, and free.

Day 17

WORTHINESS

WEEK 3: IDENTITY

Rediscovering who you are

I AM FEARFULLY AND WONDERFULLY MADE. I AM VALUABLE, LOVED, AND CREATED WITH A PURPOSE BY MY CREATOR.

God thinks I am valuable, not because of what I do,
but because of who He is.
I am deeply loved, fully accepted, and created with intention.
Today, I choose to believe the truth of my worth
and walk in the confidence of His love.

I am His. I am enough. I am deeply loved.

WHAT LIES HAVE I BELIEVED ABOUT MY WORTH?

What messages have I taken in about not being enough or good enough?

WHERE HAVE I LOOKED FOR MY VALUE?

Have I based my worth on people's opinions, achievements, or approval?

WHAT TRUTHS DOES GOD SPEAK OVER ME?

What does His Word say about how He sees me?

HOW CAN I REMEMBER MY WORTH DAILY?

What actions or reminders can help me walk in the truth of who I am in Him?

TODAY'S INTENTION

I embrace my identity as God's beloved child. I walk in confidence, knowing I am fearfully and wonderfully made.

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."
— Psalm 139:14

Reflection Prompt

What makes me feel most insecure or unworthy?

How would my life change if I truly believed I was loved by God?

What would I say to a friend who struggles to feel worthy?

TODAY I WILL...

- [ ] Remind myself that I am God's masterpiece
- [ ] Speak kind and affirming words over myself
- [ ] Thank God for creating me on purpose
- [ ] Let go of comparison and people-pleasing
- [ ] Rest in the love and acceptance He gives

REMEMBER THIS:

You are fearfully and wonderfully made by a God who sees your worth, loves you deeply, and has great plans for your life.

Day 18

HEALING YOUR BODY AND SELF IMAGE

WEEK 3: IDENTITY

Rediscovering who you are

MY BODY IS NOT THE ENEMY. IT IS A GIFT FROM GOD. I CHOOSE TO CARE FOR IT, HONOR IT, AND LOVE IT WELL.

God created my body with purpose and perfect design.
I don't have to earn love by how I look or what I weigh.
I am learning to see my body the way God sees it—
beautiful, valuable, and worth caring for.
Today, I choose to speak kindness to myself and
take steps toward physical and emotional healing.

My body is God's temple. I honor it with love and care.

WHAT NEGATIVE THOUGHTS DO I STILL HAVE ABOUT MY BODY OR APPEARANCE?

Where did these beliefs come from?

HOW HAS MY BODY CARRIED ME THROUGH DIFFICULT SEASONS?

What is one thing I appreciate about my body right now?

WHAT TRUTHS DOES GOD'S WORD TEACH ABOUT MY BODY?

How does knowing my body is His temple change the way I treat it?

HOW CAN I SHOW LOVE AND RESPECT TO MY BODY TODAY?

What habits, choices, or self-talk will help me honor the body God has given me?

Reflection Prompt

What would it look like to see my body through God's eyes?

How can I replace self-criticism with self-compassion?

What do I need to release in order to fully embrace my body and worth?

TODAY I WILL...

- [ ] Speak words of love and gratitude over my body
- [ ] Care for my body with nourishing food and hydration
- [ ] Move my body in a way that feels good
- [ ] Rest and allow my body to heal
- [ ] Remember that I am fearfully & wonderfully made by God

TODAY'S INTENTION

I will honor and care for my body as God's temple. I choose to see myself with His eyes and treat myself with love.

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies." — 1 Corinthians 6:19

REMEMBER THIS:

Your body is not a project to be fixed.
It is a gift to be honored.

Day 19

RECLAIMING YOUR VOICE

WEEK 3: IDENTITY

Rediscovering who you are

I HAVE A VOICE THAT MATTERS. I WILL USE IT TO SPEAK LIFE, TRUTH, AND LOVE—FOR MYSELF AND OTHERS.

For too long, I may have stayed silent to keep the peace, avoid conflict, or protect myself from being hurt. But God didn't create me to shrink or stay quiet. He created me to speak with purpose and courage. Today, I choose to reclaim my voice and speak the truth that God has placed in my heart.

I speak with confidence because God is with me and my words have meaning.

WHERE HAVE I BEEN AFRAID TO SPEAK UP OR SHARE MY TRUTH?

What held me back?

HOW HAS MY SILENCE AFFECTED MY HEART AND MY LIFE?

What opportunities, relationships, or healing have I missed?

WHAT TRUTHS DOES GOD WANT ME TO SPEAK—TO MYSELF OR OTHERS?

What is He calling me to share?

HOW CAN I USE MY VOICE TO ENCOURAGE, BUILD UP, AND BRING LIGHT?

Who in my life needs to hear the words God has given me?

Reflection Prompt

What would it look like to speak my truth in love today?

What lies have I believed about my voice or my right to be heard?

How can I speak life over myself and others this week?

TODAY I WILL...

- [ ] Declare that my voice matters
- [ ] Speak a truth I've been holding back
- [ ] Encourage someone with words of life
- [ ] Listen to God's voice and follow His lead
- [ ] Write down one message I need to speak out

TODAY'S INTENTION

I will trust that God will give me the right words and the courage to speak them in love.

"Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ." — Ephesians 4:15

REMEMBER THIS:

You were created to speak life into your world. Don't be afraid to use the voice God gave you.

Day 20

HEALTHY BOUNDARIES

WEEK 3: IDENTITY

Rediscovering who you are

I PROTECT MY PEACE, HONOR MY NEEDS, AND BUILD BOUNDARIES THAT REFLECT GOD'S TRUTH AND MY WORTH.

God calls me to love others, but He also calls me to love myself.
Healthy boundaries are not selfish—they are necessary.
They protect my heart, my time, and my purpose.
Today, I choose to set boundaries that honor God,
respect others, and guard the peace He has given me.

I can love well because I have learned to set loving boundaries.

WHERE DO I STRUGGLE TO SAY "NO" OR PUT MY NEEDS FIRST?

What fears or guilt come up for me?

WHAT RELATIONSHIPS OR SITUATIONS DRAIN MY PEACE OR ENERGY?

Where do I need healthier boundaries?

WHAT TRUTHS DOES GOD REMIND ME ABOUT MY VALUE AND LIMITS?

What does His Word say about protecting my heart and well-being?

HOW CAN I COMMUNICATE MY BOUNDARIES WITH KINDNESS AND CONFIDENCE?

What would it look like to honor my boundaries this week?

TODAY'S INTENTION

I will honor my worth by setting boundaries that protect my heart and allow me to walk in the peace God has given me.

"Above all else, guard your heart, for everything you do flows from it."
— Proverbs 4:23

Reflection Prompt

What boundary do I need to set or strengthen right now?

How will setting this boundary help me grow in my relationship with God and others?

What would it look like to respect myself as much as I try to please others?

TODAY I WILL...

- [ ] Identify one boundary I need to set or reinforce
- [ ] Write down what that boundary looks like
- [ ] Communicate it with love and clarity
- [ ] Release guilt and trust God with the outcome
- [ ] Guard my heart and peace with wisdom

REMEMBER THIS:

You cannot pour from an empty cup. Protect your peace so you can live your purpose.

Day 21

CONFIDENCE IN THE LIGHT

WEEK 3: IDENTITY

Rediscovering who you are

THE LORD IS MY LIGHT AND MY SALVATION— WHOM SHALL I FEAR? THE LORD IS THE STRONGHOLD OF MY LIFE— OF WHOM SHALL I BE AFRAID?

I used to look to the world for approval, but I've learned that true confidence comes from knowing I am seen, loved, and secure in God's light.
Today, I choose to walk boldly in who He created me to be, free from fear and full of His peace.

I am a child of God, and that is enough.

WHERE DO I STRUGGLE TO SEEK VALIDATION?

In what areas do I feel the need for others' approval?

WHAT LIES HAVE I BELIEVED ABOUT MY WORTH?

What negative thoughts have I believed about myself that keep me in the dark?

HOW CAN I CHOOSE TO LIVE IN GOD'S LIGHT TODAY?

What are some practical ways I can remind myself that God is my light and salvation?

TODAY'S INTENTION

I will step into the light of God's truth and walk confidently in who He created me to be.

"The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?"
— Psalm 27:1

Reflection Prompt

What does it look like to live with confidence in God's light?

How can I stop comparing myself to others and focus on God's truth?

What step can I take today to walk in the confidence of who God says I am?

TODAY I WILL...

- [ ] Start my day with a time in God's Word
- [ ] Speak truth over myself out loud
- [ ] Focus on God's presence, not my fears
- [ ] Step into the opportunities He has for me
- [ ] End my day thanking God for His faithfulness

REMEMBER THIS:

The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?

weekly SUCCESS

DATE:

REVIEW YOUR WEEK, AND MAKE SURE TO COMPLETE THE QUESTIONS BELOW IN FULL.

WHAT I HAVE ACHIEVED?

WHAT AM I PROUD OF THIS WEEK?

WHAT HAVE I LEARNED THIS WEEK?

WHAT AM I GRATEFUL THIS WEEK?

WHAT ONE THING COULD I DO DIFFERENTLY NEXT WEEK?

Day 22

YOUR STORY HAS POWER

WEEK 4: PURPOSE

Rediscovering why you're here

MY STORY IS NOT JUST MINE— IT CAN ENCOURAGE, HEAL, AND GIVE HOPE TO OTHERS. I WILL TRUST GOD TO USE IT FOR HIS GLORY.

God has walked with me through every chapter—
the pain, the healing, and the breakthroughs.
My story is a testimony of His faithfulness and love.
Today, I choose to embrace my story
and trust God to use it to inspire others.

What the enemy meant for harm,
God will use for good.

WHAT PARTS OF MY STORY AM I STILL ASHAMED OF?

What would it look like to bring those parts to God for healing?

HOW HAS GOD TURNED MY PAIN INTO PURPOSE?

What healing or growth has come from my hardest seasons?

WHO IN MY LIFE NEEDS TO HEAR WHAT GOD HAS DONE IN ME?

How can my story give hope or encouragement to someone else?

TODAY'S INTENTION

I will embrace my story and share it with courage. I will trust that God can use my testimony to bring hope, healing, and faith to others.

"They have conquered him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death."
— Revelation 12:11

Reflection Prompt

What is one lesson I've learned that could help someone else?

What truth do I want others to see in my life because of what God has done?

How can I step out in faith and share my story in love?

TODAY I WILL...

- [ ] Thank God for my story and how far He's brought me
- [ ] Write down key moments that shaped my journey
- [ ] Share encouragement or hope with someone
- [ ] Trust God to use my story for His purpose
- [ ] Speak life, truth, and love through my words

REMEMBER THIS:

Your story is not over.
God is still writing,
and He writes beauty
from every battle.

Day 23

HELPING OTHERS HEAL

WEEK 4: PURPOSE

Rediscovering why you're here

I AM NOT JUST HEALED TO KEEP IT TO MYSELF—GOD HAS MADE ME A LIGHT SO OTHERS CAN FIND HOPE AND HEALING TOO.

When I was in the darkest place, I needed someone who would listen, love, and remind me of the truth. Now, God is calling me to be that person for someone else. Today, I choose to be His hands and heart and help others find the hope I found in Him.

I am healed not just for me, but for the purpose of helping others heal.

WHO HAS BEEN THERE FOR ME DURING MY HEALING JOURNEY?

Who encouraged, prayed, or supported me when I needed it most?

HOW CAN GOD USE MY STORY TO HELP SOMEONE ELSE?

What parts of my journey could bring hope or encouragement to others?

WHAT GIFTS, EXPERIENCES, OR HEART DOES GOD WANT ME TO USE TO SERVE OTHERS?

What has He placed inside me to bless and build others up?

TODAY'S INTENTION

I will look for opportunities to be God's love in action. I will speak life, offer hope, and help others feel seen and valued.

"Therefore encourage one another and build each other up, just as in fact you are doing." — 1 Thessalonians 5:11

Reflection Prompt

What is one way I can reach out to encourage someone this week?

How can I listen with love and be present for someone who is hurting?

What would it look like to live each day on purpose for God and others?

TODAY I WILL...

- [ ] Pray for someone who is struggling
- [ ] Offer encouragement or a kind word
- [ ] Share my testimony when I have the opportunity
- [ ] Be a light and show the love of Christ
- [ ] Remind myself that small acts make a big impact

REMEMBER THIS:

You were never meant to walk this journey alone— and you were never meant to keep the victory to yourself. Your healing is someone else's hope.

Day 24

WALKING WITHOUT FEAR

WEEK 4: PURPOSE

Rediscovering why you're here

I DO NOT HAVE TO LIVE IN FEAR ANYMORE—GOD IS WITH ME. HE GOES BEFORE ME, STRENGTHENS ME, AND GIVES ME COURAGE FOR EACH STEP.

Fear may try to whisper lies, but God's truth is louder. He is with me in every step, and His perfect love casts out all fear. Today, I choose courage over fear and trust God to lead the way.

I am not afraid. I am a child of God, and He is with me always.

WHAT FEARS OR WORRIES HOLD ME BACK?

What situations, people, or thoughts cause me the most fear?

WHAT TRUTHS CAN I STAND ON WHEN FEAR TRIES TO TAKE OVER?

What does God's Word say about His presence, strength, and peace?

HOW CAN I CHOOSE FAITH OVER FEAR THIS WEEK?

What is one step I can take to walk in courage and trust God more?

TODAY'S INTENTION

I will choose courage today. I will trust God to go before me, stand beside me, and give me strength. I will not let fear decide my future—faith will.

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." — Joshua 1:9

Reflection Prompt

What is God calling me to step into that I've been afraid of?

How would my life change if I fully trusted that God is with me?

What is one way I can remind myself daily that I do not have to be afraid?

TODAY I WILL...

- [ ] Read and meditate on God's Word
- [ ] Speak courage over my life out loud
- [ ] Take one bold step toward what God is calling me to do
- [ ] Replace fear-filled thoughts with truth
- [ ] Thank God that He is always with me

REMEMBER THIS:

You are never alone.
You are never forgotten.
You are never without God's strength.

Day 25

TRUSTING THE FUTURE

WEEK 4: PURPOSE

Rediscovering why you're here

FOR I KNOW THE PLANS I HAVE FOR YOU," DECLARES THE LORD, "PLANS TO PROSPER YOU AND NOT TO HARM YOU, PLANS TO GIVE YOU HOPE AND A FUTURE.

The future can feel uncertain, but God is never uncertain.
He is already there, preparing a good and beautiful plan for me.
Today, I release my worries about tomorrow
and choose to trust the One who holds my future.

I don't have to figure it all out.
I just have to trust the One who already has.

WHAT WORRIES OR UNCERTAINTIES DO I NEED TO GIVE TO GOD?

What fears about the future keep me from trusting?

WHAT TRUTHS CAN I HOLD ON TO WHEN THE FUTURE FEELS UNCLEAR?

What does God's Word say about His faithfulness and His plans for me?

HOW CAN I GROW IN TRUST AND PATIENCE?

What can I do today to rest in God's timing instead of rushing ahead?

TODAY'S INTENTION

I will let go of my need to control the future. I will trust that God is writing my story, and it will be more beautiful than I can imagine.

"For I know the plans I have for you, declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."
— Jeremiah 29:11

Reflection Prompt

What dream or hope has God placed in my heart that I'm waiting to see come to life?

How would my life look if I fully trusted that God's plans are good?

What step of faith can I take today toward the future God is preparing for me?

TODAY I WILL...

- [ ] Pray and surrender my future to God
- [ ] Choose peace over worry
- [ ] Take one step toward my God-given purpose
- [ ] Speak God's promises over my life
- [ ] Trust that God's timing is always perfect

REMEMBER THIS:

God's plans for me are better than my fears. His timing is perfect, and my future is filled with hope.

Day 26

JOY AFTER PAIN

WEEK 4: PURPOSE

Rediscovering why you're here

WEEPING MAY LAST FOR A NIGHT, BUT JOY COMES IN THE MORNING. GOD TURNS OUR PAIN INTO PURPOSE AND OUR SORROW INTO DANCING.

Pain may have written part of my story,
but it will not be the final chapter.
God has turned my weeping into joy before,
and He will do it again. Today, I choose to expect joy,
knowing that God makes all things new.

My pain is not in vain.
My joy is on the way.

WHAT SEASONS OF PAIN HAVE I WALKED THROUGH?

How has God been with me in those moments?

HOW HAS GOD ALREADY BROUGHT BEAUTY FROM MY BROKENNESS?

What blessings or lessons were born out of my hardest times?

WHAT JOY IS GOD INVITING ME TO RECEIVE NOW?

What is one way I can open my heart to joy today?

Reflection Prompt

What does it look like for me to praise God in the middle of my waiting?

How would my life change if I truly believed that joy is coming?

What would I say to someone who is still in the middle of their pain?

TODAY I WILL...

- [ ] Thank God for carrying me through the hard times
- [ ] Choose joy and gratitude on purpose
- [ ] Encourage someone who is still in pain
- [ ] Celebrate one small victory or blessing today
- [ ] Declare that my joy is coming in the morning

TODAY'S INTENTION

I will remember that joy is not the absence of pain—it is the presence of God. I will choose to praise Him in every season, trusting that He is writing a beautiful story with my life.

"For his anger lasts only a moment,
but his favor lasts a lifetime; weeping
may stay for the night, but rejoicing
comes in the morning."
— Psalm 30:5

REMEMBER THIS:

Joy is not just something that happens to me— it's something God promises to me.

Day 27

BUILDING A LIFE YOU LOVE

WEEK 4: PURPOSE

Rediscovering why you're here

I AM CREATING A LIFE ROOTED IN FAITH, FILLED WITH JOY, AND ALIGNED WITH THE PLAN GOD HAS FOR ME.

God desires that I live a life filled with purpose, peace, and joy. He wants the best for me, and He is committed to helping me build a life that reflects His love and my heart. Today, I choose to build intentionally and create a life I truly love.

I will delight in the Lord, and He will give me the desires of my heart

WHAT DOES A LIFE I LOVE LOOK LIKE?

What does it look, feel, and sound like to live the life God has for me?

WHAT DREAMS OR DESIRES HAS GOD PLACED IN MY HEART?

What passions, callings, or dreams keep coming back to me?

WHAT STEPS CAN I TAKE TODAY TO BUILD THAT LIFE?

What is one small step I can take that moves me closer to the life I desire?

TODAY'S INTENTION

I will delight in the Lord today. I will trust Him with my future and take steps toward the life He has prepared for me.

"Delight yourself in the Lord, and he will give you the desires of your heart."
— Psalm 37:4

Reflection Prompt

What parts of my life bring me the most joy and fulfillment?

What might God be inviting me to let go of to step fully into His plan?

How can I align my daily choices with the life I want to create?

TODAY I WILL...

- [ ] Spend time in God's Word and in prayer
- [ ] Take one intentional step toward my dreams
- [ ] Surround myself with people who encourage me
- [ ] Choose joy and gratitude in every moment
- [ ] Trust God to guide and bless my journey

REMEMBER THIS:

You were created for so much more. Delight in Him, and He will lead you to a life beyond your dreams.

Day 28

STRENGTH FOR WHAT'S AHEAD

WEEK 4: PURPOSE

Rediscovering why you're here

I CAN DO ALL THINGS THROUGH CHRIST WHO STRENGTHENS ME. I WILL FACE TOMORROW WITH COURAGE AND CONFIDENCE.

The road ahead may have unknowns,
but God has already equipped me with everything I need.
He gives me strength for today and hope for tomorrow.
Today, I choose to rise up, stay focused,
and move forward with faith and confidence.

I am strong in the Lord.
I can handle what's ahead with His strength.

WHAT CHALLENGES MIGHT I FACE IN THE NEAR FUTURE?

What situations or responsibilities am I feeling unsure about?

WHAT STRENGTHS HAS GOD ALREADY GIVEN ME?

What gifts, experiences, or lessons have prepared me for what's ahead?

WHAT TRUTHS CAN I HOLD ON TO WHEN I FEEL OVERWHELMED?

What does God's Word remind me of that gives me courage and peace?

TODAY'S INTENTION

I will not worry about tomorrow. I will focus on today and trust that God will give me the strength, wisdom, and grace I need.

"I can do all this through him who gives me strength."
— Philippians 4:13

Reflection Prompt

What is one thing I'm believing God for in the days ahead?

How can I prepare spiritually, mentally, and physically for it?

What is one fear I need to release so I can walk boldly into God's plan?

TODAY I WILL...

- [ ] Spend time in God's Word for strength
- [ ] Declare God's promises over my life
- [ ] Take one step forward toward my goals
- [ ] Stay positive and focused on the good ahead
- [ ] Lean on God and trust Him fully

REMEMBER THIS:

You don't have to have it all figured out. You just have to have faith that God will give you the strength for what's ahead.

Day 29

YOU ARE THE LIGHT NOW

WEEK 4: PURPOSE

Rediscovering why you're here

YOU ARE THE LIGHT OF THE WORLD. A TOWN BUILT ON A HILL CANNOT BE HIDDEN. LET YOUR LIGHT SHINE BEFORE OTHERS.

God has been shaping me for such a time as this.
The light He has placed inside me is not just for me—
it's for others. Today, I choose to shine His love,
kindness, and truth in the world around me.
My life can be a testimony of hope.

I will shine my light boldly
and bring hope to others.

HOW HAS GOD'S LIGHT CHANGED MY LIFE?

What moments or people have helped bring me from darkness into His light?

WHO IN MY LIFE NEEDS TO SEE HOPE THROUGH ME?

Who can I love, encourage, or uplift with the light God has placed in me?

WHAT GIFTS, EXPERIENCES, OR STRENGTHS HAS GOD GIVEN ME?

How can I use what I have to make a difference in the world?

TODAY'S INTENTION

I will let my light shine today. I will love others well, speak truth, and be the hands and feet of Jesus in someone's life.

"You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house."
— Matthew 5:14

Reflection Prompt

In what ways can I let my light shine more intentionally?

What would change if I truly believed my light can make a difference?

What is one step I can take today to be a light to someone else?

TODAY I WILL...

- [ ] Spend time in God's Word and prayer
- [ ] Look for someone who needs encouragement
- [ ] Do one act of kindness
- [ ] Share my testimony or a verse that inspires me
- [ ] Shine my light without being afraid

REMEMBER THIS:

You were made to shine.
Your light is not accidental—
it's intentional.
The world needs the
light only you can bring.

Day 30

CELEBRATION AND COMMITMENT

WEEK 4: PURPOSE

Rediscovering why you're here

GIVE THANKS TO THE LORD, FOR HE IS GOOD; HIS LOVE ENDURES FOREVER.

Psalm 107:1

Look at how far you've come! God has been faithful in every step of your journey. Today, we celebrate His goodness and commit to walking forward with purpose, hope, and gratitude. You are healed, you are stronger, and you are becoming everything God created you to be.

I will celebrate God's faithfulness and commit to the beautiful life ahead.

WHAT IS ONE MOMENT FROM THIS JOURNEY THAT YOU ARE MOST THANKFUL FOR?

How has God shown up for you in a powerful way?

WHAT HAVE YOU LEARNED ABOUT YOURSELF?

What strengths, truths, or gifts have you discovered or been reminded of?

WHAT IS YOUR COMMITMENT MOVING FORWARD?

What will you continue to do, believe, or trust as you step into your next season?

TODAY'S INTENTION

I will celebrate all that God has done in me. I will give Him all the glory, continue to walk in purpose, and trust that the best is yet to come.

"Give thanks to the Lord, for he is good; his love endures forever."
— Psalm 107:1

Reflection Prompt

How has my relationship with God grown during this 30-day journey?

What does the life God has for me look like in this next chapter?

Who do I want to become, and how can I continue to grow into that woman?

WRITE A LETTER TO YOUR FUTURE SELF

Take a few moments to write a letter to your future self—6 months, 1 year, or even 5 years from now.

In your letter, include:

- Who you are becoming
- The dreams you are pursuing
- The ways God is using you
- What you never want to forget from this journey

Seal it, save it, and believe it!

PRAYER OF GRATITUDE AND COMMITMENT

Heavenly Father,

Thank You for bringing me through this journey of healing, strength, and light. Thank You for Your unfailing love, for never leaving me, and for making me new. I commit my future into Your hands. Continue to guide me, use me, and help me shine Your light in the world.

In Jesus' name, Amen.

weekly SUCCESS

DATE:

REVIEW YOUR WEEK, AND MAKE SURE TO COMPLETE THE QUESTIONS BELOW IN FULL.

WHAT I HAVE ACHIEVED?

WHAT AM I PROUD OF THIS WEEK?

WHAT HAVE I LEARNED THIS WEEK?

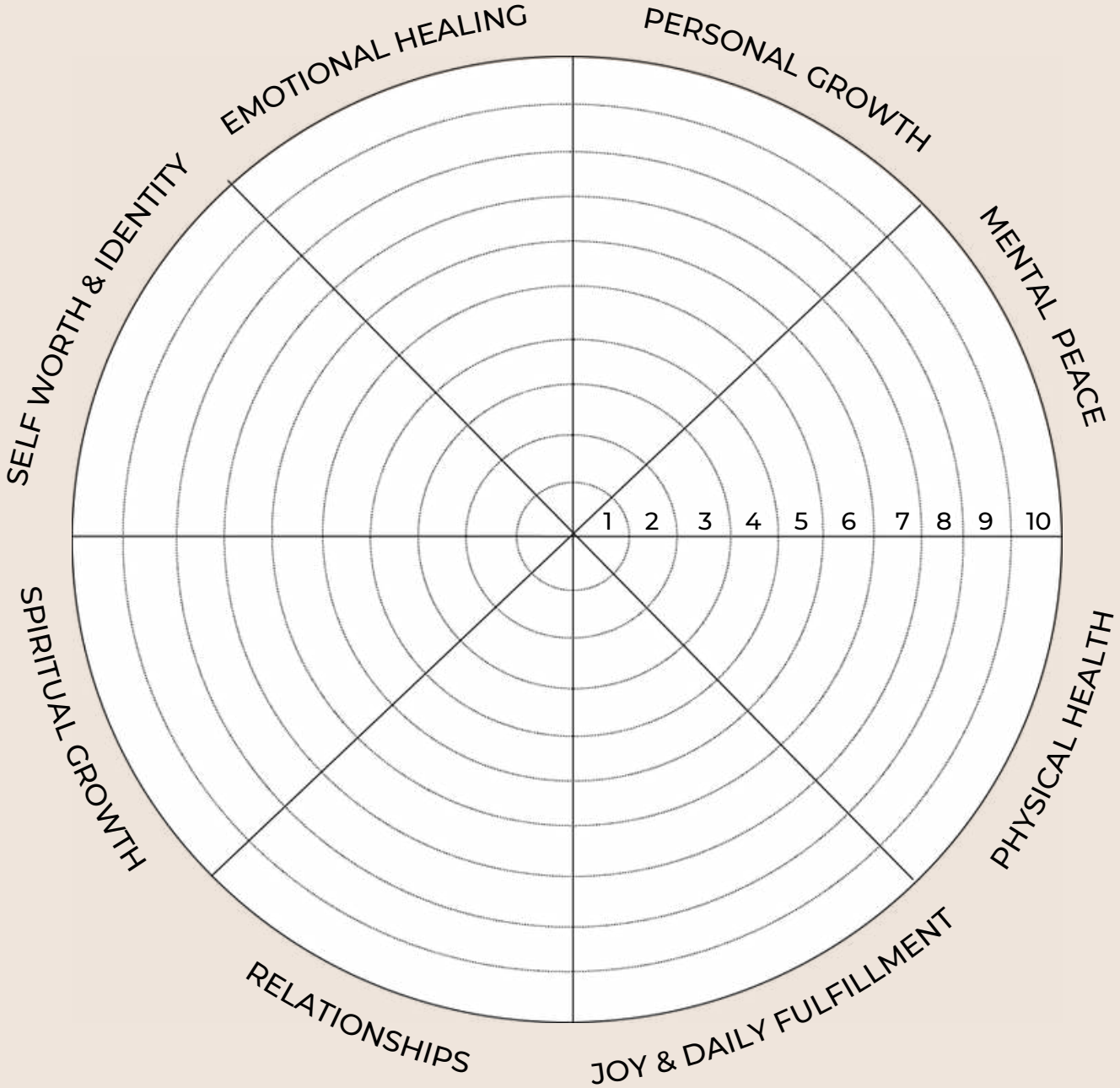
WHAT AM I GRATEFUL THIS WEEK?

WHAT ONE THING COULD I DO DIFFERENTLY NEXT WEEK?

wheel of LIFE

THE HEALING WHEEL OF LIFE IS A SIMPLE TOOL DESIGNED TO HELP YOU REFLECT ON DIFFERENT AREAS OF YOUR HEALING JOURNEY. RATE EACH CATEGORY FROM 1–10 BASED ON HOW SUPPORTED, BALANCED, OR FULFILLED YOU CURRENTLY FEEL IN THAT AREA OF YOUR LIFE. AS YOU COMPLETE THE WHEEL, YOU MAY BEGIN TO NOTICE AREAS WHERE HEALING, GROWTH, BOUNDARIES, OR SELF-CARE MAY NEED MORE ATTENTION.

THIS EXERCISE IS NOT ABOUT JUDGMENT OR PERFECTION—IT IS ABOUT AWARENESS, HONESTY, AND GIVING YOURSELF GRACE AS YOU CONTINUE MOVING FORWARD IN HEALING.



wheel of LIFE

AFTER CREATING THE WHEEL OF LIFE, ANSWER THESE QUESTIONS TO SEE HOW TO FEEL ABOUT THOSE AREAS IN YOUR LIFE.

QUESTION 1: WHICH AREA OF MY HEALING JOURNEY CURRENTLY FEELS THE STRONGEST, AND WHY?

QUESTION 2: WHAT AREA OF MY LIFE FEELS MOST OUT OF BALANCE OR IN NEED OF HEALING RIGHT NOW?

QUESTION 3: WHAT PATTERNS, FEARS, OR BELIEFS MAY BE PREVENTING GROWTH IN CERTAIN AREAS OF MY LIFE?

QUESTION 4: WHAT IS ONE SMALL STEP I CAN TAKE THIS WEEK TO SUPPORT MY EMOTIONAL, SPIRITUAL, OR PERSONAL HEALING?

QUESTION 5: IF MY LIFE FELT MORE BALANCED AND PEACEFUL, WHAT WOULD LOOK OR FEEL DIFFERENT FOR ME EACH DAY?

:

wheel of LIFE

EMOTIONAL HEALING

WRITE YOUR PLAN AND ACTIONS YOU NEED TO TAKE, IN ORDER TO IMPROVE IN THAT SPECIFIC AREA.

wheel of LIFE

PERSONAL GROWTH

WRITE YOUR PLAN AND ACTIONS YOU NEED TO TAKE, IN ORDER TO IMPROVE IN THAT SPECIFIC AREA.

wheel of LIFE

MENTAL PEACE

WRITE YOUR PLAN AND ACTIONS YOU NEED TO TAKE, IN ORDER TO IMPROVE IN THAT SPECIFIC AREA.

wheel of LIFE

PHYSICAL HEALTH

WRITE YOUR PLAN AND ACTIONS YOU NEED TO TAKE, IN ORDER TO IMPROVE IN THAT SPECIFIC AREA.

wheel of LIFE

JOY & DAILY FULFILLMENT

WRITE YOUR PLAN AND ACTIONS YOU NEED TO TAKE, IN ORDER TO IMPROVE IN THAT SPECIFIC AREA.

wheel of LIFE

RELATIONSHIPS

WRITE YOUR PLAN AND ACTIONS YOU NEED TO TAKE, IN ORDER TO IMPROVE IN THAT SPECIFIC AREA.

wheel of LIFE

SPIRITUAL GROWTH

WRITE YOUR PLAN AND ACTIONS YOU NEED TO TAKE, IN ORDER TO IMPROVE IN THAT SPECIFIC AREA.

wheel of LIFE

SELF WORTH & IDENTITY

WRITE YOUR PLAN AND ACTIONS YOU NEED TO TAKE, IN ORDER TO IMPROVE IN THAT SPECIFIC AREA.

your CORE VALUES

CIRCLE THE CORE VALUES BELOW THAT RESONATE WITH YOU

Authenticity	Forgiveness	Peace
Achievement	Friendships	Pleasure
Adventure	Freedom	Poise
Authority	Growth	Purpose
Autonomy	Happiness	Recognition
Balance	Honesty	Religion
Beauty	Humor	Resilience
Boundaries	Influence	Respect
Compassion	Healing	Responsibility
Challenge	Joy	Safe
Citizenship	Kindness	Self-Respect
Community	Knowledge	Service
Compassion	Leadership	Spirituality
Confidence	Learning	Stability
Courage	Love	Success
Creative	Loyalty	Status
Determination	Meaningful Work	Trustworthiness
Fairness	Openness	Wealth
Faith	Patience	Wisdom

ANCHORED IN WHAT MATTERS MOST

Use this quick reference guide to help you stay grounded in the values that support healing, peace, and personal growth. Let these reminders guide your thoughts, choices, relationships, and the life you are rebuilding.raph text

01

. Choose peace over chaos whenever possible

02

Speak to yourself with honesty, grace, and compassion

03

Protect your healing with healthy boundaries

04

Let your decisions reflect your true values, not your fears

05

Give yourself permission to grow at your own pace

06

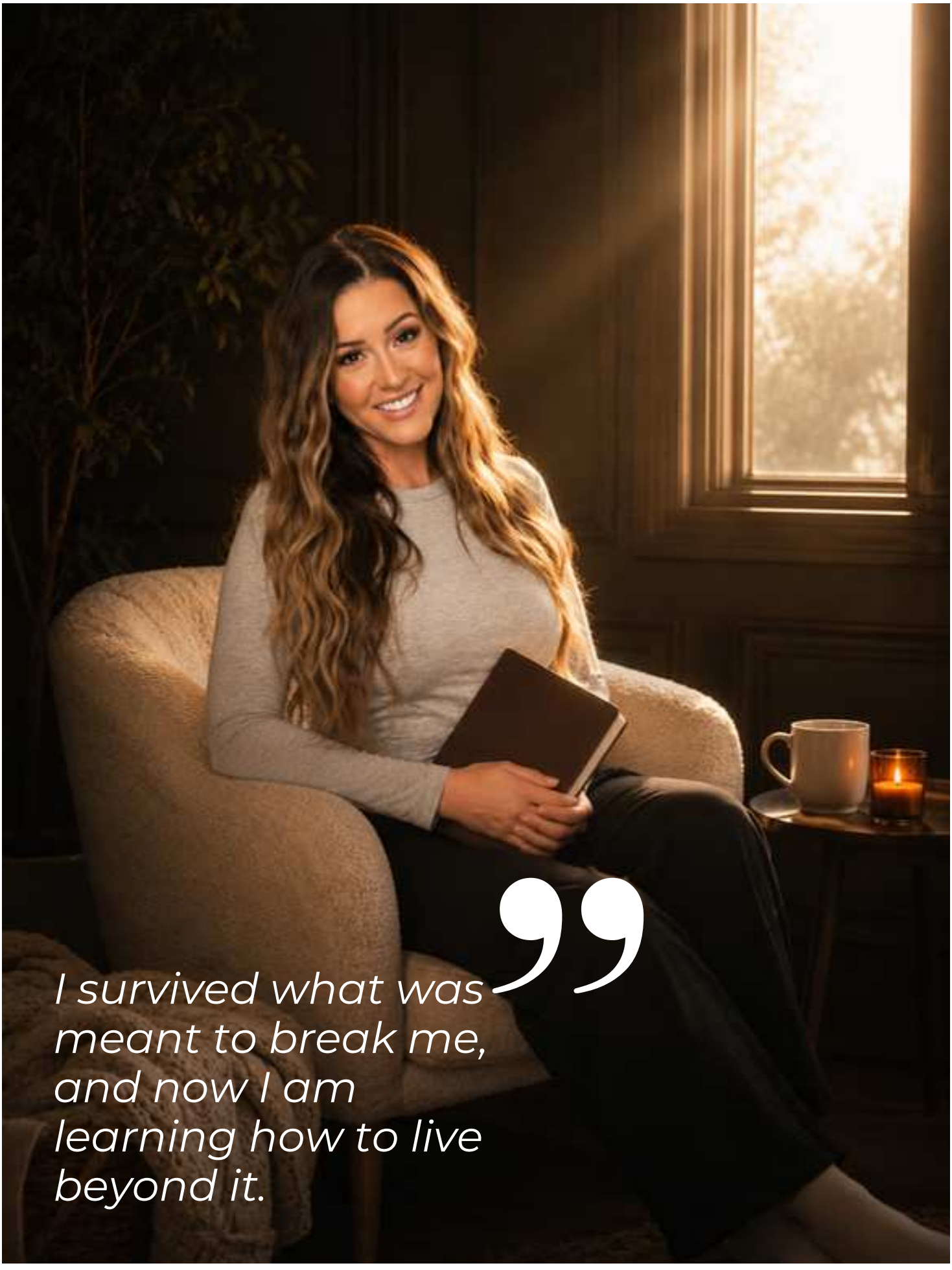
Surround yourself with people who support your healing and worth

07

Practice gratitude even during difficult seasons

08

Remember that healing, faith, and growth happen one step at a time


”
I survived what was meant to break me, and now I am learning how to live beyond it.

affirmation CARDS

Print these affirmation cards to help you shift your mindset and achieve your dream goals. Begin your day with positive intentions.
You can laminate the cards or print them on cardstock, hang the affirmation cards on your wall or add them to your planner.

MY VOICE MATTERS. MY STORY MATTERS. I MATTER.

EVERY SMALL STEP FORWARD IS STILL HEALING.

FEAR DOES NOT GET THE FINAL WORD OVER MY LIFE.

I AM AT PEACE WITH WHO I AM AS A PERSON.



affirmation CARDS

Print these affirmation cards to help you shift your mindset and achieve your dream goals. Begin your day with positive intentions.
You can laminate the cards or print them on cardstock, hang the affirmation cards on your wall or add them to your planner.

I AM WORTHY OF MAKING MORE MONEY.

MY ACTIONS CREATE CONSTANT PROSPERITY.

I AM FULL OF POSITIVE LOVING ENERGY.

I DESERVE LOVE AND I GET IT IN ABUNDANCE.



affirmation CARDS

Print these affirmation cards to help you shift your mindset and achieve your dream goals. Begin your day with positive intentions.
You can laminate the cards or print them on cardstock, hang the affirmation cards on your wall or add them to your planner.

I AM BLESSED WITH AN INCREDIBLE FAMILY AND WONDERFUL FRIENDS.

I AM IN THE PROCESS OF BECOMING THE BEST VERSION OF MYSELF.

I FORGIVE MYSELF AND SET MYSELF FREE.

I BELIEVE I CAN BE ALL THAT I WANT TO BE.



affirmation CARDS

Print these affirmation cards to help you shift your mindset and achieve your dream goals. Begin your day with positive intentions.
You can laminate the cards or print them on cardstock, hang the affirmation cards on your wall or add them to your planner.

MY POSSIBILITIES ARE ENDLESS.

I AM WORTHY OF MY DREAMS.

I AM ENOUGH.

I DESERVE TO BE HEALTHY AND FEEL GOOD.



affirmation CARDS

Print these affirmation cards to help you shift your mindset and achieve your dream goals. Begin your day with positive intentions.
You can laminate the cards or print them on cardstock, hang the affirmation cards on your wall or add them to your planner.

EVERY DAY I AM GETTING HEALTHIER AND STRONGER.

BEING HAPPY COMES EASY TO ME. HAPPINESS IS MY SECOND NATURE.

GOOD THINGS ARE HAPPENING.

I AM DEEPLY FULFILLED BY WHAT I DO.



thank you

From the deepest part of my heart, thank you for allowing me to walk beside you on this journey.

I know these pages may have asked you to revisit places that were painful, vulnerable, and deeply personal. That takes courage. Every moment you spent reflecting, praying, journaling, and showing up for your healing matters more than you realize.

My prayer is that somewhere within these pages, you found a little more hope, a little more peace, and a reminder that your story is not over.

Thank you for trusting me with pieces of your heart and allowing this journal to become part of your healing journey. If there is one thing I hope you carry with you after these 30 days, it is this:

You are not broken beyond repair.

You are not forgotten.

Even after the darkest nights, light still comes.

May you continue walking forward with strength, grace, faith, and the courage to believe that healing is still possible for you.

With love and gratitude,

C. Maria DeLaLuz

A survivor, a sister, and a daughter of God

C. Maria DeLaLuz

Survivor. Author. Speaker

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The Light After and The Light After: 30-Day Healing & Reflection Journal were created to provide encouragement, faith-based reflection, and personal growth support for survivors and individuals on a healing journey.

The content within these pages is based on personal experiences, opinions, and spiritual perspectives shared by the author.

This book and journal are not intended to replace licensed medical, psychological, legal, or professional counseling advice. Readers are encouraged to seek appropriate professional support when needed.

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