



Workshop & Journal Prompts: Look How Far You've Come

This will support you to reconnect to your personal journey of growth and resilience. It is ideal for focusing on emotional well-being and self-development.

Goals

- Acknowledge personal progress
- Reframe past challenges as stepping-stones
- Foster self-trust and motivation

Journal Prompts

- What are three things I've overcome that I once thought I couldn't?
- How do I show up differently in my life now?
- What would my past self be proud of today?
- What habits, thoughts, or relationships have I outgrown?
- What am I most proud of in my healing or growth journey?
- If I paused right now to celebrate, what moment would I honor?

Closing Affirmations

- "I am proud of how far I've come."
- "Every step I've taken has shaped the strength I hold today."
- "I honor my journey, no matter how messy or slow it's been."