

THE 10-DAY DEEP DIVE

workbook



Healing Through Reflection: The 10-Day Deep Dive

This 10-day deep dive is designed to help you heal through self-reflection. Each day, you will explore different aspects of yourself, your past, and your emotions. Take this journey with openness, patience, and self-love as you uncover deeper levels of healing.

Daily Reflection Prompts

Day 1: What emotions have you been avoiding? Why do you think that is?

Day 2: Write about a past experience that shaped you. How did it change your perspective?

Day 3: What is one area in your life where you need to practice forgiveness?

Day 4: How do you speak to yourself internally? Would you say the same things to someone you love?

Day 5: What limiting belief do you need to release in order to heal?

Day 6: What are three things you love about yourself? How can you embody them more?

Day 7: Reflect on a painful moment in your life. What wisdom did you gain from it?

Day 8: How do you define self-love? What practices help you nurture it?

Day 9: What is something you've been holding onto that no longer serves you?

Day 10: What does healing look like for you? How can you commit to your healing journey moving forward?

Final Thoughts

Healing is a journey, not a destination. Be patient with yourself, honor your emotions, and continue creating space for growth and transformation. You are worthy of healing, love, and peace.