

HEALING THROUGH CONNECTION SA

12-WEEK GUIDED JOURNAL FOR
REFLECTION, GROWTH,
AND CONNECTION



Week 1 – Self-Awareness & Reflection

Short Teaching

Self-awareness is the foundation of growth. This week invites you to pause, reflect, and notice your patterns, thoughts, and emotions without judgment.

Reflection Prompts

- What thoughts and emotions come up most often during my day?
- What situations trigger strong reactions in me?
- What values feel most important in my life right now?
- When do I feel most authentic and true to myself?
- What do I want to become more aware of in my daily life?

Practical Exercise – Mirror Reflection

Stand in front of a mirror, look into your own eyes, and simply notice what feelings arise. Write about the experience.

Weekly Affirmation

Notes & Reflections

“I choose to know myself more deeply every day.”

Week 2 – Healing from the Past

Short Teaching

The past does not define you, but it can shape you. Healing begins with acknowledging wounds and choosing to release instead of carrying old burdens.

Reflection Prompts

- What experience still weighs on my heart?
- What lesson did it teach me?
- How has it shaped who I am today?
- What would forgiveness (for myself or others) look like?
- What am I ready to let go of?

Practical Exercise – The Release Letter

Write a letter (you don't have to send it) to someone or to yourself, expressing what you need to release. End it with: "I now set myself free."

Weekly Affirmation

Notes & Reflections

“I release the past and create space for healing.”

Week 3 – Building Self-Compassion

Short Teaching

Self-compassion means treating yourself with the same kindness you'd give to a friend. It's not weakness, it's strength that builds resilience and inner peace.

Reflection Prompts

- When was the last time I was too hard on myself?
- How would I respond if a loved one made the same mistake?
- What small act of kindness can I show myself today?
- What does self-compassion mean to me personally?

Practical Exercise – The Gentle Voice

Write a paragraph to yourself as if you were your own best friend. Encourage, comfort, and remind yourself that you are enough.

Weekly Affirmation

Notes & Reflections

“I am worthy of kindness, especially from myself.”

Week 4 – Emotional Awareness & Expression

Short Teaching

Emotions are messages. When you learn to feel and express them in healthy ways, you build deeper connections with yourself and others.

Reflection Prompts

- What emotions do I tend to hide or avoid?
- What situations make me feel most vulnerable?
- How do I usually express my anger, sadness, or joy?
- Which emotion do I need to give more space to this week?

Practical Exercise – Emotion Journal

For one week, write down your strongest emotion each day, what triggered it, and how you responded.

Weekly Affirmation

Notes & Reflections

“All my feelings are valid, and I express them with honesty and care.”

Week 5 – Finding Purpose & Direction

Short Teaching

Living with purpose means aligning your life with what matters most. This week, discover your 'why' to move closer to a fulfilling life.

Reflection Prompts

- What activities make me feel alive and fulfilled?
- What values matter most to me right now?
- What small step can I take this week toward my bigger vision?

Practical Exercise – The Purpose Map

Draw a circle titled 'My Purpose' and branch out with: Passions, Skills, Values, Needs. Notice overlaps that reveal your direction.

Weekly Affirmation

Notes & Reflections

“My life has meaning. Every step I take brings me closer to living my purpose.”

Week 6 – Resilience & Overcoming Challenges

Short Teaching

Resilience is about rising after setbacks, learning, and becoming stronger. Challenges are teachers in disguise.

Reflection Prompts

- When was the last time I overcame a challenge?
- What strengths helped me through it?
- How can I use those same strengths today?

Practical Exercise – The Resilience Story

Write about a time you faced difficulty and overcome it. Highlight the strengths you used.

Weekly Affirmation

Notes & Reflections

“I am resilient. Every challenge I face makes me stronger and wiser.”

Week 7 – Healthy Relationships & Boundaries

Short Teaching

Healthy relationships thrive on respect, trust, and boundaries. Boundaries protect your well-being and create space for authentic connection.

Reflection Prompts

- Which relationships feel nurturing?
- Which ones leave me drained?
- What boundary could I set this week?

Practical Exercise – The Relationship Inventory

List supportive vs. draining relationships. Reflect on how to nurture the first and set boundaries with the second.

Weekly Affirmation

Notes & Reflections

“I choose relationships that respect and support me. My boundaries are an act of self-love.”

Week 8 – Mindfulness & Living in the Present

Short Teaching

Mindfulness is the art of paying attention to the present moment. It helps reduce stress and reconnect with life's simple joys.

Reflection Prompts

- When do I feel most present?
- What thoughts pull me into the past or future?
- What daily activity can I practice mindfully?

Practical Exercise – One-Minute Mindfulness

Choose one activity today (like drinking tea) and give it your full attention for one minute.

Weekly Affirmation

Notes & Reflections

“I release the past, I trust the future, and I live fully in this moment.”

Week 9 – Gratitude & Positive Thinking

Short Teaching

Gratitude shifts your focus to what you already have, while positive thinking opens you to hope and possibility.

Reflection Prompts

- What am I most grateful for today?
- Who are three people who brighten my life?
- What small gratitude habit can I begin this week?

Practical Exercise – The Gratitude Jar

Each day, write one thing you are grateful for and place it in a jar. At week's end, read them all.

Weekly Affirmation

Notes & Reflections

“I choose gratitude daily. My heart is open, and I see the good in life.”

Week 10 – Personal Growth & Lifelong Learning

Short Teaching

Growth happens when you remain open to learning from experiences, challenges, and new knowledge.

Reflection Prompts

- In what areas have I grown most in 5 years?
- What inspires me to keep learning?
- What growth goal excites me now?

Practical Exercise – The Growth Plan

List what you want to grow in, why it matters, and one small step to start.

Weekly Affirmation

Notes & Reflections

“I am always growing and learning. Every step forward expands my potential.”

Week 11 – Designing a Balanced Life

Short Teaching

Balance means harmony between work, relationships, health, and rest. It's about flow, not perfection.

Reflection Prompts

- Which areas of my life feel balanced?
- Which areas need attention?
- What one change can bring me closer to balance?

Practical Exercise – The Life Wheel

Rate eight life areas from 1–10. Notice strengths and areas for growth.

Weekly Affirmation

Notes & Reflections

“I create balance in my life by choosing harmony, peace, and well-being.”

Week 12 – Creating Your Future Vision

Short Teaching

Your vision is your compass, guiding decisions and inspiring hope for what lies ahead.

Reflection Prompts

- How do I want to feel about my life in 1 and 5 years?
- What goals excite me most?
- What beliefs must I release to step into my vision?

Practical Exercise – The Vision Board (Journal Version)

Weekly Affirmation

Notes & Reflections

“My future is full of hope, purpose, and opportunity. I create my vision with courage and joy.”

A Message From Deon Slabbert Thank you for beginning this healing journey. If you'd like personal guidance, you can book a FREE 30-minute Clarity Session. • WhatsApp: 060 392 4475 • Website: www.healingthroughconnection.co.za • Email: info@ingages.co.za You don't have to walk your journey alone.