

*Date:*

*Daily Thought or Struggle*

**This Week's Message Recap:**

**Do you find yourself in this message?**

**Are you stuck in a similar past place?**

**If not, how did you move forward to heal?**

**What did you believe to be true then vs. reality now?**

**What spiritual or mental healing work have you done?**

**List past hurts and struggles...**

**Accomplishments since then...**

1.

2.

3.

4.

5.

## *Additional Notes & Thoughts*

---

DAY 1 -

DAY 2 -

DAY 3 -

DAY 4 -

DAY 5 -

DAY 6 -

DAY 7 -