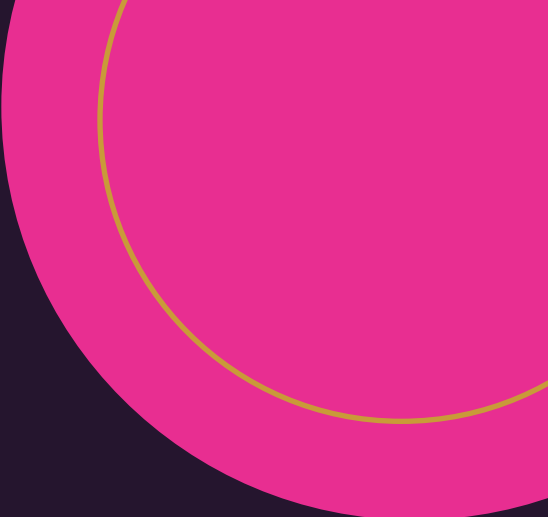




FREE HEALING RESOURCE

The Return to You

A 21-day guided journal for clarity, healing, boundaries, and choosing yourself.

CREATED BY JUJU

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Welcome Home to Yourself

This journal is an invitation to slow down, tell yourself the truth, and move forward with intention.

You do not have to perform strength here. You only have to be honest. Take one prompt each day, breathe before you write, and give yourself permission to answer without judgment.

Daily rhythm: arrive with three slow breaths, write for 10-15 minutes, choose one small action, then close with the affirmation.

This resource supports personal reflection and is not a substitute for medical or mental-health care. If writing brings up distress that feels unsafe or overwhelming, pause and contact a qualified professional or trusted support.

Day 1: Tell the Truth

What am I feeling beneath the answer I usually give people?

WHAT IS TRUE FOR ME TODAY?

ONE CHOICE I CAN MAKE TODAY

TODAY'S AFFIRMATION

I am safe enough to be honest with myself.

Day 2: Come Back to Me

Where have I abandoned my needs to keep the peace?

WHAT IS TRUE FOR ME TODAY?

ONE CHOICE I CAN MAKE TODAY

TODAY'S AFFIRMATION

Choosing myself is not betrayal.

Day 3: Name the Weight

What am I carrying that never belonged to me?

WHAT IS TRUE FOR ME TODAY?

ONE CHOICE I CAN MAKE TODAY

TODAY'S AFFIRMATION

I release what is not mine.

Day 4: Honor the Survivor

What did I do to survive that I no longer need to do today?

WHAT IS TRUE FOR ME TODAY?

ONE CHOICE I CAN MAKE TODAY

TODAY'S AFFIRMATION

I thank my survival self and welcome peace.

Day 5: Meet My Needs

What do I need more of emotionally, physically, and spiritually?

WHAT IS TRUE FOR ME TODAY?

ONE CHOICE I CAN MAKE TODAY

TODAY'S AFFIRMATION

My needs are worthy of attention.

Day 6: Boundary Check

Where does my yes feel like a no in my body?

WHAT IS TRUE FOR ME TODAY?

ONE CHOICE I CAN MAKE TODAY

TODAY'S AFFIRMATION

My boundaries protect what matters.

Day 7: Forgive the Past Me

What choice am I still judging myself for?

WHAT IS TRUE FOR ME TODAY?

ONE CHOICE I CAN MAKE TODAY

TODAY'S AFFIRMATION

I offer compassion to every version of me.

Day 8: Find the Lesson

What did a painful season teach me about my strength?

WHAT IS TRUE FOR ME TODAY?

ONE CHOICE I CAN MAKE TODAY

TODAY'S AFFIRMATION

I can honor the lesson without reliving the pain.

Day 9: Release the Role

Who was I taught I had to be to earn love?

WHAT IS TRUE FOR ME TODAY?

ONE CHOICE I CAN MAKE TODAY

TODAY'S AFFIRMATION

I do not have to perform to be loved.

Day 10: Protect My Peace

What drains me, and what restores me?

WHAT IS TRUE FOR ME TODAY?

ONE CHOICE I CAN MAKE TODAY

TODAY'S AFFIRMATION

Peace is a priority, not a prize.

Day 11: Trust Myself

When has my intuition been right, even when I doubted it?

WHAT IS TRUE FOR ME TODAY?

ONE CHOICE I CAN MAKE TODAY

TODAY'S AFFIRMATION

My inner voice deserves my attention.

Day 12: Reclaim Joy

What makes me feel alive without needing approval?

WHAT IS TRUE FOR ME TODAY?

ONE CHOICE I CAN MAKE TODAY

TODAY'S AFFIRMATION

Joy is my superpower.

Day 13: Speak Clearly

What conversation have I been avoiding, and what is mine to say?

WHAT IS TRUE FOR ME TODAY?

ONE CHOICE I CAN MAKE TODAY

TODAY'S AFFIRMATION

My truth can be both clear and kind.

Day 14: See My Growth

What can I handle now that once overwhelmed me?

WHAT IS TRUE FOR ME TODAY?

ONE CHOICE I CAN MAKE TODAY

TODAY'S AFFIRMATION

I honor how far I have come.

Day 15: Redefine Strength

What would strength look like if it included rest and softness?

WHAT IS TRUE FOR ME TODAY?

ONE CHOICE I CAN MAKE TODAY

TODAY'S AFFIRMATION

Rest does not make me weak.

Day 16: Choose Community

Who makes me feel seen, safe, and free to be myself?

WHAT IS TRUE FOR ME TODAY?

ONE CHOICE I CAN MAKE TODAY

TODAY'S AFFIRMATION

I belong where love and respect are mutual.

Day 17: Call Back My Power

Where am I waiting for permission I can give myself?

WHAT IS TRUE FOR ME TODAY?

ONE CHOICE I CAN MAKE TODAY

TODAY'S AFFIRMATION

I give myself permission to move.

Day 18: Imagine Freedom

If fear were quiet for one day, what would I choose?

WHAT IS TRUE FOR ME TODAY?

ONE CHOICE I CAN MAKE TODAY

TODAY'S AFFIRMATION

Faith can be louder than fear.

Day 19: Take One Step

What is the smallest brave action I can take today?

WHAT IS TRUE FOR ME TODAY?

ONE CHOICE I CAN MAKE TODAY

TODAY'S AFFIRMATION

Small steps still move me forward.

Day 20: Write the New Story

What belief about myself am I ready to replace?

WHAT IS TRUE FOR ME TODAY?

ONE CHOICE I CAN MAKE TODAY

TODAY'S AFFIRMATION

I am the author of what comes next.

Day 21: Stand in My Truth

Who am I becoming, and what will I no longer shrink to protect?

WHAT IS TRUE FOR ME TODAY?

ONE CHOICE I CAN MAKE TODAY

TODAY'S AFFIRMATION

I am anchored in purpose and free to be seen.