

2025 | FIRST EDITION

# The Healing *us* Journal

SELF-DISCOVERY AND GROWTH  
JOURNAL

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S M T W T F S



# Establishing a Routine

Creating a daily, weekly or even monthly routine is crucial for your wellness journey. A structured schedule not only helps in managing time effectively but also fosters consistency, which is key to achieving your health goals.

By establishing regular habits, you can enhance your physical and mental well-being, reduce stress, and cultivate a sense of purpose in your day-to-day life. Embracing a routine empowers you to prioritize self-care and make mindful choices that contribute to your overall happiness and health.

## My Thoughts Today...

Date: \_\_\_\_\_

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# MY DAILY

*Task*

S M T W T F S

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DATE:

## Things To Do

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
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## Notes

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## Priority

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## For Tomorrow

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# Self Reflection & Awareness

What are three things I'm grateful for today?

1.

2.

3.

How do I feel right now? What might be the cause of these feelings?

What are the positive qualities I see in myself?

What habits would I like to change or improve in my life?

“You can’t pour from an empty cup—take care of yourself first.”

# MANIFESTATION PLANNER

DATE:

S M T W T F S

VISUALIZATION

I WANT  
TO MANIFEST

I SEE

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I HAVE

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I FEEL

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LIMITING BELIEFS I NEED GET RID OF

TO-DO LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

MY CORE BELIEFS

ACTION PLAN

MY PRAYER TO THE UNIVERSE



# Daily Mood Tracker

Date:     /     /

●   ●   ●   ●   ●   ●   ●  
S   M   T   W   T   F   S

About My Day

Mood of the Day

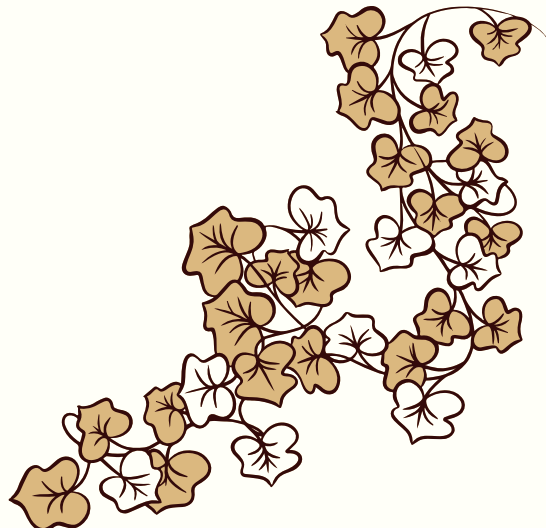


Self Reflection

What Went Well:

What didn't go well:

What can I  
improve:



# Daily Rituals

Month: \_\_\_\_\_ / Week: \_\_\_\_\_

MON	TUE	WED	THU	FRI	SAT	SUN	HABITS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Wake up at 7AM
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Morning stretches
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Declutter space
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Read a bit
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Add to savings
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat fruits & veggies
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Get moving
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Finish skincare
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Write in journal
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sleep before 11PM

“Small habits, practiced daily, create extraordinary change”



# Managing Stress



**Dealing with trauma can leave a lasting impact, making stress management essential for healing. It's important to prioritize self-care by engaging in activities that promote relaxation, such as mindfulness, exercise, or creative outlets. Seeking support from friends, family, or professionals can also provide a safe space to express feelings and process experiences.**

**Establishing a routine that includes healthy habits, like balanced nutrition and adequate sleep, can further help in regaining a sense of control and stability. Remember, healing is a journey, and it's okay to take the time you need to navigate through it.**

# Daily STRESS MANAGEMENT

Date:     /     /

*What makes me happy...*

1. ....
2. ....
3. ....

*My focus for today is...*

1. ....
2. ....
3. ....

*Positive thoughts I want to embrace today...*

1. ....
2. ....
3. ....

*What can I do differently tomorrow...*

1. ....
2. ....
3. ....

# Managing Depression



**Managing depression independently after experiencing trauma can be a challenging journey, but there are effective strategies to help you navigate this path. Start by establishing a routine that includes regular physical activity, as exercise can significantly boost your mood and overall well-being.**

**Always be gentle with yourself and recognize that progress may take time; seeking professional support when needed can also be a vital part of your recovery. Consider incorporating mindfulness practices such as meditation or deep-breathing exercises, which can help ground you in the present moment and reduce anxiety.**

**It's also important to express your feelings, whether through journaling, art, or talking to a trusted friend, as sharing your experiences can foster healing.**



# MOOD CHECK-IN

## I WOKE UP FEELING



**Awesome**



**Good**



**Okay**



**Not good**



**Horrible**

**What do I acknowledge about my inner feelings? Positive & Negative.**

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**How do you want to address my feelings?**

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**Today's affirmation to myself:**

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# Managing Anxiety



**Managing daily anxiety after experiencing trauma requires a multifaceted approach that prioritizes self-care and emotional resilience. Engaging in mindfulness practices, such as meditation or deep-breathing exercises, can help ground you in the present moment, reducing overwhelming feelings. Establishing a routine that includes physical activity, healthy eating, and sufficient sleep is essential for maintaining mental well-being.**

**Additionally, seeking support from friends, family, or a mental health professional can provide a safe space to process emotions and develop coping strategies. By actively addressing anxiety through these methods, you can reclaim a sense of control and foster a more peaceful daily life.**

# Anxiety Resolutions

## HEALTH

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## WORK

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## TRAVEL

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## FAMILY

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## FRIENDS

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## MONEY

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# Panic Attacks



**Experiencing panic attacks after trauma can be overwhelming, but there are ways to manage them effectively. It's important to establish daily routines that include grounding techniques, such as deep breathing or mindfulness exercises, which can help anchor you in the present moment.**

**Also maintaining a healthy lifestyle through regular exercise, a balanced diet, and adequate sleep can significantly impact your overall well-being and resilience against panic attacks. Remember, healing takes time, and it's okay to seek help along the way.**

**Seeking support from a therapist or support group can also provide a safe space to process your feelings and learn coping strategies.**

# Panic Attack Worksheet

**Identify the Trigger Describe the event, situation, or thought that triggered your panic attack. Be specific about the details that caused you to feel anxious or overwhelmed.**

## **Physical Sensations**

**List the physical sensations you experienced during the panic attack.**

**Thoughts and Cognitive Patterns Write down the thoughts that were going through your mind during the panic attack. Identify any distorted or irrational thoughts that contributed to your anxiety.**

**Emotions and Feelings Describe the emotions you felt during the panic attack. Be specific about the intensity and duration of each emotion.**

# Grief



**Managing daily grief after experiencing trauma requires a compassionate approach to self-care and emotional processing. It is essential to acknowledge your feelings and allow yourself to grieve without judgment.**

**Establishing a routine that incorporates activities you enjoy can provide a sense of normalcy and distraction. Engaging in mindfulness practices, such as meditation or journaling, can help you process your emotions and gain clarity.**

**Additionally, seeking support from friends, family, or professional counselors can create a safe space for sharing your experiences and feelings. Remember, healing is a journey, and taking small, consistent steps can lead to significant progress over time.**



# Tips For Grief

- 1. Join a grief support group**
- 2. Rely on loved ones for support**
- 3. Try journaling**
- 4. Allow yourself to feel your feelings**
- 5. Practice mindfulness**
- 6. Write a letter**
- 7. Try art therapy**
- 8. Consider music therapy**
- 9. Create new traditions**
- 10. Prepare for anniversaries**

# 30-day challenge

NEW HABIT:

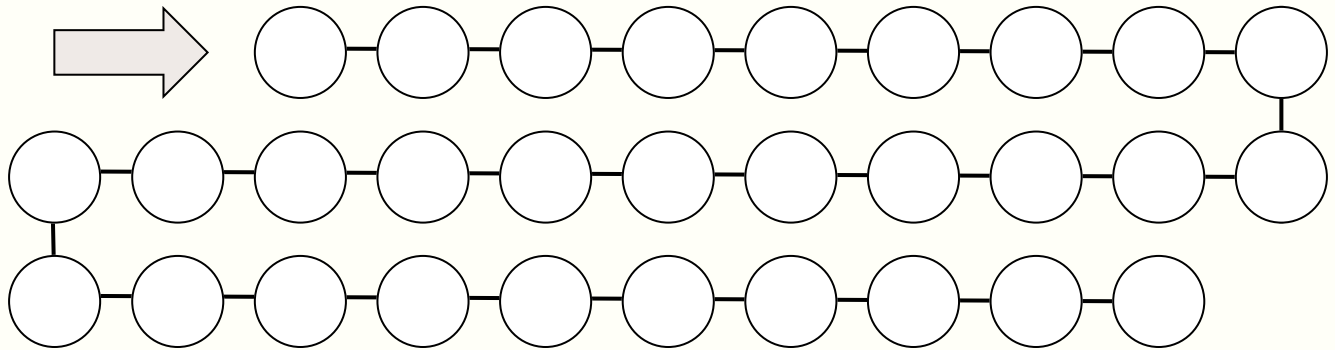
Why is this important for me?

Strenghts:

Weaknesses:

Reward:

*Let's do this!*



How did it go?

What did I learn?

RATE THIS CHALLENGE



Linkage Wellness Institute  
The Linkage Empowerment League  
Linkage Trauma Healing Workshop

We appreciate the opportunity to be part of your healing journey. Our tools and recommendations are designed to help you implement positive changes, foster personal growth, and build a fulfilling life. Remember, trauma is not permanent, and the path to healing is uniquely yours to navigate. The Linkage Family is here to support you every step of the way, so feel free to reach out whenever you need assistance.

For support, email us:  
[support@linkagewellnessinstitute.com](mailto:support@linkagewellnessinstitute.com)

call us: (227) 229-6585

Visit our website: [www.linkagewellnessinstitute.com](http://www.linkagewellnessinstitute.com)  
connect with us on social media: @LinkageLove and  
@Linkageessentials.

Don't forget to check out our YouTube channel:  
Linkage Wellness Institute, for workshops and  
outreach.

