

# HEALING IN 100 DAYS

Guided Prompts to Transform Your Mindset, Heal Your Heart,  
and Rediscover Your Strength



A Daily Journey to Mental and Emotional Wellness

## From Me to You

Welcome to *Healing in 100 Days*, a journey crafted to help you explore, understand, and transform the deepest parts of yourself. This journal is not just a collection of prompts – it’s an invitation to step into a sacred space of self-reflection, vulnerability, and growth. Over the next **100** days, you’ll be guided through powerful questions designed to illuminate your inner world, unravel the knots of pain and grief, and nurture the resilient and empowered person within you.

Healing is not a straightforward path but a deeply personal and transformative process. There will be moments when you feel light and free, and others when the weight of your emotions feels almost too much to bear. Know that every step you take, no matter how small, is a victory. By showing up you’re making the courageous choice to face your truths and heal from within.

This journal is divided into **100** profound prompts, each intended to help you gently unpack emotional pain, grief, and trauma. These questions will guide you to:

- Understand the roots of your pain and the patterns it's created in your life.
- Build self-compassion and reconnect with the parts of yourself that have been lost or silenced.
- Release guilt, shame, and resentment to make space for joy, peace, and empowerment.
- Cultivate forgiveness, acceptance, and gratitude as transformative forces in your healing journey.
- Imagine and create a future where you thrive as your most authentic self.

### **How to Use This Journal**

Set aside time each day to engage with one prompt. Create a space where you feel safe and free to express yourself – this could be a quiet corner in your home, a spot in nature, or anywhere that brings you comfort. Approach each question with an open heart and a willingness to dig deep. Some days, the words may flow effortlessly; other days, you may find it difficult to write. Both are okay. Healing is a process that unfolds in its own time.

Remember, there are no right or wrong answers. This journal is your space to explore whatever arises. Be honest, even when it's uncomfortable. Be kind to yourself, especially when old wounds resurface. Healing is an act of courage, and you are already brave for beginning this journey.

### **A Note on Transformation**

As you progress through these 100 days, you will notice a softening of old pain, a new perspective on a difficult memory, and a growing sense of self-empowerment. Celebrate these changes, no matter how small they seem. Healing is not about erasing the past; it's about learning to carry it differently. It's about reclaiming your power and rewriting your story with love and compassion.

By the time you complete this journal, you'll have taken 100 steps towards healing, each one bringing you closer to a version of yourself that feels whole, resilient, and free. This is your time. Your pain does not define you, but your healing will.

As you turn to the first prompt, take a deep breath. Place your hand over your heart. Remind yourself that you are safe, supported, and capable of transforming your pain into strength. You are embarking on a journey of self-discovery and renewal, one that will lead you to a place of greater understanding, peace, and joy.

The road to healing is not easy, but it's worth every step. Let's walk through it together one question, one day, one transformation at a time.

**Let's Begin.**













































What does this pain want to teach me about my needs and boundaries?

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What do I need to release to create space for peace and love in my life?

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How can I reclaim my power from the situation/person that hurt me?

A series of horizontal dotted lines provided for writing an answer to the question above.













What role has self-blame played in my healing?

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What unresolved feelings do I need to confront to find closure?

Dotted lines for writing.







What inner resources can I draw on to help me heal and grow?

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What would happen if I allowed myself to release it?

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What truth have I been avoiding about myself?

A series of horizontal dotted lines for writing.

How can facing it set me free?

A series of horizontal dotted lines for writing.



What beliefs do I need to reevaluate to support my healing process?

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How has my past influenced the way I view myself?

A series of 24 horizontal dotted lines for writing.



What patterns or cycles do I notice in my life that stem from my past?

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How can I use these patterns as an opportunity for transformation?

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What has this pain taught me about what I truly value?

Dotted lines for writing.

How can I align my life with those values?

A series of horizontal dotted lines provided for writing a response to the question above.

What would it feel like to release the need for answers?

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What might happen if I allowed myself to feel it fully?

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What would forgiveness look like if it felt safe and empowering?

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How will I begin to face my fears?

A series of horizontal dotted lines for writing.

















What will I say to myself when feelings of shame or unworthiness arise?

Dotted lines for writing.













FINAL  
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BONUS QUESTIONS

To answer when you choose.











## **A Closing Letter to Your Courageous Heart**

As you reach the final pages of *Healing in 100 Days*, take a moment to pause and honour everything you've uncovered, felt, and faced along this journey. This journal was never meant to offer quick fixes or bypass the complexities of your pain. It was written to hold space for your transformation day by day, question by question, moment by moment.

Healing is not something you "finish." It's an ongoing process of choosing yourself, again and again. Over the past 100 days, you've made that choice in powerful ways. You've looked at your pain with courage, allowed yourself to feel what needed to be felt, and discovered insights that may have been buried for years. Every word you wrote was an act of self-love, even when it felt hard, even when it hurt.

Perhaps there were questions that stirred emotions you weren't ready to explore. That's okay. Healing is not about forcing yourself but about showing up with compassion. Give yourself permission to revisit these pages whenever you need to, knowing they will always meet you exactly where you are.

Remember this: the version of you who began this journal may not fully recognise the person you are now and that is a testament to your growth. You've proven that you're more than your pain, stronger than your struggles, and braver than you once believed.

So, what now? Healing doesn't end here; it evolves. Use what you've discovered as a foundation to build a life that honours your journey. Set boundaries that protect your peace. Nurture relationships that reflect the love and respect you've begun to show yourself. Chase dreams that ignite your spirit. Above all, keep listening to your heart; it knows the way forward.

As you close this journal, carry this truth with you: you are whole, you are worthy, and you are enough just as you are. The pain you've endured does not define you; it has shaped you, but it's not the end of your story. You hold the pen now. Write a life that feels authentic, free, and full of the joy you deserve.

Thank you for trusting yourself to take this journey. Thank you for choosing healing, even when it was hard. And thank you for allowing this journal to be part of your story.

With deep gratitude and unwavering belief in you.

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