

# The Self-Healing Journal: A Guided Workbook for Inner Peace

by Tamika Cotton | The Soft Reset Studio

A calm space for renewal, reflection, and emotional healing.

## Setting Your Intention

“ Begin softly. You don ’ t have to know where you ’ re going — only that you ’ re ready to start. ”

Journal Prompts:

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## Nurturing Self-Worth

“ Your worth was never something to earn. It was something you were born with. ”

Journal Prompts:

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## Emotional Release

“ Let it flow through you, not around you. Healing happens in the release. ”

Journal Prompts:

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## Finding Peace

“ Peace isn ’ t found — it ’ s remembered, beneath all the noise. ”

Journal Prompts:

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## Practicing Forgiveness

“ Grace is the bridge that sets both hearts free. ”

Journal Prompts:

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## Renewal & Gratitude

“ There is light in the small moments — let them teach you how to begin again. ”

Journal Prompts:

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## Affirmations & Reflections

“ This is your space to rewrite your story, one gentle truth at a time. ”

Journal Prompts:

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