Journals & Reflections Notes Sheet

Grief & Trauma: Navigating Loss, Awakening Life

Instructions for Use:

This journal sheet is designed to accompany each week's teaching and case study reflection. Students should use this space to process personal insights, track emotional and spiritual growth, and capture questions or prayers that arise during the course.

There are no right or wrong entries—this is a personal and sacred space for your healing and awareness.

You may choose to write after class, during private study, or following moments of prayer and meditation.

Week: _____ **Date: _____**

Today's Key Takeaways:

(List 2–3 key insights or lessons you are leaving with today.)

1. _____
2. _____
3. _____

Emotional Reflection:

(How did today's topic or discussion make you feel? Identify and name emotions that surfaced.)

- _____
- _____
- _____

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Spiritual Reflection:

(Was there a moment where you sensed God speaking, healing, or inviting you into deeper understanding? Write freely.)

- _____
- _____
- _____

Personal Connection:

(How does today's teaching connect to your personal story of grief, trauma, healing, or hope?)

- _____
- _____
- _____

Action Steps for My Healing Journey:

(List 1–2 practical actions you will take based on today's session, such as a journal entry, a conversation, a prayer focus, or a coping strategy you will practice.)

- _____
- _____
- _____

Questions or Areas for Deeper Exploration:

(Write down any lingering questions, curiosities, or areas where you seek further understanding.)

- _____
- _____
- _____

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Prayer or Affirmation:

(End with a personal prayer, declaration, or affirmation that aligns with today's growth.)

Example: *"Today, I choose to give myself permission to feel and heal without rushing. I am safe. I am seen. I am being restored."*

- _____
- _____
- _____

Notes Space:

(Use this blank section for additional notes, quotes, Scriptures, or thoughts you want to remember.)

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