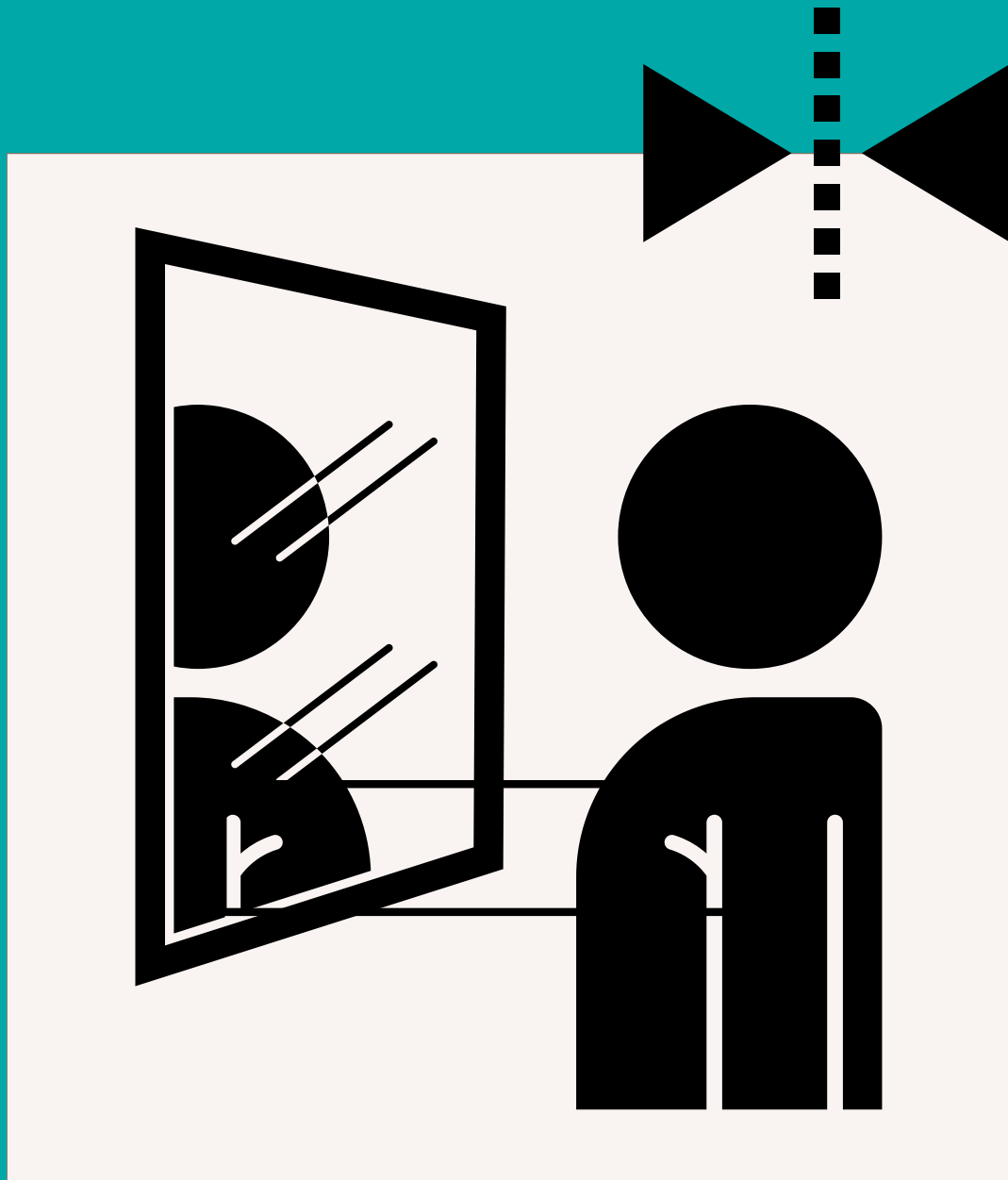




14 Day
SELF-AWARENESS
JOURNAL



Daily Inspiration

It's not selfish to look inward—it's sacred. Perhaps you've spent so long being everything to everyone else. But today, the journey turns inward. The truth is, knowing you is the first step to healing everything else. There is no shame in self-reflection. There is only light.



Day 1

Today's Prayer

Who am I really?

God, peel back the layers I'm used to hiding.
Let truth rise within me, gently but surely.
Make me brave enough to meet myself in love.
Amen.

“

Scripture:

Psalm 139:23 – “Search me, O God, and
know my heart...”

”

Daily Reflection

Date :

Time :

How's your soul today?



One word for your emotion:

What triggered it?:

What did you learn?:

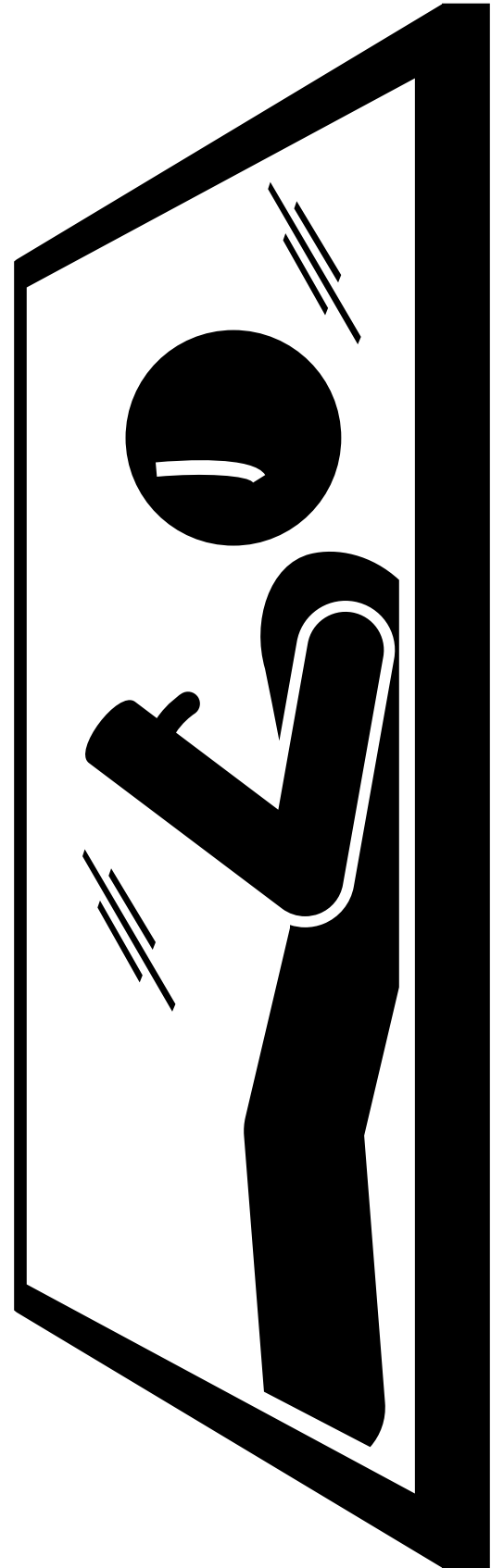
Where did you feel God today?:

[illegible]

/ /

Daily Inspiration

Letting go doesn't mean forgetting. It means freeing your hands to receive something new. Pain might've shaped you—but it doesn't define you.



Day 2

Today's Prayer

Letting Go

Lord, help me release what no longer serves me.
Teach me to trust what comes next, even when I
don't fully understand.

Amen.

“

Scripture:

Ecclesiastes 3:6 – “A time to keep, and a
time to throw away.”

”

Daily Reflection

Date :

Time :

How's your soul today?



One word for your emotion:

What triggered it?:

What did you learn?:

Where did you feel God today?:

[illegible]

/ /

Daily Inspiration

You extend grace to everyone else—but have you offered it to yourself? Self-awareness without self-compassion becomes self-criticism.

Today, choose grace.



Day 3

Today's Prayer

Grace for Me

God, quiet the voice of shame in me.
Let me see myself through your eyes—
loved, growing, and still worthy.
Amen.

“

Scripture:

2 Corinthians 12:9 – “My grace is sufficient
for you...”

”

Daily Reflection

Date :

Time :

How's your soul today?



One word for your emotion:

What triggered it?:

What did you learn?:

Where did you feel God today?:

[illegible]

/ /

Daily Inspiration

Mirrors don't lie, but sometimes we do.
We shrink, fake, or ignore who we are to
stay accepted. Today, look without
flinching. See the soul, not just the
surface.



Day 4

Today's Prayer

The Mirror

Lord, help me see what You see in me.

Show me the beauty beyond the
brokenness and the power in my truth.

Amen.

“

Scripture:

James 1:23–25 – “Anyone who listens but
does not do... is like someone who looks
at their face in a mirror...”

”

Daily Reflection

Date :

Time :

How's your soul today?



One word for your emotion:

What triggered it?:

What did you learn?:

Where did you feel God today?:

letter to myself

DATE _____

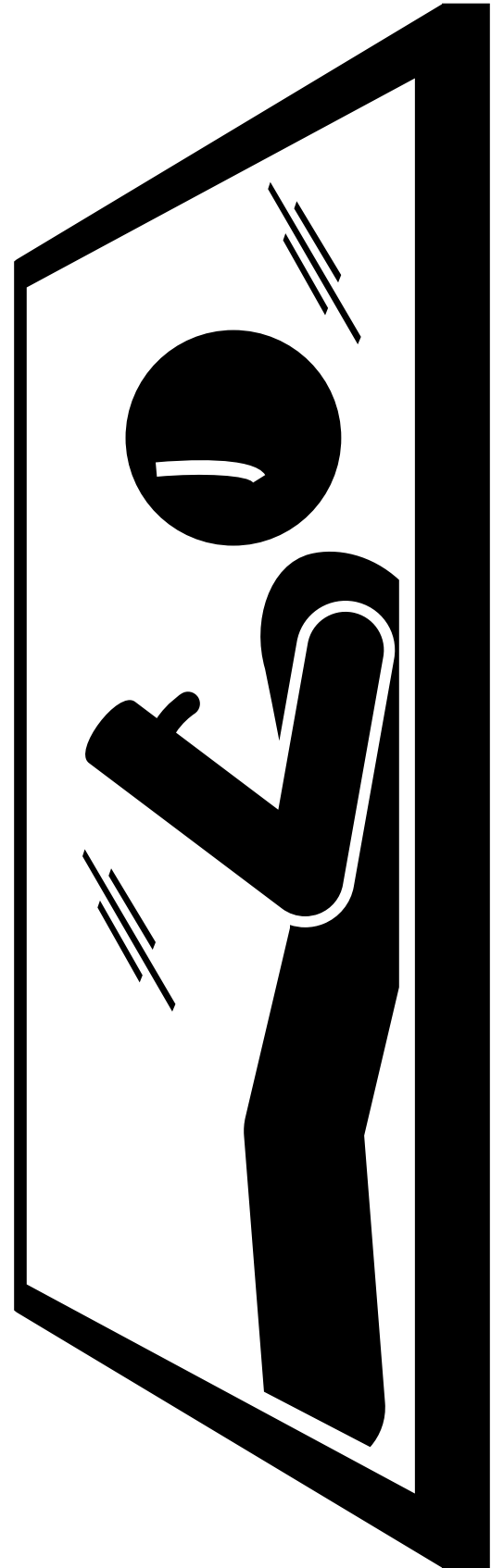
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[illegible]

Daily Inspiration

Forgiveness isn't saying what they did was okay. It's saying you're okay enough to move forward without the weight of it.



Day 5

Today's Prayer

Forgive to Be Free

God, give me the strength to forgive—
not because they earned it, but because
my healing deserves it.

Amen.

“

Scripture:

Colossians 3:13 – “Forgive as the Lord
forgave you.”

”

Daily Reflection

Date :

Time :

How's your soul today?



One word for your emotion:

What triggered it?:

What did you learn?:

Where did you feel God today?:

[illegible]

/ /

Daily Inspiration

The truth will set you free—but first it might shatter illusions. Today, don't fear the truth. Welcome it like a sunrise after a long night.



Day 6

Today's Prayer

Truth Rising

Lord, help me stand in truth—even when it's uncomfortable. Let your light rise in the darkest corners of my life.

Amen.

“

Scripture:

John 8:32 – “Then you will know the truth, and the truth will set you free.”

”

Daily Reflection

Date :

Time :

How's your soul today?



One word for your emotion:

What triggered it?:

What did you learn?:

Where did you feel God today?:

[illegible]

/ /

Daily Inspiration

You are not lazy for needing rest. Rest is not a reward—it's a rhythm. Even God rested. You can too.



Day 7

Today's Prayer

Rest is Holy

God, help me honor my need for rest.

Let me lay my burdens down and be
still without guilt.

Amen.

“

Scripture:

Matthew 11:28 – “Come to me, all who are
weary...”

”

Daily Reflection

Date :

Time :

How's your soul today?



One word for your emotion:

What triggered it?:

What did you learn?:

Where did you feel God today?:

letter to myself

DATE _____

/

/

[illegible]

Daily Inspiration

You are not what they called you. You are not your trauma. Your identity is not in your titles—but in your truth.

Reset. Reclaim. Remember.



Day 8

Today's Prayer

Identity Reset

God, strip away false identities. Show me who I am in You—and let me walk boldly in it.

Amen.

“

Scripture:

Galatians 2:20 – “It is no longer I who live, but Christ who lives in me...”

”

Daily Reflection

Date :

Time :

How's your soul today?



One word for your emotion:

What triggered it?:

What did you learn?:

Where did you feel God today?:

[illegible]

/ /

Daily Inspiration

Trying to control everything is exhausting
—and fear-based. Let go. God doesn't
need you to hold it all together to bless
you.



Day 9

Today's Prayer

Surrender Control

Lord, I surrender my need to control.
Replace my anxiety with assurance. Let
trust take root in me.

Amen.

“

Scripture:

Romans 12:1 – “Present your bodies as a
living sacrifice...”

”

Daily Reflection

Date :

Time :

How's your soul today?



One word for your emotion:

What triggered it?:

What did you learn?:

Where did you feel God today?:

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/ /

Daily Inspiration

Peace isn't found in your environment.
It's cultivated in your spirit. Choose peace
today, even if chaos surrounds you.



Day 10

Today's Prayer

Peace is Possible

God, anchor me in Your peace. Quiet
the noise around me and calm the
storms within.

Amen.

“

Scripture:

John 14:27 – “Peace I leave with you...”

”

Daily Reflection

Date :

Time :

How's your soul today?



One word for your emotion:

What triggered it?:

What did you learn?:

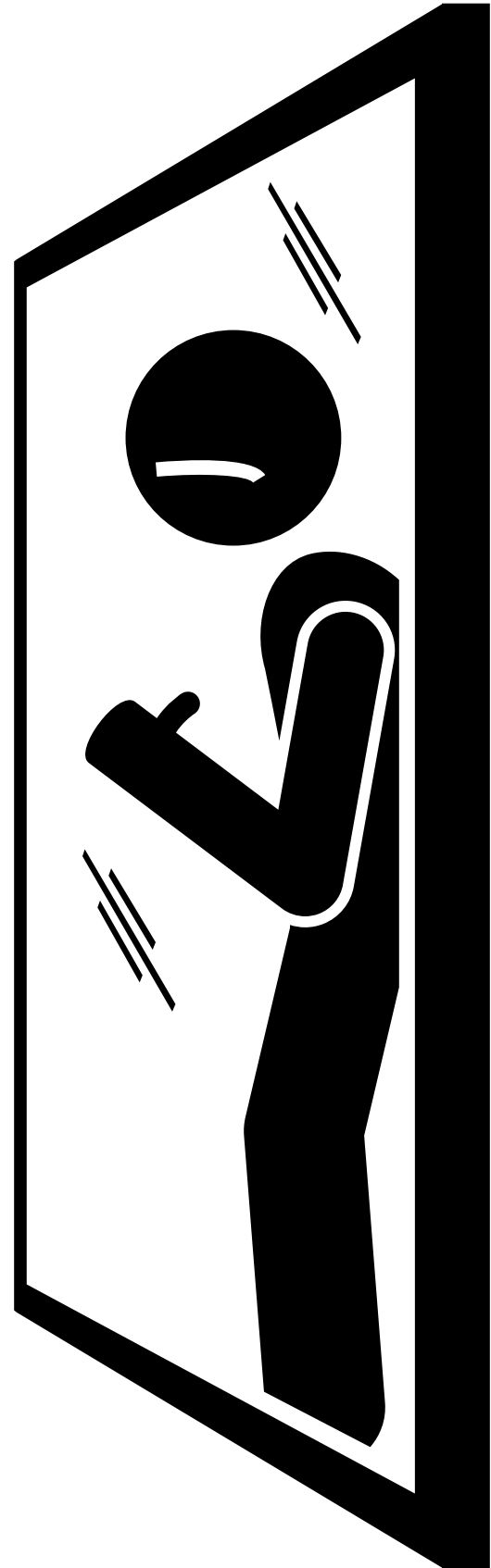
Where did you feel God today?:

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Daily Inspiration

You cannot be healed and hidden at the same time. Honesty with self is the first breakthrough. Start there. Be real. Be free.



Day 11

Today's Prayer

Honest Living

Lord, remove my fear of truth. Let honesty lead me closer to healing—not away from it.

Amen.

“

Scripture:

Proverbs 4:23 – “Guard your heart... for everything you do flows from it.”

”

Daily Reflection

Date :

Time :

How's your soul today?



One word for your emotion:

What triggered it?:

What did you learn?:

Where did you feel God today?:

[illegible]

/ /

Daily Inspiration

You are the answered prayer of someone who came before you. You carry stories in your soul. Honor them. Heal through them.



Day 12

Today's Prayer

Echoes of Ancestors

God, thank You for those who paved
the path I walk. Help me heal forward
—for them, and through them.

Amen.

“

Scripture:

Hebrews 12:1 – “We are surrounded by
such a great cloud of witnesses...”

”

Daily Reflection

Date :

Time :

How's your soul today?



One word for your emotion:

What triggered it?:

What did you learn?:

Where did you feel God today?:

[illegible]

/ /

Daily Inspiration

You're not behind. You're not late. The timeline of your becoming is sacred. Trust divine timing. The stars don't rush—neither should you.



Day 13

Today's Prayer

Divine Timing

Lord, help me trust Your timing more than my impatience. Remind me that what's mine will find me—when I'm ready.
Amen.

“

Scripture:

Ecclesiastes 3:1 – “To everything there is a season...”

”

Daily Reflection

Date :

Time :

How's your soul today?



One word for your emotion:

What triggered it?:

What did you learn?:

Where did you feel God today?:

[illegible]

/ /

Daily Inspiration

Wholeness isn't perfection. It's integration. You are all your moments: the hurt, the healing, the hope. All of you is welcome here.



Day 14

Today's Prayer

Becoming Whole

God, thank You for the full journey.

For pain that taught, for joy that
healed. I receive my wholeness with
gratitude.

Amen.

“

Scripture:

Philippians 1:6 – “He who began a good
work in you will carry it on to
completion...”

”

Daily Reflection

Date :

Time :

How's your soul today?



One word for your emotion:

What triggered it?:

What did you learn?:

Where did you feel God today?:

letter to myself

DATE _____

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[illegible]