

Healing from Hidden Abuse[®]

NEW YEAR
NEW JOY



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Healing from Hidden Abuse®
New Year - New Joy
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Welcome

A new year brings with it a time for a natural pause. A moment to step back, look honestly at where we've been, and decide how to we want to move forward. It is not about chasing perfection. Instead, it's about creating space to hear your own voice again, to realign with what matters most, and to nurture the parts of you that may have been overlooked.

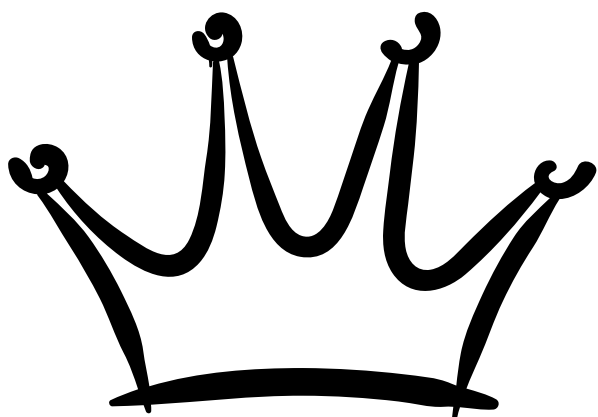
This journal is designed as a guide for that process. Over the next 30 days, you'll work through prompts that invite self-reflection, clarity, and growth. Some questions will challenge you to look at truths you may want to change, others will help you recognize your resilience and the progress you've already made.

You don't need to have all the answers as you begin. What matters most is showing up with authenticity and compassion for yourself. Take your time. Sit with the questions. Let them meet you where you are.

My hope is that these pages give you the permission and encouragement to move into this year with a clearer vision, knowing yourself at a more authentic level, and enjoying a deeper sense of peace. You are already capable of far more than you realize.

May this year be one of healing, growth, and joy. May you carry the wisdom you've gained into every day ahead.

Shannon 



What is something I want to leave behind from last year?

Reflect on habits, routines, mindset, inner thoughts, or even a relationship – things that held you back from being your authentic self, living with intentionality, or in radical honesty

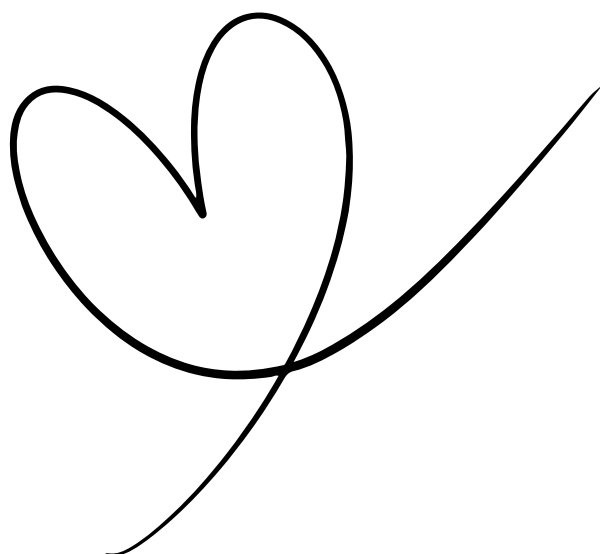
How will leaving this behind help improve my quality of life?

What are two action items I can take to be intentional about leaving this behind?

Action Step One

Action Step Two

Reflections



Last year, where did I act from courage or trust, instead of fear?

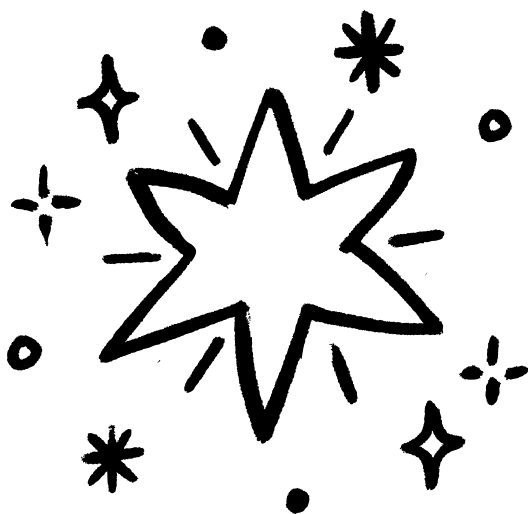
Recall a specific moment or moments where you used courage or trusted the process in a life situation.

What is one thing you learned about yourself by living with courage or trust?

Write down two statements to help your future-self remember to use courage and trust, rather than fear or shame, to live with intentionality.

Future-Self, remember you showed courage when...

Future-Self, you can do brave things because...



Last year, did I spend my time in agreement with my core values about myself?

Compare your daily activities and actions with your values. Where did they align? Where did they drift?

What is one core value I expressed last year?

What is a value I want to cultivate more in this next year?
