

New Year

New Joy

Healing from Hidden Abuse®
New Year New Joy
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For the human flowers growing through the
cracks in the concrete of life.

A new year brings with it the natural rhythm of desiring to pause and reflect. In this new year, we can slow down for quiet moments, look gently at where our life has been, and with intention, create a plan for how we choose to move forward.

This reflective work is not about chasing perfection or living a fake “billboard life.” We can let go of those former expectations and burdens. Instead, we can embrace this new season to implement a reset.

Together, we will create a space for you to find and hear your own voice among the noise, realign with what matters most to you, and nurture the parts of you that may have been overlooked and under-nurtured.

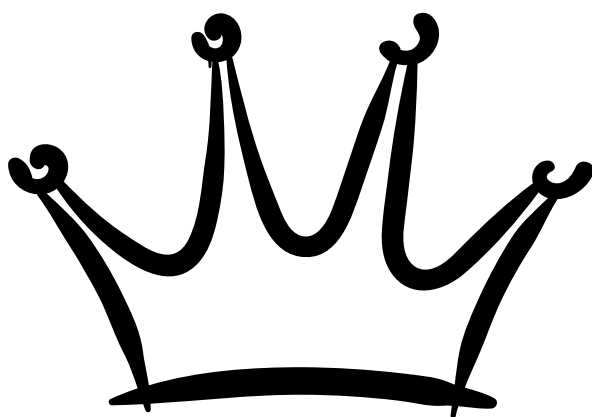
This journal is designed as a guide for that process. It is about finding your own voice and thoughts, not being told what to think or feel. It's your opportunity to learn from the wisdom that lives within you.

Over the next 30 days, together we'll work through prompts that invite self-reflection and honest clarity. On some days, I will ask you to look at truths you may want to change, and other days I will guide you in recognizing your resilience and the progress you've already made.

You don't need to have all the answers as you begin. Those gems of wisdom will be revealed as you journey through each day of writing. What matters most is showing up with intentionality for yourself. Take your time. Sit with the questions. Let them meet you where you are each day and reflect on what you've learned from your lived experiences.

My hope for you is this new year will be one of confident authenticity and new levels of joy.

Shannon 



1/30

One thing I want to leave behind in last year is...

Identify a life routine, self-defeating behavior, a negative intrusive thought, or even a relationship.

How did this negatively impact my life last year?

How will leaving this behind improve my quality of life?

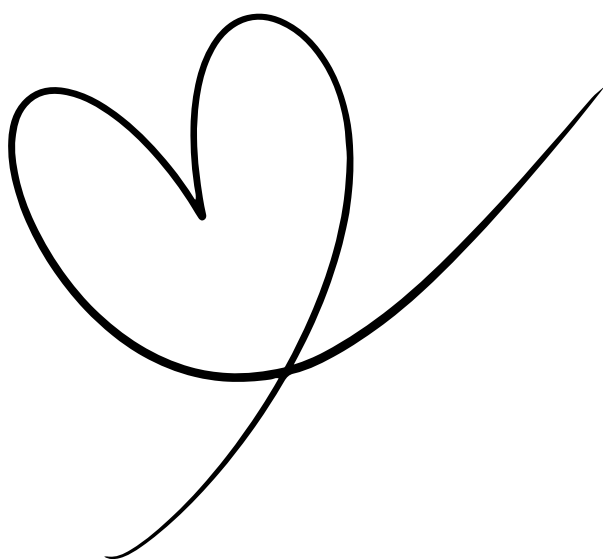
What are two action items I can take to be intentional about leaving this behind?

Action Step One

Action Step Two

Reflections

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, providing a guide for handwriting or typing. The paper itself is a clean, off-white color.



2/30

Where in my life do I need a reset (either partial or complete)?

Reflect on the areas of life that are not as vibrant as you would like, perhaps takes up space with no purpose, consistently steals your joy, or could improve with an intentional reset.

Name a few ways this reset would help bring more enjoyment to your life?

Identify something you must overcome to create this reset.

Write down two statements to help your future self remember to be intentional about creating a reset this year.

Future-Self, remember you want a reset in this area of life because...

Future-Self, you will allow yourself to enjoy the benefits of this reset by...

Thoughts...