



The Sacred Return

DISCOVERING YOUR VOICE, POWER, & WHOLENESS

A Guide for Women Reclaiming Themselves



This journal is for educational and reflective purposes only. It is not a substitute for professional mental health treatment or medical care. If you are experiencing significant emotional distress, please seek support from a licensed therapist or counselor.

The Sacred Return: Discovering Your Voice, Power, & Wholeness © 2025 Mindy Jones, MS | Becoming to Belong Counseling

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Introduction: The Sacred Return

This journal is not a to-do list. It's not another expectation to meet or mask to wear. It is an invitation—a gentle one—back to yourself.

For years, I silenced my voice. Not because I wanted to, but because I learned somewhere along the way that being quiet, agreeable, and small was safer. I forgot how to listen to myself. I forgot that my anger held wisdom. That my grief carried love. That silence wasn't God's punishment, but sometimes His way of drawing me inward.

This journal was born from my own journey of becoming—through heartbreak, reawakening, and rediscovery. These prompts are pieces of that return. They are not linear. They do not demand answers. They simply ask that you show up with honesty, even if your honesty is messy or incomplete.

You may write a lot. Or very little. You may skip around. You may cry. You may rest. Every part of you belongs here.

Each page offers a sacred doorway:

—to name the hidden things

—to listen for your own truth

—to return to the places within you that still wait to be held, honored, and heard.

This is not just a journal. It's a mirror. A map. A quiet altar for the woman you are becoming.

Welcome home.

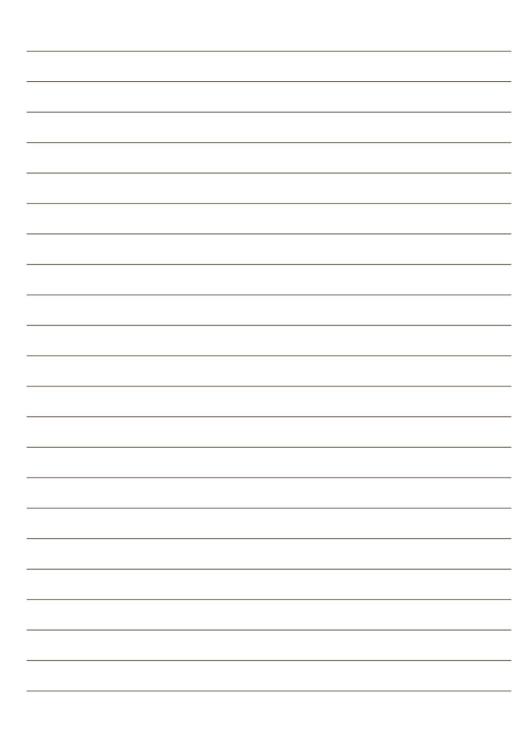
With love, Mindy Jones



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What part of you is asking to slow down — and how can you honor her today	Paw.	S <i>E</i> N'T HAVE TO	O EARN	YOUR RE	ST	
	What part of	you is asking to	slow down -	— and how ca	n you honor	her today?
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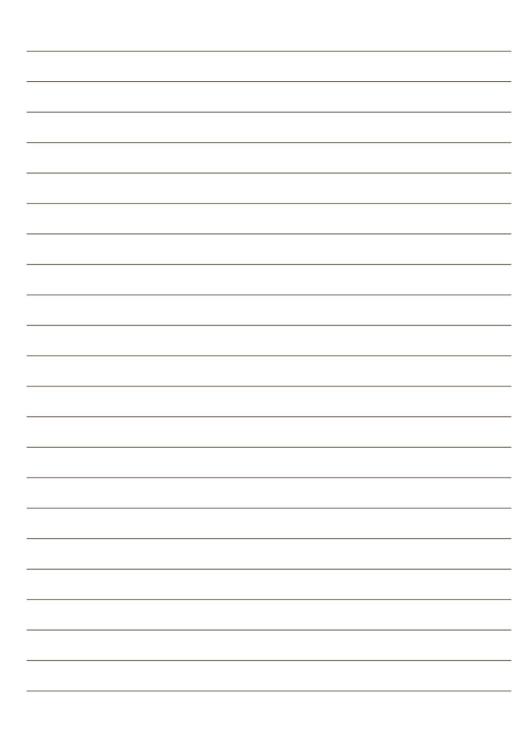


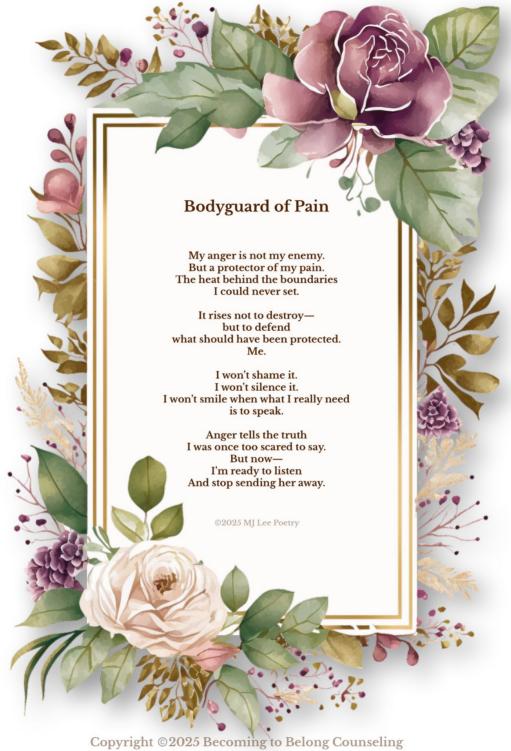


Fragments...

EVEN THE PARTS THAT FEEL TOO MUCH OR NOT ENOUGH BELONG SOMEWHERE — HERE.

ENOUGH BELONG SON			
What part of you feels hidden, ur	iheard, or unloved	d right now?	
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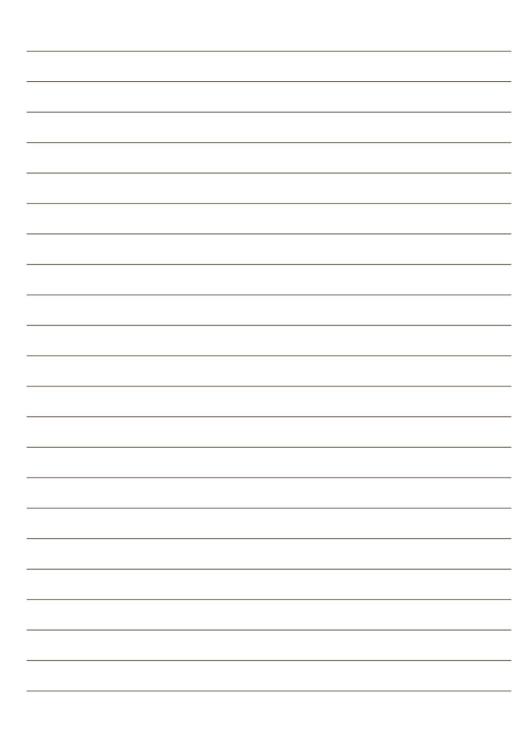




Anger...

ANGER ISN'T WRONG SOMETIMES IT'S ILIST TRUT

WITH FIRE IN IT		ilbii bjesi ike iii
What do I wish I could sa	out loud without sha	me or fear?
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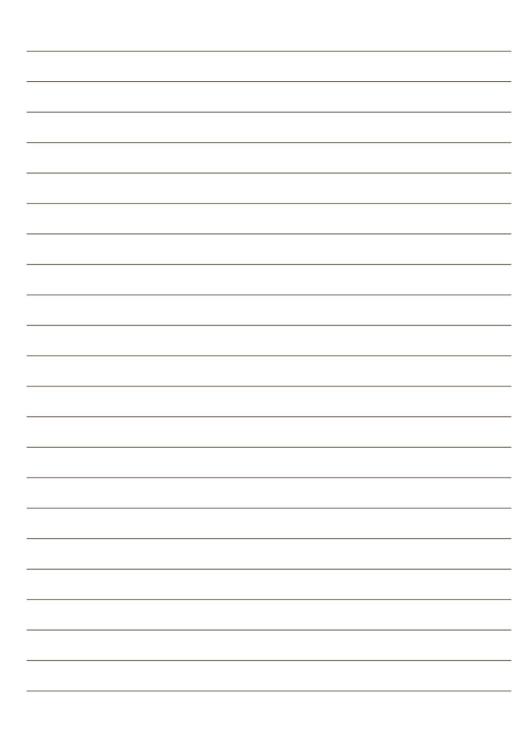


Grief...

GRIEF IS THE ECHO OF LOVE AND THE ACHE OF WHAT COULD HAVE BEEN.

What have I lost or let go of that I haven't fully mo	urned?
	A A



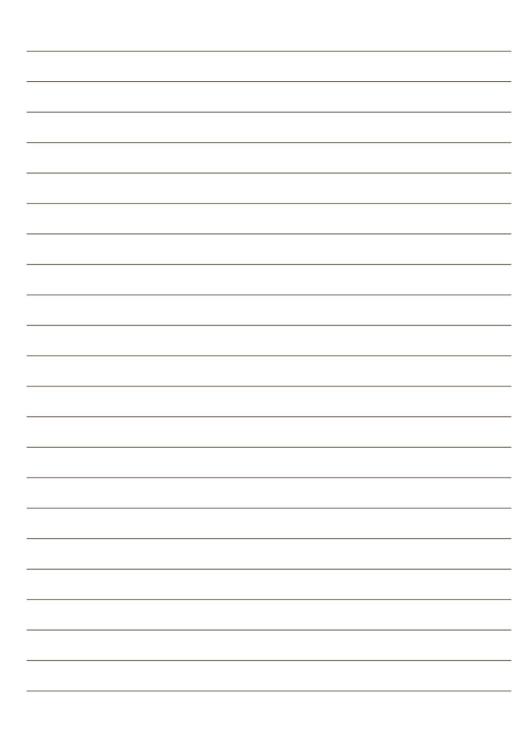


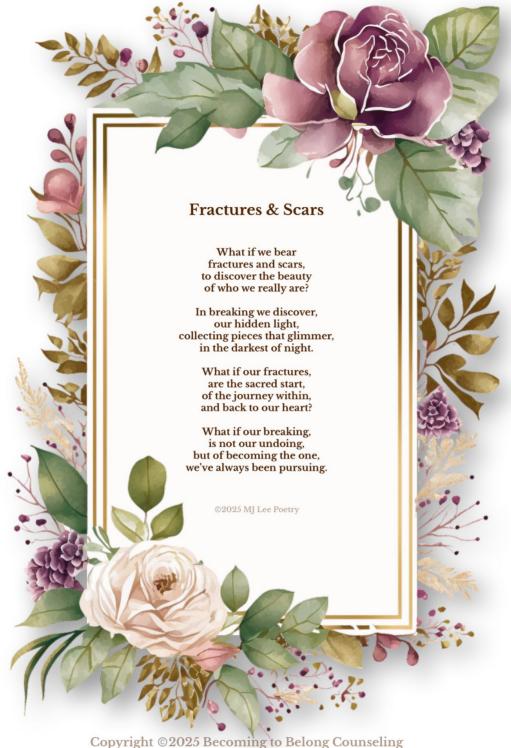


Silence...

WHEN GOD IS	QUIET, WHA	T DO I TE	LL MYSELF
ABOUT WHO I	AM?		

OUT WHO I AM?
at have I believed in the silence — and what truth do I long to hear instead
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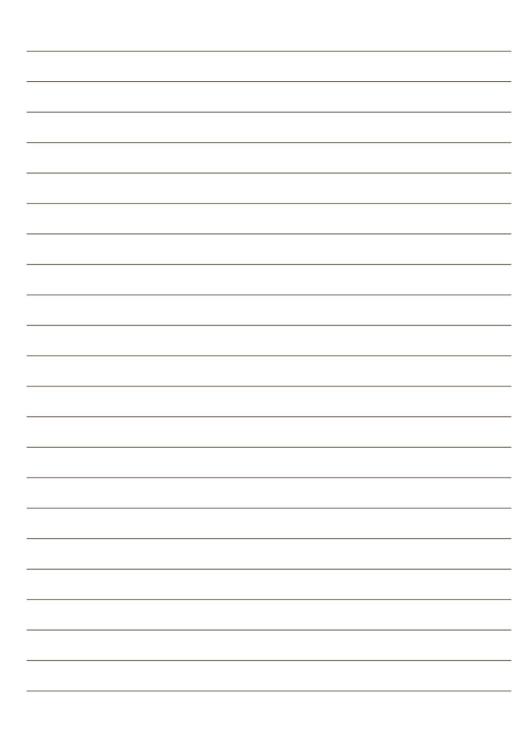


Becoming...

YOU'RE ALLOWED TO BE A WORK-IN-PROGRESS AND WORTHY ALL AT ONCE.

Who am I becoming — even if I'm not fully	her yet?

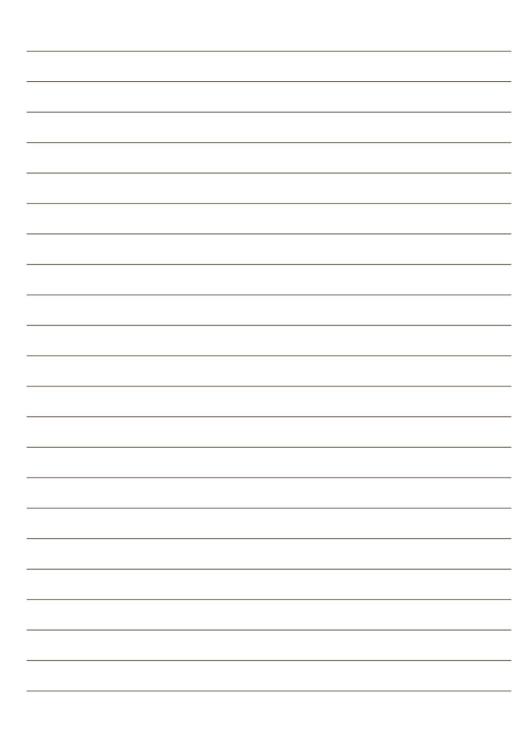


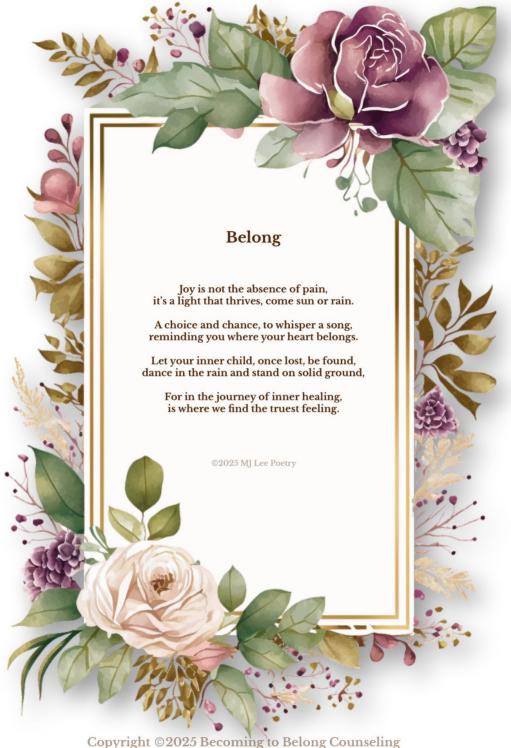




Returning...

VENT. IT'S A DAILY CHOOSING.	
hat does it feel like to belong to myself today?	
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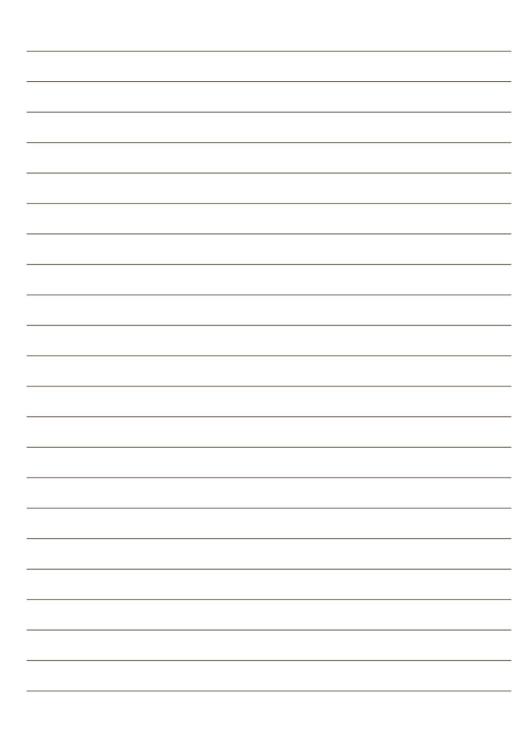


Belonging...

BELONGING ISN'T SOMETHING YOU FIND. IT'S SOMETHING YOU REMEMBER — AND ALLOW.

Where in my life — or in my body — do I feel a sense of true belonging?		
	& Ø	





A Blessing as You're Becoming

You made it.
Not to the end—
but to a deeper beginning.
To the part of the journey that doesn't demand answers, only presence.
Only honesty.
Only breath.

You've touched the fragments.
You've honored the fire.
You've wept what needed weeping.
You've remembered what it means to be whole—even if you're still becoming.

Let this be your reminder:

You are not behind. You are not broken. You are not too much. You are not too late.

You are becoming—and becoming is sacred.

So go gently. Go slowly. And go with this truth sealed in your bones: You belong to yourself now.

This is only the beginning!

