



You are healing.
You are growing.
You are becoming.



And you are never alone.

I AM.
HEALING.
GROWING.
BECOMING.



NEVER LOST — MY — *Voice*

A JOURNEY TO HEAL,
GROW, AND WALK
IN YOUR POWER

My voice matters. ♡

My story matters. ♡

My life matters.



👑
I AM NOT
WHO I WAS.
...
I AM WHO I CHOOSE
TO BECOME.



WORKBOOK





NEVER LOST MY VOICE

A SIERRA SPEAKS INITIATIVE

What Am I EXPERIENCING?

UNDERSTANDING UNHEALTHY RELATIONSHIP PATTERNS

Every relationship has disagreements, difficult seasons, and moments of frustration. However, there is a difference between ordinary conflict and patterns of behavior that leave you feeling afraid, controlled, confused, or emotionally exhausted.

This page is not designed to diagnose anyone or tell you what decision to make. Instead, it is meant to help you pause, reflect, and honestly evaluate how your relationship is affecting your emotional, physical, and mental well-being.

HOW OFTEN DOES THIS HAPPEN IN MY RELATIONSHIP?

Never Rarely Sometimes Often Almost Always



EMOTIONAL SAFETY

Does my partner...

- Make me feel guilty for expressing my feelings?
- Dismiss my emotions or tell me I'm "too sensitive"?
- Blame me for problems they helped create?
- Refuse to accept responsibility for their actions?
- Make me feel like I have to constantly defend myself?
- Leave me feeling emotionally drained after conversations?



RESPECT

Does my partner...

- Speak to me respectfully, even during disagreements?
- Listen when I express concerns?
- Value my opinions?
- Respect my boundaries?
- Encourage my personal growth?
- Celebrate my successes instead of competing with them?



CONTROL

Do I feel pressured to...

- Change who I am to avoid conflict?
- Isolate myself from family or friends?
- Constantly explain where I am or who I'm with?
- Ask permission for ordinary decisions?
- Avoid certain topics because I'm afraid of their reaction?
- Walk on eggshells to keep the peace?



COMMUNICATION

When conflict happens...

- Are problems discussed respectfully?
- Can both people admit when they're wrong?
- Are apologies followed by changed behavior?
- Can disagreements happen without yelling, intimidation, or threats?
- Do I feel emotionally safe expressing my thoughts?



HOW DO I FEEL?

When I think about my relationship, I most often feel...

- | | | |
|----------------------------------|----|---|
| ☐ Safe | or | ☐ Anxious |
| ☐ Peaceful | | ☐ Confused |
| ☐ Loved | | ☐ Fearful |
| ☐ Encouraged | | ☐ Guilty |
| ☐ Respected | | ☐ Exhausted |
| ☐ Confident | | ☐ Isolated |
| | | ☐ Worthless |
| | | ☐ Like I'm "never enough" |



HEALTHY LOVE SHOULD
NEVER REQUIRE YOU
TO GIVE UP YOUR
IDENTITY, YOUR DIGNITY,
OR YOUR SENSE OF SAFETY.

YOU DESERVE RELATIONSHIPS
BUILT ON:

- | | |
|--|--|
| ☒ Trust | ☒ Accountability |
| ☒ Respect | ☒ Emotional Safety |
| ☒ Honesty | ☒ Mutual Support |
| ☒ Kindness | |

Reflection Take a moment to write your thoughts.



What emotions come up most often in my relationship?

Do I feel free to be myself?

What do I wish were different?



If someone I loved described this same relationship to me,

GENTLE REMINDER

If reading these questions raises concerns about your safety or your relationship, know that you do not have to figure everything out alone. Speaking with a trusted friend, counselor, advocate, faith leader, or domestic violence professional



How Do I Feel *in This Relationship?*

UNDERSTANDING YOUR EMOTIONAL WELL-BEING

PAUSE AND CHECK IN

Sometimes it's easier to recognize what someone else is doing than to notice how those experiences have affected us. This page is an invitation to slow down and honestly ask yourself:

"How do I feel most of the time in this relationship?"

There are no right or wrong answers. Your feelings matter, and they can provide important insight into whether a relationship is contributing to your well-being or causing harm.



I MOST OFTEN FEEL...

SAFE & SECURE

- ♥ Safe
- ♥ Protected
- ♥ Peaceful
- ♥ Respected
- ♥ Heard
- ♥ Accepted
- ♥ Appreciated
- ♥ Loved
- ♥ Encouraged
- ♥ Emotionally Supported



UNCERTAIN OR DISTRESSED

- ♥ Anxious
- ♥ Confused
- ♥ Fearful
- ♥ Guilty
- ♥ Exhausted
- ♥ Lonely
- ♥ Isolated
- ♥ Unworthy
- ♥ Controlled
- ♥ Emotionally Drained
- ♥ Like I'm "never enough"
- ♥ Afraid to speak honestly
- ♥ Constantly second-guessing myself



MY EMOTIONAL CHECK-IN

Complete each sentence honestly.



Today I feel... _____



I need... _____



I deserve... _____



I want my future to feel... _____

REFLECTION QUESTIONS

1 When do I feel most like myself?

2 What situations make me feel anxious or uneasy?

3 Do I feel emotionally safe sharing my thoughts?

- ☐ Always ☐ Rarely
☐ Most of the Time ☐ Never

Why?

4 What emotions do I hide the most?

- ☐ Anger ☐ Disappointment ☐ Frustration
☐ Sadness ☐ Loneliness ☐ Other: _____
☐ Fear

5 If my closest friend described these same feelings to me, what would I say to her?

HEALTHY LOVE FEELS LIKE...



Safe



Respected



Heard



Supported



Encouraged



Free to Be Yourself



Valued



At Peace

No relationship is perfect, but healthy love should never leave you consistently living in fear, confusion, or emotional exhaustion.

A GENTLE REMINDER

Your feelings are not "too much."
Your emotions are not a weakness.

If you're struggling to make sense of what you're feeling, consider talking with someone

AFFIRMATION

*My feelings matter.
My voice matters.*





NEVER LOST
MY VOICE

A SIERRA SPEAKS INITIATIVE

My BOUNDARIES MATTER

HEALTHY BOUNDARIES PROTECT MY PEACE

Setting boundaries
is an act of
self-respect.



WHAT ARE BOUNDARIES?

Boundaries are the limits you establish to protect your emotional, physical, mental, spiritual, and personal well-being.

Healthy boundaries are not about controlling other people—they are about clearly communicating what you need to feel respected, valued, and safe.

HEALTHY BOUNDARIES SOUND LIKE...

- ♥ I deserve to be spoken to with respect.
- ♥ I will not tolerate yelling, intimidation, or threats.
- ♥ I have the right to say no without feeling guilty.
- ♥ My feelings deserve to be heard.
- ♥ I do not have to explain or defend every decision I make.
- ♥ I can choose who has access to my time, energy, and peace.
- ♥ Love should never require me to abandon myself.
- ♥ Protecting my peace is not selfish.

MY PERSONAL BOUNDARIES



EMOTIONAL

I need...

If someone repeatedly ignores this boundary, I will...



COMMUNICATION

Healthy communication looks like...

I will no longer accept...



PHYSICAL SAFETY

I deserve to feel...

- ☐ Safe ☐ Protected ☐ Respected ☐ Comfortable
☐ Free from intimidation ☐ Other: _____



MY TIME & ENERGY

I choose to spend my energy on...

- ☐ Healing ☐ Family ☐ Faith ☐ Rest
☐ Healthy Relationships ☐ Personal Growth
☐ My Purpose ☐ Other: _____



RED FLAGS THAT REQUIRE STRONGER BOUNDARIES

Circle any that you've experienced.

- | | |
|---|---|
| ☐ Constant criticism | ☐ Jealousy disguised as love |
| ☐ Manipulation | ☐ Isolation from family or friends |
| ☐ Gaslighting | ☐ Broken promises without change |
| ☐ Silent treatment | ☐ Blame shifting |
| ☐ Explosive anger | ☐ Lack of accountability |
| ☐ Controlling behavior | ☐ Disrespect |
| | ☐ Fear of speaking honestly |



MY NON-NEGOTIABLES

These are behaviors I will no longer accept in my life.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



MY PEACE PLAN

When I feel overwhelmed, I will...

- | | |
|---|---|
| ☐ Pray | ☐ Speak with a counselor or advocate |
| ☐ Journal | ☐ Practice deep breathing |
| ☐ Call someone I trust | ☐ Read encouraging Scripture |
| ☐ Take a walk | ☐ Other: _____ |
| ☐ Rest | |

My Boundary Reminder

I am allowed to:

- | | |
|---|--|
| ☒ Say no. | ☒ Ask for help. |
| ☒ Change my mind. | ☒ Choose relationships that are healthy. |
| ☒ Walk away from unhealthy conversations. | ☒ Prioritize my emotional and physical safety. |
| ☒ Protect my peace. | ☒ Value myself even when others do not. |

Reflection



What boundary do I need to strengthen first?



What has made it difficult for me to keep healthy boundaries?



What will protecting my peace make possible in my life?

AFFIRMATION

My boundaries are not walls to keep love out. They are healthy limits that make room for love built on respect, trust, and safety. I am worthy of relationships that honor who I am.



Finding MYSELF AGAIN

*I am more than my past.
I am reclaiming my future.*



You may have lost pieces of yourself while trying to survive, keep the peace, or meet someone else's expectations. But you are not lost. You are simply rediscovering who you were always meant to be.

This is your time to heal, grow, and come back home to YOU.

REMEMBER THIS TRUTH:

You did not lose yourself.
You just paused. Now it's time to return.

PIECES I'VE LOST ALONG THE WAY

What parts of you have been pushed aside, silenced, or forgotten? Check all that apply.

- | | |
|--|---|
| ☐ My confidence | ☐ My identity |
| ☐ My joy | ☐ My boundaries |
| ☐ My voice | ☐ My friendships |
| ☐ My dreams | ☐ My purpose |
| ☐ My independence | ☐ My faith |
| ☐ My peace | ☐ My happiness |
| ☐ My self-respect | ☐ Other: _____ |

What else do you feel you've lost?



REDISCOVERING ME

I am taking intentional steps to rediscover who I am and what brings me life.



What makes me feel alive?



What are my strengths?



What are my passions?



What do I want to grow in?



What do I want my future to look like?

WHAT I AM CHOOSING NOW

Today, I choose me.

- | | |
|---|--|
| ☒ I choose healing. | ☒ I choose my mental health. |
| ☒ I choose growth. | ☒ I choose my purpose. |
| ☒ I choose peace. | ☒ I choose better. |
| ☒ I choose self-love. | ☒ I choose me.... |



I AM BECOMING...

Write positive affirmations about the woman you are becoming.

♥ _____
♥ _____
♥ _____
♥ _____
♥ _____

AFFIRMATION

*I am not who
I was. I am who
I choose to become.*

I am worthy. I am enough.
I am still becoming.

Reflection



What do I love most about myself?



What have I learned about myself?



What am I excited about for my future?



How will I continue choosing myself?



My SUPPORT CIRCLE

YOU DON'T HAVE TO HEAL ALONE.

The right people can help you rise, heal, and thrive.

You were never meant to walk through life alone. Having a support circle means surrounding yourself with people who uplift you, speak life over you, encourage your growth, and remind you of your worth.

Strong women don't just survive... we surround ourselves with the right people and thrive.

WHO'S IN YOUR CIRCLE?

List the people who are currently in your life and the role they play.

NAME	ROLE (Friend, Family, Mentor, Counselor, Faith Leader, etc.)	HOW THEY SUPPORT ME
		
		
		
		
		
		

Who is missing from your circle that you desire to have in your life?

HOW I CAN SHOW UP FOR OTHERS

I can be a source of support too. I will...

-  Listen without judgment. _____
-  Speak life and encouragement. _____
-  Pray and support them. _____
-  Be present and show up. _____
-  Respect their boundaries and journey. _____

REFLECTION

Who in my circle makes me feel safe and seen?

Who encourages me to be my best self?

What type of support do I need more of right now?

What steps will I take today to build a stronger, healthier circle?

AFFIRMATION

I am surrounded by love, support, and people who uplift my spirit and honor my worth.

*I am not alone.
I have my tribe.*

GENTLE REMINDER

-  It's okay to lean on others.
-  It's okay to ask for help.
-  It's okay to set boundaries with people who drain you.
-  It's okay to choose yourself.

Your circle should reflect the woman you are becoming.

QUALITIES I NEED IN MY SUPPORT CIRCLE

Check the qualities that are important to you.

- | | |
|---|---|
| ☐ Trustworthy | ☐ Respectful |
| ☐ Encouraging | ☐ Good listener |
| ☐ Non-judgmental | ☐ Holds me accountable |
| ☐ Loyal | ☐ Celebrates my wins |
| ☐ Honest | ☐ Prays for me |
| ☐ Positive | ☐ Supports my goals |
| ☐ Faith-filled | ☐ Protects my peace |
| ☐ Uplifting | ☐ Other: _____ |

WHO CAN I REACH OUT TO?

When I need support, I can contact...

-  Call: _____
-  Text: _____
-  Meet With: _____
-  Pray With: _____
-  Other: _____

In a crisis, I can reach out to...

My Circle Commitment

I choose to surround myself with people who:

-  Love me for who I am.
-  Push me toward my purpose.
-  Help me heal and grow.
-  Hold me accountable with love.
-  Celebrate my progress and wins.

I release relationships that:

-  Drain my energy.
-  Disrespect me.
-  Cause me confusion.
-  Do not support my growth.
-  No longer align with my purpose.

I choose my peace. I choose my growth. I choose me.



Personal SAFETY PLANNING



PREPARE TODAY. PROTECT YOUR TOMORROW. PRESERVE YOUR PEACE.

A safety plan helps you think ahead and make decisions that can protect you and your loved ones if you ever feel unsafe.

You deserve to feel safe, always.



YOUR SAFETY IS IMPORTANT. YOU MATTER.



KNOW THE SIGNS

Early warning signs can help you recognize dangerous situations. Circle any that you have experienced.

- Constant criticism or put-downs
- Isolation from family or friends
- Controlling behavior
- Destroying property
- Jealousy
- Intimidation or fear tactics
- Explosive anger
- Physical harm
- Blame shifting
- Weapons in the home
- Threats (verbal or physical)
- Stalking



EMERGENCY CONTACTS



People I can call 24/7:

- Name: _____ Phone: _____
- Name: _____ Phone: _____
- Name: _____ Phone: _____

Out-of-state contact:

Name: _____ Phone: _____

SAFETY STRATEGIES



AT HOME

- Keep a charged cell phone with you.
- Identify safe exits.
- Keep important documents in a safe, hidden place.
- Have a code word with family or friends.



WHEN LEAVING

- Tell someone where you are going.
- Try to travel during daylight.
- Have money, keys, and your phone with you.



IN PUBLIC

- Trust your instincts. If something feels wrong, leave.
- Go to places where people are around.
- Keep awareness of your surroundings.



ONLINE SAFETY

- Change passwords if necessary.
- Turn off location sharing.
- Be cautious about what you share online.



EMOTIONAL SAFETY

- You are not responsible for their behavior.
- You deserve respect, love, and peace.
- It is okay to ask for help.



IMPORTANT DOCUMENTS TO GATHER

Keep copies in a safe place or with someone you trust.

- | | |
|---|---|
| ☐ ID / Driver's License | ☐ Pay Stubs |
| ☐ Birth Certificates | ☐ Lease / Mortgage |
| ☐ Social Security Cards | ☐ Car Title / Registration |
| ☐ Passport | ☐ Legal Documents |
| ☐ Insurance Cards | ☐ Important Phone Numbers |
| ☐ Medical Records | ☐ Children's School Info |
| ☐ Bank Account Information | ☐ Other: _____ |



Keep these in a bag or folder you can grab quickly if you need to leave.



SAFE PLACES I CAN GO

- Friend / Family: _____
- Neighbor: _____
- Shelter / Safe House: _____
- Public Place (store, library, church, etc.): _____
- Other: _____



IF I NEED TO LEAVE QUICKLY

My "Go Bag" Checklist

Prepare a bag in advance and keep it in a hidden but accessible place.

- | | |
|---|--|
| ☐ ID / Important Documents | ☐ Toiletries |
| ☐ Money / Debit Card | ☐ Cash |
| ☐ Extra Keys | ☐ Copies of Important Papers |
| ☐ Phone Charger | ☐ Snacks / Water |
| ☐ Medications | ☐ Kids' Items (if applicable) |
| ☐ Change of Clothes | ☐ Other: _____ |



WHEN I NEED HELP

National Domestic Violence Hotline

1-800-799-SAFE (7233)

Text: START to 88788

Chat: www.thehotline.org

Georgia Domestic Violence Hotline

1-866-331-9474

In an emergency, always call 911.

Help is available. You are not alone.



Reflection



What can I do today to increase my safety?



Who can I trust to support me?



What gives me strength and courage?

Affirmation



I have the right to feel safe.
I have the power to protect my peace.
I am strong. I am worthy.
I am enough.

FINANCIAL Fresh Start

NEW MINDSET. NEW HABITS. NEW FUTURE.

A fresh start with your finances begins with an honest look, a new plan, and the daily choice to take one step closer to freedom.

I am choosing progress over perfection.

I AM BUILDING
THE LIFE I DESERVE
ONE DECISION AT A TIME.



MINDSET RESET

Your thoughts create your future.
Replace limitations with belief.

I am capable of managing my money.

I am worthy of financial freedom.

I am building a legacy.

I choose abundance, peace, and purpose.



MY FINANCIAL GOALS

	Target Date
1 _____	____/____/____
2 _____	____/____/____
3 _____	____/____/____
4 _____	____/____/____
5 _____	____/____/____



WHERE I AM NOW

Take an honest look at your current situation.

MONTHLY SNAPSHOT	AMOUNT
\$ Income	\$ _____
\$ Housing/Rent	\$ _____
\$ Utilities	\$ _____
\$ Transportation	\$ _____
\$ Food	\$ _____
\$ Debt Payments	\$ _____
\$ Insurance	\$ _____
\$ Other Expenses	\$ _____
WHAT'S LEFT (or shortfall)	\$ _____

MY FINANCIAL FOCUS

What matters most right now?

Check all that apply.

- ☐ Paying off debt
- ☐ Building an emergency fund
- ☐ Saving for the future
- ☐ Fixing my credit
- ☐ Starting a business
- ☐ Investing in myself
- ☐ Buying a home
- ☐ Other: _____



MY ACTION PLAN

Small steps. Big changes.
What will I do differently?

INCOME

I will increase my income by:

SPENDING

I will reduce or eliminate:

SAVINGS

I will save for:

DEBT

I will pay off or reduce:

MY FIRST STEP

The first action I will take this week is:

I WILL TAKE ACTION BY:

Date: _____

WHAT'S DRAINING MY FINANCES?

List things that are keeping you from reaching your goals.

- _____
- _____
- _____



EMERGENCY FUND GOAL

Life happens. Be prepared.

My goal: Save \$ _____

by: _____

Monthly amount I will save: \$ _____

*Peace of mind is
worth the investment.*



FINANCIAL FREEDOM HABITS

I commit to practicing these habits daily.

- ☐ I budget with purpose.
- ☐ I live within my means.
- ☐ I track my spending.
- ☐ I save consistently.
- ☐ I pay myself first.
- ☐ I avoid unnecessary debt.
- ☐ I invest in my future.
- ☐ I continue learning.
- ☐ I celebrate small wins.
- ☐ I stay focused on my goals.

Discipline today. Freedom tomorrow.



GRATITUDE & VISION

I AM GRATEFUL FOR...

- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____

I SEE MY FUTURE AS...

- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____

I am creating a life of purpose, peace, and financial freedom.



Affirmation



I am in control of my money.
I make wise decisions.
I am building wealth, security,
and generational blessings.

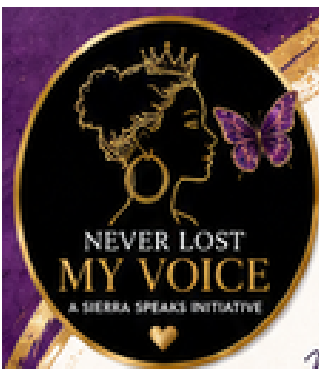


I deserve financial peace.
I attract opportunities.
I am creating the life
I was meant to live.



I am worthy of
abundance.
I am ready for
my fresh start!





30 DAYS of RECLAIMING MY VOICE

A 30-DAY JOURNEY TO HEAL, GROW, AND WALK IN YOUR POWER.

My voice matters. My story matters. My life matters.

For 30 days, I choose me. I choose healing over hurt. Growth over fear.

Peace over chaos. I will speak life, set boundaries, and create the future I deserve.

This is my time. This is my season. This is my voice.

I AM HEALING.
I AM GROWING.
I AM BECOMING.

 DAY 1 I CHOOSE ME I commit to putting myself first. 	 DAY 2 RELEASE THE PAST I release what no longer serves me. 	 DAY 3 I AM ENOUGH I embrace my worth and stop comparing. 	 DAY 4 SPEAK LIFE I speak positive words over my life. 	 DAY 5 SET BOUNDARIES I set one boundary to protect my peace. 	 DAY 6 HEALING IS HAPPENING I allow myself to heal—one day at a time. 
 DAY 7 GRATITUDE CHANGES EVERYTHING I list 3 things I am grateful for. 	 DAY 8 I FORGIVE ME I forgive myself for the things I can't change. 	 DAY 9 I FORGIVE THEM I release the hurt and choose my freedom. 	 DAY 10 MY MIND MATTERS I choose thoughts that build me up. 	 DAY 11 I DESERVE PEACE I let go of drama and protect my energy. 	 DAY 12 I CHOOSE GROWTH I step out of my comfort zone today. 
 DAY 13 I HONOR MY EMOTIONS I feel my emotions without shame. 	 DAY 14 I TRUST GOD (OR MY HIGHER POWER) I release control and trust the process. 	 DAY 15 I MOVE MY BODY I choose movement for my mental and physical health. 	 DAY 16 I NOURISH ME I fuel my body with good food and water. 	 DAY 17 I DEST WITHOUT GUILT I give myself permission to rest. 	 DAY 18 I SURROUND MYSELF WISELY I spend time with people who pour into me. 
 DAY 19 I DECLUTTER I release what clutters my space and mind. 	 DAY 20 I CREATE I do something that brings me joy. 	 DAY 21 I AM DISCIPLINED I stay committed to my goals. 	 DAY 22 I BUILD MY FUTURE I take one step toward my dreams. 	 DAY 23 I AM PROUD OF ME I celebrate how far I've come. 	 DAY 24 I SPEAK MY TRUTH I say what I need to say with love and confidence. 
 DAY 25 I CHOOSE FINANCIAL FREEDOM I make a wise financial decision today. 	 DAY 26 I HELP OTHERS I do one act of kindness. 	 DAY 27 I VISUALIZE MY BEST LIFE I see it. I believe it. I'm working for it. 	 DAY 28 I AM RESILIENT I recognize my strength and keep going. 	 DAY 29 I WALK IN MY PURPOSE I align my actions with my purpose. 	 DAY 30 I RECLAIM MY VOICE I own my story and step fully into my power. 

REFLECTION

What have I learned about myself over these 30 days?

What breakthrough am I celebrating?

My Commitments

I PROMISE TO CONTINUE...

- Choosing me: _____
- Protecting my peace: _____
- Speaking life: _____
- Growing daily: _____
- Trusting the process: _____
- Walking in my purpose: _____

I AM A WORK IN PROGRESS
AND I'M PROUD OF MY JOURNEY.

DAILY CHECK-IN

Rate your day (1-10): _____

Today I felt: _____

What was my win today?

Tomorrow, I will: _____

I am not who I was. I am who I choose to become.



My NEXT CHAPTER

I'M TURNING THE PAGE. I'M WRITING MY STORY.

*I am leaving behind what no longer serves me
and stepping into the life I was created to live.*

New mindset. New boundaries. New beginnings.

I AM NOT GOING BACK
TO LESS.
I AM STEPPING INTO
MORE.

CLOSING THE DOOR

I release and let go of...



It no longer has power over my future.

MY VISION

I see myself...



Living: _____



Loving: _____



Becoming: _____



Experiencing: _____



Achieving: _____

MY NEXT CHAPTER

Looks Like...

- ☐ Peace in my mind
- ☐ Joy in my heart
- ☐ Purpose in my life
- ☐ Healthy relationships
- ☐ Financial freedom
- ☐ Physical wellness
- ☐ Emotional healing
- ☐ Spiritual growth
- ☐ More time for me
- ☐ New opportunities
- ☐ A fresh start
- ☐ Other: _____

♥ I CHOOSE ME.

LESSONS I'VE LEARNED

These lessons shaped me.
They will not stop me.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

MY COMMITMENTS

To Myself

- ♥ I will choose my peace. _____
- ♥ I will protect my energy. _____
- ♥ I will speak my truth. _____
- ♥ I will set and keep boundaries. _____
- ♥ I will invest in my growth. _____
- ♥ I will believe in my dreams. _____
- ♥ I will be patient with my progress. _____
- ♥ I will celebrate my wins. _____
- ♥ I will never give up on me. _____

ACTION STEPS

My Plan to Move Forward

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Small steps today.
Big changes tomorrow.
A beautiful future ahead.

REFLECTION



What am I most excited about
in this new chapter?



What will I do if I doubt myself?



Who can I lean on for support
as I step into this next chapter?

I CHOOSE... (DAILY REMINDERS)

- ✓ Progress over perfection
- ✓ Growth over comfort
- ✓ Peace over chaos
- ✓ Faith over fear
- ✓ Purpose over pressure
- ✓ Self-love over self-doubt
- ✓ Abundance over lack
- ✓ Gratitude over frustration

LETTER TO MY FUTURE SELF

Dear Future Me,

I am so proud of you already.
Love, _____

Affirmation

I am not who I was.
I am who I choose to become.
My next chapter is my best chapter.
I am walking in my power.

“What's done is done.
What's ahead is
everything.”

Sierra

EMPOWERING WOMEN • RESTORING HOPE • ENDING SILENCE

Your voice matters.



RESOURCES

You Are Not Alone

Healing doesn't have to happen alone. Whether you're looking for safety, emotional support, legal guidance, financial assistance, or simply someone to listen, help is available.

*Reaching out is not a sign of weakness—
it is a courageous step toward healing.*

**YOUR VOICE
MATTERS.
YOUR STORY
MATTERS.
YOUR LIFE
MATTERS.**



EMERGENCY ASSISTANCE

If you are in immediate danger,
call **911** immediately.

If it is safe to do so, consider reaching
out to a trusted family member,
friend, advocate, or local domestic
violence organization for support.



NATIONAL DOMESTIC VIOLENCE SUPPORT

National Domestic Violence Hotline

Available 24 hours a day for confidential
support, safety planning, and referrals.

Phone: **800-799-SAFE (7233)**

Text: **START to 88788**

Website: thehotline.org



GEORGIA RESOURCES



Georgia Coalition Against Domestic Violence (GCADV)

Provides statewide referrals, education,
and connections to certified domestic
violence programs throughout Georgia.
Website: gcadv.org Phone: 404-209-0280



Georgia Legal Services Program

Free or low-cost civil legal services
for eligible Georgians.
Website: glsp.org Phone: 800-498-9469



Georgia Crime Victims Compensation

Financial assistance may be available
for eligible victims of violent crime.
Website: gvs.georgia.gov Phone: 800-547-0060



MY ENCOURAGEMENT LIST

When I need hope, I will remember to...

- | | |
|---|--|
| ☒ Pray | ☒ Call someone I trust |
| ☒ Read Scripture | ☒ Attend counseling |
| ☒ Journal | ☒ Practice self-care |
| ☒ Go for a walk | ☒ Rest |
| ☒ Listen to worship music | ☒ Ask for help |



COMMUNITY RESOURCES

Use this page to write in organizations
in your local community.



Domestic Violence Program

Name: _____

Phone: _____



Counselor or Therapist



Faith Leader



Attorney



Medical Provider



Trusted Friend



Family Member



Emergency Contact

*There is help. There is hope.
There is healing.*



MY PERSONAL REMINDER

Write three truths you want to remember.

Truth #1

Truth #2

Truth #3



PERSONAL HEALING RESOURCES



Books I Want to Read

1. _____

2. _____

3. _____



Podcasts



Church / Faith Community



Support Group



Journal



MY SAFE PLACES

Where do I feel safe?

- | | |
|---|---|
| ☐ Church | ☐ Library |
| ☐ Family | ☐ Community Center |
| ☐ Friend's Home | ☐ Workplace |
| ☐ Counselor's Office | ☐ Other _____ |



Final Encouragement

Healing is not about pretending
the past never happened.

Healing is choosing to believe that
what happened to you does not have
to define what happens next.

**You are stronger than your fear.
You are greater than your pain.
You are worthy of peace.
You are worthy of healthy love.**

And no matter where your
journey takes you...

You never lost your voice.



THANK YOU

Thank you for allowing
Never Lost My Voice,
a Sierra Speaks initiative,
to be part of your

Remember:

- ☒ Your voice matters.
- ☒ Your story matters.
- ☒ Your future matters.

CONTINUE YOUR HEALING JOURNEY



- Download additional free resources
- Register for women's workshops
- Find community events
- Read encouraging articles





You did it! THANK YOU

FOR SHOWING UP ♥ FOR DOING THE WORK ♥ FOR CHOOSING YOU

Your story is not over. 

What you've learned in this workbook is
the beginning of your transformation, not the end.

You have taken powerful steps to heal,
grow, and reclaim your voice.
Keep going. Keep believing. Keep choosing you.

Your next chapter is waiting. 



THIS IS YOUR TIME.
THIS IS YOUR SEASON.

This is Your Voice.



You are healing.



You are growing.



You are becoming.

And you are never alone.

MY COMMITMENTS FOR THE JOURNEY AHEAD



**I WILL
CHOOSE ME**

I promise to
put myself first.



**I WILL
SET BOUNDARIES**

I will protect my
peace and my space.



**I WILL KEEP
GROWING**

I will continue to learn,
heal, and evolve.



**I WILL SPEAK
MY TRUTH**

I will not be afraid
to use my voice.



**I WILL WALK
IN MY PURPOSE**

I will live the life I was
created to live.



No matter what comes next, remember this...

You are worthy. You are strong. You are enough. 

You never lost your voice.

CONTINUE YOUR Healing Journey



Download additional free resources



Register for women's workshops



Find community events



Read encouraging articles



Access your resource library



Join the Never Lost My Voice community



THANK YOU FOR ALLOWING

Never Lost My Voice,

A SIERRA SPEAKS INITIATIVE,
to be a part of your healing journey.

Your voice matters.

Your story matters.

Your future matters.



