



7-Day "New Mission" Journaling Guide

Hellfish Haven | Veteran Nonprofit

This guided journaling series is designed to support Post-Traumatic Growth (PTG). This is not about reliving trauma — it is about integrating it into a new, purposeful identity. Give yourself 10–15 minutes per day. Write honestly. This journal is for your eyes only.

Day 1 – The Foundation

What core beliefs or “rules” did you live by before your service or trauma? Which no longer serve you — and what new, more realistic rules are emerging?

Day 2 – Inventory of Strength

List the specific qualities that helped you survive your hardest moments. How can those same strengths support your life today?

Day 3 – The People in the Foxhole

Who makes you feel seen, understood, and grounded? If that circle is small or empty, what qualities would an ideal battle buddy or mentor have?

Day 4 – New Possibilities

If the old version of you is gone, the new version has no baggage. What mission, career, or passion would you pursue if fear wasn’t in charge?

Day 5 – Small Victories

List five small moments of relief, calm, or satisfaction from the last 24 hours. Why is it important to notice these moments even when life feels heavy?

Day 6 – The Wisdom of the Wound

Because of what you’ve lived through, you carry hard-earned wisdom. How does your experience allow you to help someone else today?

Day 7 – The Future Self

Picture yourself one year from now living with growth and purpose. Write a short letter from that future self to the you sitting here today.

■■ Safety Reminder

If writing brings up overwhelming distress, stop immediately. Use grounding tools like slow breathing, movement, or reaching out to a trusted person. You are not failing — you are listening to your nervous system.

Growth is not linear. Some days you charge forward. Some days you hold the line. Both are part of the mission.