

THE REVEAL HEAL THRIVE CHECK-IN

A gentle one-minute reset for your heart, mind, and spirit

Take a quiet moment. Breathe deeply. Then reflect on these three questions:

1. What feels heavy for me right now?

(Write one word, thought, or situation.)

2. What do I really want in this season of my life?

(Be honest. No filtering.)

3. What is one small step I can take toward healing or growth this week?

(It can be as simple as resting, praying, journaling, or asking for support.)

✨ *You don't have to carry everything alone.*

If you'd like more reflection tools, encouragement, and personal growth resources:

- Visit: RevealHealThrive.com/resources
- Subscribe and join the community for free tools, devotionals, and journaling prompts.



RevealHealThrive.com

Need support on your journey? **Sign up for a free Discovery Call.**

SPIRITUAL CHECK-IN

A gentle moment to pause, reflect, and reconnect

Take a breath. Invite God into this moment. Then reflect on these three prompts:

1. Where do I feel spiritually weary or burdened right now?

(Be honest – God already sees your heart.)

2. What truth from God do I need to remember in this season?

(A promise, scripture, or reminder of His love.)

3. What is one small way I can draw closer to God this week?

(Prayer, rest, journaling, forgiveness, or asking for support.)

✨ **You are not alone. God meets you in every step of healing.**

Explore my devotionals on the **YouVersion Bible App** for encouragement, healing, and spiritual growth through God's Word.



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GRIEF CHECK-IN

A gentle space to honor your heart and your healing

Grief has no timeline. Take a breath and reflect on these prompts:

1. What emotion feels closest to the surface for me today?

(Sadness, anger, numbness, gratitude, longing – all are welcome.)

2. What is one memory or truth about my loved one that I want to hold onto?

(A moment, lesson, or feeling that still brings meaning.)

3. What is one way I can care for myself as I carry this grief?

(Rest, prayer, journaling, talking to someone, giving myself grace.)

✨ ***Grief reminds us, Love never dies.***

My debut book, ***The Day My Heart Turned Blue***, is a 6× award-winning spiritual guide for those grieving the loss of a parent and seeking hope for the journey forward.

Available worldwide wherever books are sold, along with the companion journal.

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