



Journal Prompts for Emotional Healing



**Gentle reflections to shift
your mindset
and spark daily joy.**



v1.0 – March 2025

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"Your healing journey begins here. Reflect, release, and grow."



Welcome to Your Emotional Healing Journal



About This Workbook

This workbook is designed to be your gentle guide toward emotional healing and self-discovery. Use these prompts as often as you feel the need—whether it's daily, weekly, or during moments of emotional overwhelm. Take your time to reflect and write freely, allowing yourself to process your thoughts and emotions without judgment. Healing is a journey, and you are exactly where you need to be.



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Introduction by the Author

Hello, I'm ismahan arhezroq, a professional Life Coach, dedicated to helping you transform your life through practical tools, compassionate guidance, and empowering resources. Through Mibosma, I aim to support you on your journey to emotional clarity, personal growth, and achieving your dreams. This journal is part of my commitment to providing you with accessible and meaningful resources for your healing journey.

Explore more tools and resources at www.mibosma.com/tools.



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How to Use This Workbook:



The prompts within these pages are meant to help you:

- Release what weighs you down.
- Process your emotions with kindness.
- Heal through reflection and self-compassion.

Every word you write is a step toward deeper clarity and self-compassion.



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Journaling Tips for Better Emotional Healing:

1. Be Honest with Yourself: Allow yourself to express all emotions without judgment.
2. Write Freely: Don't worry about grammar or structure; this journal is for you.
3. Revisit Your Entries: Reflecting on past entries can reveal patterns, progress, and areas of growth.
4. Be Patient: Healing takes time. Celebrate small victories along the way.
5. Use a Calm Environment: Make journaling a peaceful and intentional activity.



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Testimonials Request

- Your journey matters to me! If you find this workbook helpful, I'd love to hear about your experience.
- Feel free to share your thoughts or testimonials on Mibosma.com or tag me on social media @mibosma.



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“Every emotion holds a message. Listen with kindness.”



- **What emotion feels most present within me right now? Why?**

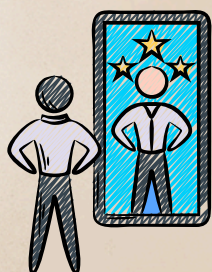


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"Your thoughts are seeds.
Nurture the ones that bring
you peace."

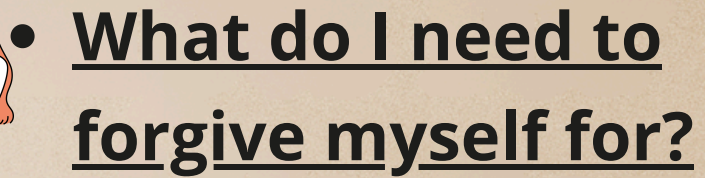
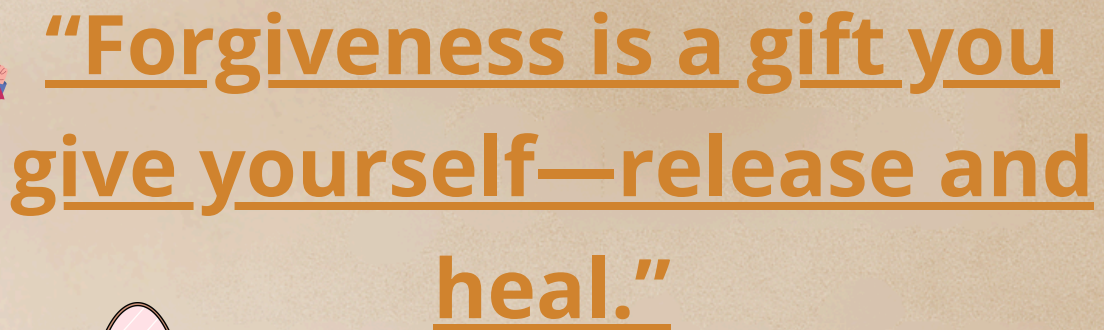


- What thoughts or beliefs are
contributing to my
emotional state?



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"Holding onto pain holds you back. Set yourself free through forgiveness."



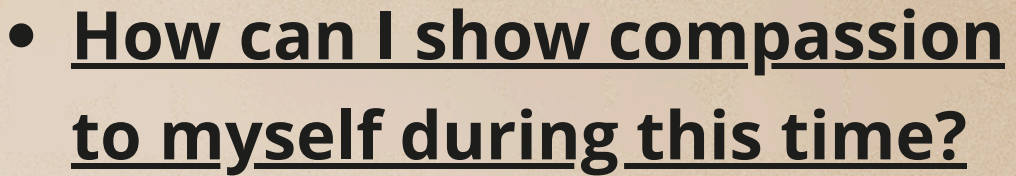
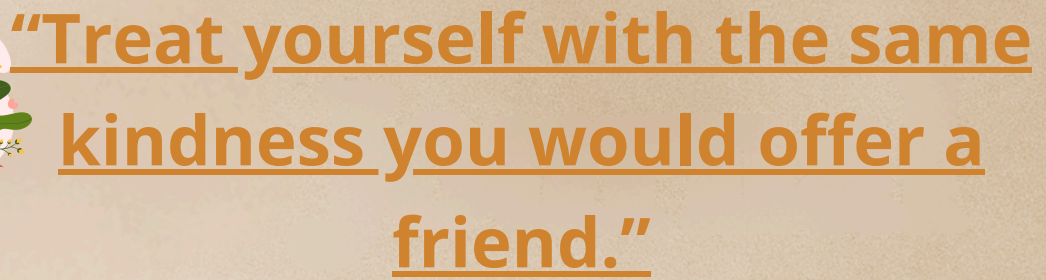
• What do I need to forgive others for?

Mibosma
MIND, BODY, SOUL



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"Letting go is not giving up;
it's making space for peace."



• What am I ready to
release or let go of?



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"Safety begins within. Honor your needs with gentleness."



- What do I need to feel safe and supported?



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"Pain is a guide, not a prison.
Listen and learn."



• What lesson or message is
my pain trying to teach me?



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**"You are worthy of love,
even when you feel lost."**



**What do I love about myself,
even in times of struggle?**

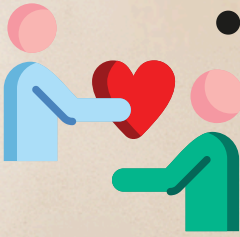


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to others."



- What would I tell a close friend who feels the way I do now?

The logo for Mibesma is centered on the page. It features the word "Mibesma" in a large, bold, sans-serif font. Below it, the words "MIND, BODY, SOUL" are written in a smaller, all-caps, sans-serif font. The entire logo is enclosed within a thin, light gray circular border.

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Explore More Free Tools:

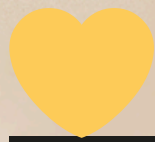
Visit www.mibosma.com/tools
for resources to support your
emotional clarity and wellness
journey. ✨

With all the best wishes,
The Mibosma Team ❤️



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Remember:

Healing is a journey.

**You are growing every day. Celebrate
your progress, honor your feelings,
and continue moving forward with
kindness.**

You are exactly where you need to be.

Mibosma – Begin Living As You Dream

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