Beloved Berachah CIC
FREE RESOURCE GUIDE

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Personal Reflection

Take a few moments to reflect on your journey. There are no right or wrong answers.

1. Identifying My Support Network

List three people, organizations, or safe places you can turn to when you feel overwhelmed.

2. Acknowledging My Strengths

Write down two incredibly difficult things you have already survived or overcome.

3. Looking Forward

What is one small, gentle step you can take this week to prioritize your own healing?

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