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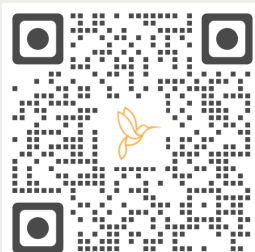
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Beauty
for Ashes



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 Beauty
for Ashes

To: My Beautiful Friend
From: Karen Hills



Your feelings matter and it's important to identify them and value them. Today I feel...

"Blessed are those who mourn, for they will be comforted." Matthew 5:4

When the person closest to us betrays us, it leaves us feeling like we are not valuable. Please journal answering this question today. How do I remind myself that I am enough? If I don't, how could I?

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." Psalm 139:14



Sometimes the person we need to forgive is ourselves. If I wrote a letter of forgiveness to myself, what would it say?

“Therefore, there is now no condemnation for those who are in Christ Jesus...” Romans 8:1



As women, we often put others' needs in front of our own. Of course, sometimes this is necessary. However, the result is we forget what our needs truly are. Today, please consider this question: Am I sacrificing my personal needs to make others happy and if so what needs are they?

“Cast all your anxiety on him because he cares for you.” Peter 5:7



YOU
are not
alone

Boundaries are a part of creating a safe environment. When a person has been betrayed, their emotional and sometimes physical health is at risk. Today's question is: Do I set boundaries with people that have personally affected me in the past?

"Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil."
Proverbs 4:26-27



Self-care is part of the healing journey. Be good to yourself, Beautiful! After a stressful day, what is the kindest thing I can do for myself?

"Come to me, all you who are weary and burdened, and I will give you rest." Matthew 11:28

Compassion toward yourself during the healing journey is vital. What positive truths can I say about myself?

"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ." 2 Corinthians 10:5



"...to comfort all who mourn, and provide for those who grieve in Zion - to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair..." Isaiah 61:3

Post-traumatic growth takes time but with help, it is possible. During this period, we begin to help others because we've begun to truly heal. What makes me feel useful and helpful?

"In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven." Matthew 5:16

