



SAFE HARBOR

Survivor Empowerment Journal

Date: _____

M T W T F S S

Daily Check-In Prompts

How am I feeling emotionally today? _____

What is one thing I need right now? _____

What felt challenging today? _____

What am I proud of today? _____



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Reflection & Healing

What helped me feel safe this week? _____

What boundaries do I want to set? _____

What gives me strength? _____

What support do I want to reach for next? _____



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Progress Tracking

Use this space to note small steps you've taken toward healing, even if they feel small. Every step counts. _____