

WORKSHEET 4

Healed Self Daily Protocol

A short daily practice for staying aligned with who you already are — even when life gets messy.

How to use this: Complete Part 1 once as your foundation. Return to Parts 2 and 3 daily — or whenever you feel yourself drifting from your vision. This is not about perfection. It is about returning.

PART 1 — YOUR HEALED SELF PORTRAIT

Describe your healed self in the present tense — as if it is already true today.

Who is this person? How do they move, think, choose, and show up? What do they do when they are tired, stressed, or tempted?

PART 2 — DAILY ALIGNMENT CHECK

Use these questions each day to stay connected to your healed self.

What is one specific thing my healed self would do today?

Not a perfect step. Not a dramatic change. Just one honest move.

What resistance might show up — and how will I respond?

Name the external challenge and the internal one. Naming it ahead of time keeps you from feeling like you are failing when it arrives.

What did I do today that brought me closer to my healed self?

End of day reflection. Even a small win counts.

PART 3 — A MESSAGE FROM YOUR FUTURE SELF

What would your healed self tell you right now about your fears, your doubts, and everything you are carrying?

Step outside your current moment. Write from the perspective of someone who has already lived through this and made it through.

No editing. No judgment. Just let the wiser version of you speak.

Alignment does not come from getting everything right. It comes from knowing who you are clearly enough that even when life does not cooperate — you do not lose yourself.