Reclaim Your Power
A 90 Day Journey



Reclaim Your Power: A Trauma Healing Journal for Women Ready to Break the Cycle

About Me

My name is Debbra Blosnich, and I know what it means to walk through the fire and still choose to rise. As a survivor of childhood trauma, I spent years carrying shame, fear, and patterns that kept me small. My healing journey wasn't easy, but it gave me something I never expected — the power to rewrite my story.

Today, I am an author, speaker, and transformational life coach dedicated to helping women reclaim their power, break cycles of pain, and create lives they truly love. I developed the She Awakens program and guide women through deep personal transformation using the principles of the Elite Mentorship Forum, trauma-informed coaching, and lived experience.



About This Journal

This journal was born out of my own healing and the work I now share with others. It's more than pages to write on — it's a safe space for you to remember who you are, to reconnect with your inner strength, and to take small but powerful steps toward freedom.

As you move through these reflections, know this: you are not broken. You are powerful. And you are worthy of the life you dream of.

This journal is here to remind you that healing is not only possible — it's yours to claim.

"You've done the surviving — now it's time to start thriving. This 90-day trauma healing journal is your sacred space to rewrite your story, reconnect with your worth, and reclaim your voice. With weekly themes, gentle prompts, and empowering affirmations, this isn't just paper. It's your permission slip to heal.

As you work through these pages, you will:

- **Cultivate self-compassion and soften the inner critic**
- **Build awareness of patterns and triggers without judgment**
- **Release shame and reconnect with your true worth**
- **Strengthen boundaries and your sense of safety**
- **Discover joy, gratitude, and new sources of resilience**
- **Redefine your identity beyond trauma**
- **Step into courage, vision, and empowerment**

WEEK 1: SELF-COMPASSION

Softening the inner voice -

Self-compassion is the practice of treating oneself with the same kindness and understanding offered to others. Trauma often leaves behind harsh self-criticism and feelings of unworthiness, making compassion toward oneself difficult. Yet, it is essential because healing cannot happen in an environment of self-judgment. Breaking the pattern begins with noticing negative self-talk and gently replacing it with supportive words.



AFFRIMATION

I CHOOSE TO TREAT MYSELF WITH GENTLENESS AND GRACE.

REFLECTIVE QUESTIONS:

1. When I notice my inner critic speaking, what does it usually say?

2. How can I respond with gentleness instead of judgment?

3. What's one way I can show myself compassion this week?

Action: Write down one kind statement to yourself each morning. When self-criticism arises, pause and reframe it with compassion.

Looks Like: "I'm so lazy." becomes "I am doing better everyday. I will do one thing and that is enough."

POWER MOVE

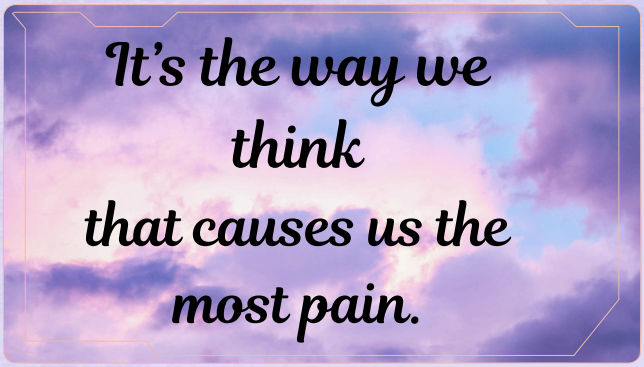
PAUSE FOR A MINDFUL BREATH BEFORE RESPONDING TO MYSELF OR OTHERS.

"TALK TO YOURSELF LIKE SOMEONE YOU LOVE". – BRENÉ BROWN

WEEK 2: AWARENESS

Noticing patterns without judgment

Awareness means recognizing the patterns of thought, emotion, and behavior that stem from past experiences. Trauma often hides in unconscious habits, making it hard to see clearly. Awareness is important because it shines light on what was once hidden, giving choice and freedom. Breaking the pattern requires slowing down and observing without judgment.



AFFIRMATION

"AWARENESS IS THE FIRST STEP TOWARD CHANGE."

REFLECTIVE QUESTIONS:

1. What patterns do I notice in my reactions when I feel triggered?
2. Where do I feel emotions in my body?
3. What does simply noticing (without fixing) open up for me?

Action: Keep a daily log of triggers and responses. Reflect on where these patterns may have originated and how they affect current life.
Looks Like: "Everytime someone cuts me off in conversation - I feel sad or angry." In my past no one listened to me.

POWER MOVE

WRITE DOWN ONE TRIGGER MOMENT DAILY AND REFLECT WITHOUT JUDGMENT.

"AWARENESS IS THE GREATEST AGENT FOR CHANGE." – ECKHART TOLLE

Week 3: Letting Go of Shame

Releasing what was never mine to carry

Shame convinces survivors that they are broken or unworthy. It is difficult to release because it often feels like part of identity. Yet, letting go of shame is vital, as it frees the heart to embrace healing and self-acceptance. Breaking the pattern involves separating the self from the experiences that caused harm.



Affiramtion

I am worthy of love, exactly as I am.

Reflective Questions:

1. What shame have I carried that doesn't belong to me?
2. How has shame kept me from living fully?
3. What truth do I want to believe instead?

Action: Write a letter to shame, acknowledging its presence but declaring it no longer defines you.

Looks Like: Replace "I am bad" with "I experienced something painful, but I am still whole."

Power Move

Speak one truth to myself daily: "It wasn't my fault."

"Shame dies when stories are told in safe places. "– Ann Voskamp

WEEK 4: BOUNDARIES

Learning to say yes and no with power

Boundaries are the limits that protect emotional, physical, and mental well-being. Trauma can blur these lines, making it hard to say no or to trust others. Boundaries are essential for safety and self-respect. Breaking the pattern means learning to honor personal needs without guilt.



AFFIRMATION

MY BOUNDARIES PROTECT MY PEACE.

REFLECTIVE QUESTIONS:

1. Where in my life do I struggle to set boundaries?

2. How does my body feel when my boundaries are crossed?

3. What boundary could I set this week to protect my energy?

Action: Practice saying "no" to one small request this week. Notice how it feels and remind yourself that boundaries are acts of self-care, not rejection.

Looks Like: Replace "Good People always say yes. They will like me more if I give more. With " I respect my time and limits."

POWER MOVE

SAY NO (OR YES) WITH INTENTION ONCE THIS WEEK.

"DARING TO SET BOUNDARIES IS ABOUT HAVING THE COURAGE TO LOVE OURSELVES, EVEN WHEN WE RISK DISAPPOINTING OTHERS. "– BRENÉ BROWN

Week 5: Inner Strength

True Power Comes from Within

Inner strength is the resilience that allows one to endure and grow through challenges. Trauma often convinces survivors they are powerless, making strength feel distant. Yet, it is already within, waiting to be reclaimed. Breaking the pattern involves recognizing small victories and building confidence step by step.



Affirmation

I am stronger than the storms I've survived.

Reflective Questions:

1. What challenges have I overcome that I once thought impossible?

2. What strengths do others see in me?

3. How can I celebrate my resilience today?

Action: Each evening, write down one moment where you showed strength, no matter how small. Over time, these moments reveal the depth of resilience.

Looks Like: "I failed" becomes "I can do this."

Power Move

Write a 'victory list' — 3 wins from my life journey.

"You may have to fight a battle more than once to win it."
– Margaret Thatcher

Week 6: Identity & Worth

Who I was Always Meant to be -

Trauma can distort identity, leaving survivors questioning who they are and whether they matter. Reclaiming identity and worth is difficult because old narratives may feel deeply ingrained. Yet, it is crucial for building a life rooted in authenticity. Breaking the pattern means rewriting the story of self with truth and dignity.



Affirmation

I define who I am today.

Reflective Questions:

1. How have I allowed my past to shape my identity?

2. What qualities in me are stronger than my pain?

3. Who am I becoming as I heal?

Action: Create a list of qualities, values, and passions that reflect the true self. Revisit this list often as a reminder of inherent worth.

Looks Like: "I am fun." "I can connect with others." "I can trust myself." "I am whole.

Power Move

Write daily 'I am...' statements (e.g., I am kind, I am creative).

"Owning our story and loving ourselves through that process is the bravest thing we'll ever do." – Brené Brown

Week 7: Forgiveness (Self-Forgiveness)

II forgive and it heals me -

Forgiveness is the release of resentment toward oneself or others. It is difficult because pain feels justified, and letting go can feel like excusing harm. Yet, forgiveness is not about forgetting—it is about freeing the heart from carrying the weight of the past. Breaking the pattern means choosing release over resentment.



Affirmation

I forgive myself for not knowing what I didn't know.

Reflective Questions:

1. What do I need to forgive myself for?

2. How has holding onto blame affected me?

3. What does forgiving myself open space for?

Action: Write down one thing you are ready to forgive yourself for. Then, consider one small step toward forgiving another, even if it begins with simply wishing them peace.

Looks Like: I don't condone your behavior but I won't let it hold me down any longer.

Power Move

Write a letter of forgiveness to myself (and keep it).

"Forgive yourself for not knowing what you didn't know before you learned it." – Maya Angelou

WEEK 8: JOY & GRATITUDE

Allowing light back in -

Joy and gratitude are practices that shift focus from pain to possibility. Trauma often narrows vision to survival, making joy feel unsafe or undeserved. Yet, cultivating joy and gratitude restores balance and opens space for healing. Breaking the pattern means allowing small moments of light into daily life.



AFFIRMATION

I DESERVE JOY AND CHOOSE TO NOTICE IT DAILY.

REFLECTIVE QUESTIONS:

1. What small moments bring me joy?

2. How do I feel when I focus on gratitude instead of loss?

3. What's one joy-filled activity I can give myself this week?

Action: Keep a gratitude journal, writing down three things each day that bring comfort or joy. Notice how this practice shifts perspective over time. Looks Like: Today I am grateful for fresh air, sunshine and coffee."

POWER MOVE

WRITE 3 THINGS I'M GRATEFUL FOR EACH NIGHT.

"ACKNOWLEDGING THE GOOD THAT YOU ALREADY HAVE IN YOUR LIFE IS THE FOUNDATION FOR ALL ABUNDANCE." — ECKHART TOLLE

WEEK 9: CONNECTION

Healthy relationships and belonging

Connection is the bond with self, others, and the world. Trauma can create isolation, making trust and closeness difficult. Yet, connection is vital for healing, as it reminds us we are not alone. Breaking the pattern means taking small, safe steps toward openness.



AFFIRMATION

I ATTRACT RELATIONSHIPS ROOTED IN LOVE AND RESPECT.

REFLECTIVE QUESTIONS:

1. Who makes me feel safe and seen?
2. What relationships no longer serve me?
3. What qualities do I want in future connections?

Action: Reach out to one trusted person this week for a meaningful conversation. Practice being present and allowing yourself to be seen. Looks Like: "Hey there do you have some time to talk today?" "Would you like to get coffee this week?" (Listen and Share)

POWER MOVE

REACH OUT TO SOMEONE SAFE AND SHARE APPRECIATION.

"SURROUND YOURSELF WITH ONLY PEOPLE WHO ARE GOING TO LIFT YOU HIGHER". – OPRAH WINFREY

WEEK 10: COURAGE & EXPRESSION

Finding my voice

Courage is the willingness to face fear, and expression is the act of giving voice to truth. Trauma often silences survivors, making it hard to speak or act authentically. Yet, courage and expression are essential for reclaiming power. Breaking the pattern means practicing honesty in safe spaces.



AFFIRMATION

MY VOICE MATTERS. MY STORY MATTERS.

REFLECTIVE QUESTIONS:

1. What truth am I ready to speak out loud?

2. How does it feel when I silence my voice?

3. What would I say if I felt completely safe?

Action: Write or speak one truth that has been held inside. Share it with a journal, a trusted friend, or through creative expression.
Looks Like: "I was hurt and this is how it has affected me...." "I am learning to live as me."

POWER MOVE

SPEAK OR WRITE ONE TRUTH I'VE BEEN HOLDING BACK.

"COURAGE STARTS WITH SHOWING UP AND LETTING OURSELVES BE SEEN."
– BRENÉ BROWN

Week 11: Vision & Future Self

My past does not define my Future "I do." -

Vision is the ability to imagine a life beyond survival, and the future self is the version of oneself that thrives. Trauma can trap the mind in the past, making it hard to dream. Yet, envisioning a future self creates direction and hope. Breaking the pattern means daring to imagine what is possible.



Affirmation

I AM CREATING A FUTURE THAT EXCITES ME.

Reflective Questions:

1. What does my best future self look and feel like?

2. What dreams have I buried that I want to revive?

3. What first step can I take toward my vision?

Action: Write a letter from your future self, describing the life you are living and the strengths you embody. Use this vision as a guide for daily choices. Looks Like: I am thriving, I love myself and I treat myself with respect and kindness. I have friends who care about me and I am safe to live my dreams."

Power Move

Write a vision letter to my future self.

"Go confidently in the direction of your dreams. Live the life you have imagined." – Henry David Thoreau

Week 12: Integration & Empowerment

Becoming the author of my story

Integration is the weaving together of all parts of the self, and empowerment is living from that wholeness. Trauma fragments identity, making it difficult to feel complete. Yet, integration brings harmony, and empowerment allows life to be lived with purpose. Breaking the pattern means embracing all experiences as part of the journey.



Affirmation

I am whole. I am powerful. I am free.

Reflective Questions:

1. What have I learned about myself on this journey?
2. How will I continue to nurture my healing?
3. What story about myself am I rewriting from today forward?

Action: Reflect on the skills practiced over the past weeks. Write down how each has shaped growth and how they can continue to guide the path forward.

Looks Like: Being Patient with the process of unlearning and learning new beliefs about your past and yourself" Look back and see where you have grown and where you still may need some support."

Power Move

Create a closing ritual (light a candle, write a mantra, or celebrate your new story).

"The most common way people give up their power is by thinking they don't have any". – Alice Walker

Who I am now vs when I started

LETTER TO MY FUTURE SELF

Notes to Self Page

Thank You

Thank you for saying yes to yourself and walking through these pages with courage and honesty. Completing this journal is more than finishing a book – it's a declaration that your healing matters, your voice matters, and your life is worth living with freedom and joy.

Remember, this is not the end of your journey – it's a powerful beginning. You've planted seeds of compassion, awareness, strength, and vision. Now it's time to keep nurturing them as you continue to rise into the woman you were always meant to be.

If you're ready to take the next step, I'd love to walk alongside you in SHE AWAKENS, MY SIX-WEEK GROUP COACHING EXPERIENCE DESIGNED TO HELP WOMEN LIKE YOU DEEPEN THEIR HEALING, RECLAIM THEIR POWER, AND CREATE A LIFE THEY LOVE.

🌿 ***Until then, keep honoring your growth, keep choosing yourself, and keep remembering: You are whole. You are powerful. You are free.***

With love and belief in you,
Debbra

hello@dblosnich.com

All rights reserved. No part of this document may be copied, reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the creator, except in the case of brief quotations used in reviews or articles.