



WRITE YOUR BRAVE GUIDED HEALING JOURNAL

A 7-Part Digital Healing Journey

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BRAVE HORIZON

BOLDLY DEFINING YOUR PATH



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INSTRUCTOR



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About the Author

Agatha Oluwashola Georgestone is a trauma survivor, author, and faith mentor.

Her healing journey inspired this journal to help women process pain and write their way back to strength.

She believes your voice matters, your healing is holy, and your story isn't over.

THE TRUTH HURTS BUT IT ALSO HEALS

- Scripture: "Then you will know the truth, and the truth will set you free." – John 8:32
- Devotion: Naming the pain is the first act of healing. Hiding it keeps you bound, but truth brings light.
- Journal Prompt: What truth have you been avoiding? Write it without fear.
- Affirmation: "I am safe to tell the truth."
- Brave Step: Tell one trusted person one truth today.

Journal Here

FORGIVENESS IS FREEDOM

- Scripture: "Forgive as the Lord forgave you." – Colossians 3:13
- Devotion: Forgiveness is not excusing what happened. It's choosing not to let it imprison you any longer.
- Journal Prompt: Who do you need to forgive to be free? (It might be yourself.)
- Affirmation: "I release what no longer serves my healing."
- Brave Step: Write a letter you don't have to send.

Journal Here

GOD WAS THERE EVEN THEN

- Scripture: "The Lord is close to the brokenhearted." – Psalm 34:18
- Devotion: When you thought you were alone, God was holding you in silence.
- Journal Prompt: Revisit a painful memory then write where you now see God's hand.
- Affirmation: "Even when I didn't see it, God was with me."
- Brave Step: Create a visual or written reminder of God's presence.

Journal Here

YOUR VOICE IS NOT A VICTIM

- Scripture: "Let the redeemed of the Lord tell their story." – Psalm 107:2
- Devotion: Your story matters. And it doesn't end in pain it ends in power.
- Journal Prompt: Write the title of your story not what happened to you, but how you rose.
- Affirmation: "My voice is valuable. My voice is brave."
- Brave Step: Share a part of your story (social post, conversation, or journal).

Journal Here

WORTHY OF JOY AGAIN

- Scripture: "Weeping may endure for a night, but joy comes in the morning." – Psalm 30:5
- Devotion: Pain doesn't cancel your right to joy. You are allowed to smile again.
- Journal Prompt: What does joy look like for you now? Describe it.
- Affirmation: "Joy is my portion. I receive it."
- Brave Step: Do one thing today that makes you smile

Journal Here

BECOMING BRAVE—EVERY DAY

- Scripture: “Be strong and courageous... for the Lord your God goes with you.” – Deuteronomy 31:6
- Devotion: Brave doesn’t mean unafraid. It means showing up even when you are.
- Journal Prompt: What does it mean for you to be brave?
- Affirmation: “I walk in boldness, even with trembling knees.”
- Brave Step: Write a Brave Manifesto—a letter to your future self

Journal Here

THANK YOU!

You just took a powerful step and I want to celebrate you for it.

This isn't just a journal. It's a sacred space to process, to pray, and to write
your brave.

As you go through each page, know this:
You are not alone. God is with you. And your healing matters.

Take your time. Honor your pace.
And remember bravery isn't loud. Sometimes, it's simply showing up with your
whole heart.

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