

# My Sustained Healing Roadmap

*One gentle ritual. Lifelong support.*

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## 💛 Why a Roadmap?

Healing isn't about doing *everything* every day—it's about knowing what keeps you grounded, especially when life gets noisy.  
This roadmap helps you choose one daily action that feels doable, meaningful, and yours.

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## 🔍 Step 1: What Keeps You Grounded?

Think back on what's helped you most in your healing journey so far:

- ✓ What calmed your nerves?
- ✓ What brought you back to yourself?
- ✓ What made you feel safe, seen, or strong?

Jot them down here:

- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
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## ☀️ Step 2: Choose Your “Maintenance Mini-Ritual”

Pick one small, **non-negotiable daily practice**.

This is your anchor. Your reminder. Your “I showed up” moment.

Keep it short, realistic, and kind.

### My Ritual:

☐ I commit to \_\_\_\_\_

(Examples: 3 deep breaths before work, stretch in bed, mirror affirmation, 60 seconds of silence)

### When will I do it?

- ☐ First thing in the morning
- ☐ Before a challenging task

- ☐ Before bed
- ☐ Other: \_\_\_\_\_
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### Step 3: Make It Stick — 7-Day Tracker

Use this space to track your ritual for the next 7 days:

Day	Did I show up for myself?	Notes or reflections
Day 1	<input type="checkbox"/> Yes <input type="checkbox"/> Not today	_____
Day 2	<input type="checkbox"/> Yes <input type="checkbox"/> Not today	_____
Day 3	<input type="checkbox"/> Yes <input type="checkbox"/> Not today	_____
Day 4	<input type="checkbox"/> Yes <input type="checkbox"/> Not today	_____
Day 5	<input type="checkbox"/> Yes <input type="checkbox"/> Not today	_____
Day 6	<input type="checkbox"/> Yes <input type="checkbox"/> Not today	_____
Day 7	<input type="checkbox"/> Yes <input type="checkbox"/> Not today	_____

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### Step 4: Revisit & Adjust

Your needs will shift—and that’s okay.  
Every week or month, check in with this:

- ✨ Is my ritual still supportive?
  - ⌚ Do I need to change the time or type?
  - 💡 What’s one thing I’ve learned about myself?
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### Final Reminder

This isn’t about being perfect.  
It’s about having *one small way* to care for yourself—consistently.

Because you deserve daily reminders that you're healing, evolving, and worthy of peace.