Breathe, Feel, Heal

A Resilience & Emotional Intelligence Toolkit

“You are not broken. You are becoming.”

by Vim  
The Butterfly Room: Root & Rise Collective

# Welcome to Your Toolkit

This is your gentle space. A place to explore your feelings, find your breath, and honor your healing.  
  
Use this toolkit in your own time. There’s no right or wrong way to feel. Let these pages hold your thoughts, your voice, and your becoming.  
  
Take your time. Breathe deep. Write freely.

# Reflection Prompts

Use these prompts to guide your journaling. Write as much or as little as you like.

• What does silence mean to you in moments of conflict?

• When have you shown courage in the face of pain?

• How can you advocate for your needs with emotional integrity?

• What boundaries help you protect your peace?

• What does healing look like for you right now?

# Journal Page – Guided

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Today I feel: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I honor my truth by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What I need today: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Use the space below to continue your thoughts or drawings)

# Journal Page – Free Space

(Use this page however you need – words, sketches, poems, prayers.)

# Affirmations

Repeat these out loud, write your own, or choose one for your day:

• I am healing at my own pace.

• I can be tender and strong at the same time.

• My story matters.

• I trust the timing of my journey.

• I am becoming more myself each day.