WOUNDED But Wiser™

Reset Starter Workbook

VERSION 1.0

A GUIDED SELF-COACHING EXPERIENCE
FOR EMOTIONAL CLARITY, PERSONAL GROWTH,
AND PURPOSEFUL LIVING



Where the pain became purpose—
and the story became strength.

BY NICOLE M. SOSA
FOUNDER, WOUNDED BUT WISER™

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ABOUT THIS WORKBOOK

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DISCLAIMER

Disclaimer

First, welcome. If you're holding this workbook, you've already taken one meaningful step: you chose to slow down long enough to care for your own heart. This workbook was created as an educational and personal reflection resource. It is designed to help you increase self-awareness, organize your thoughts, and develop healthier patterns through guided coaching exercises. It is not a substitute for licensed medical care, mental health treatment, crisis intervention, legal advice, or professional counseling. Please work at your own pace. Some questions may bring difficult memories or emotions to the surface. If that happens, give yourself permission to pause, rest, or seek additional support from a trusted pastor, counselor, therapist, physician, or another qualified professional. Healing rarely happens all at once. Growth is often built through many small, faithful steps. There are no perfect answers—only honest progress.

WELCOME

Welcome

I'm so glad you're here. Life has a way of teaching lessons we never asked to learn. Sometimes those lessons come through disappointment, loss, burnout, broken relationships, unanswered questions, or simply carrying too much for too long. This workbook wasn't created to overwhelm you with information or make you feel like another project that needs fixing. It was created to give you space—to breathe, reflect, notice patterns, and reconnect with the person God is continuing to shape. Every healthy transformation begins with awareness, not shame. My hope is that you leave this workbook with renewed hope, clearer direction, and confidence that even small steps matter. Thank you for trusting me to walk alongside you for a little while. — Nicole M. Sosa Founder, Wounded But Wiser™

FIND YOUR WAY

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HOW TO USE THIS WORKBOOK

How to Use This Workbook

There is no wrong way to begin. You don't need perfect circumstances, uninterrupted hours, or perfect answers. You simply need a willingness to be honest. Read each teaching page slowly, reflect on the ideas presented, complete the accompanying worksheet, and pause during each Reset Moment. The goal isn't to finish quickly. The goal is to finish thoughtfully.

WHAT IS WOUNDED BUT WISER?

What is Wounded But Wiser?

Wounded But Wiser™ was created from a simple belief: Our wounds do not have to become our identity. They can become places where wisdom grows. Rather than pursuing perfection, the Wounded But Wiser™ method emphasizes awareness before action, reflection before reaction, grace before shame, and small sustainable steps over impossible expectations. The rhythm of this workbook is simple: Notice. Understand. Renew. Align. Act. You do not need to have everything figured out before you begin. You simply need to begin.

THE WBW RESET PATH

The WBW Reset Path

PAUSE
DISCOVER
RENEW
REMEMBER
ALIGN
DECIDE
PROTECT
PRACTICE
LIVE WITH GREATER CLARITY

SECTION ONE

Pause

> "Awareness is the doorway to lasting change."

Teaching Page

Why We Begin by Pausing

Most of us spend our lives responding.

Responding to responsibilities.

Responding to stress.

Responding to expectations.

Responding to everyone else's needs.

Rarely do we stop long enough to ask ourselves one important question:

> "How am I really doing?"

Many people don't ignore their emotions because they don't care.

They ignore them because life feels too busy, too overwhelming, or too uncertain to slow down.

Yet what goes unnoticed often continues to shape us.

Unrecognized stress becomes burnout.

Ignored hurt becomes resentment.

Unprocessed disappointment becomes discouragement.

Unchecked fear quietly begins making decisions for us.

Emotional awareness isn't about becoming overly emotional.

It is simply learning to notice what is already happening within you.

When you begin paying attention to your thoughts, emotions, physical responses, and recurring reactions, you gain something incredibly valuable:

Clarity.

You cannot change what you refuse to acknowledge.

But once something becomes visible, it becomes something you can understand, pray through, learn from, and begin changing.

Awareness is never the finish line.

It is simply where healing begins.

Why Awareness Comes Before Change

Imagine trying to fix a leak without knowing where the water is coming from.

Or trying to navigate without first knowing your current location.

Real growth works the same way.

Before making better decisions...

Before building healthier habits...

Before setting stronger boundaries...

We first learn to become honest observers of our own lives.

Not critical observers.

Not shame-filled observers.

Honest observers.

There is tremendous freedom in replacing self-condemnation with curiosity.

Instead of asking:

> "What's wrong with me?"

Begin asking:

> "What might this reaction be trying to teach me?"

That single shift often changes everything.

A Gentle Encouragement

If today's reflection feels uncomfortable...

That's okay.

Many people spend years disconnected from what they're feeling.

There is no expectation that everything suddenly becomes clear today.

This isn't a test.

There are no perfect answers.

There is only one goal:

Become a little more honest than you were yesterday.

Small moments of awareness become meaningful moments of growth.

And meaningful moments of growth become transformed lives.

Coach's Notes

Common Struggles

As you complete today's reflection, you may notice thoughts like:

> "I don't know how I feel."
>
> "Everything feels like too much."
>
> "I don't know where to start."
>
> "I'm probably overthinking this."
>
> "Other people have it worse."

If any of these thoughts sound familiar, you're not alone.

Many people minimize their own experiences because they've spent years surviving rather than slowing down.

This workbook invites you to do something different.

Notice.

Without judgment.

A Gentle Reminder

Your emotions are information.

They are not your identity.

Feeling anxious does not mean you are weak.

Feeling discouraged does not mean you have failed.

Feeling overwhelmed does not mean you are incapable.

Feelings deserve to be acknowledged.

They do not have to become your definition.

A Progress Mindset

Growth rarely happens through one dramatic breakthrough.

It is usually built through many small moments of honesty.

Today's goal isn't perfection.

Today's goal is awareness.

That is enough.

Reflection Page

Pause and Notice

Take a slow breath before answering.

Respond honestly.

No one else will grade these answers.

Reflection Questions

What emotion have I experienced most often this week?

What situation seems to trigger that emotion most often?

What have I been avoiding thinking about lately?

What has been giving me life recently?

What has been draining my energy?

If I could describe my current season using only three words, what would they be?

1.

2.

3.

Journal Prompt

Complete the sentence below.

Right now, I honestly need...

Worksheet

Emotional Processing Sheet

PRINTABLE WORKSHEET

Emotional Processing Sheet

Use this page to turn reflection into one clear, manageable next step. Write only what feels safe and useful to you.

What happened?

What emotion am I noticing?

Where do I feel it in my body?

What thought or meaning is attached to this feeling?

What do I need right now?

What is one gentle, responsible next step?

RESET MOMENT

Take One Minute

Before moving on...

Pause.

Place both feet on the floor.

Relax your shoulders.

Take one slow breath in through your nose for four seconds.

Hold gently for two seconds.

Slowly exhale through your mouth for six seconds.

Repeat three times.

You do not have to solve everything today.

You only need to be present for this moment.

Scripture Reflection

> "Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."
>
> **— Psalm 139:23

SECTION TWO

Discover

"Understanding your patterns is the first step toward changing them."

Teaching Page

Looking Beneath the Surface

Now that you've taken time to pause, the next step is discovery.

Awareness helps us notice what we're experiencing.

Discovery helps us understand why.

Many of our daily reactions are not random. They are often connected to long-standing beliefs, habits, experiences, or unmet needs that quietly influence the way we think, feel, and respond.

Sometimes we react from wisdom.

Sometimes we react from fear.

Sometimes we react from wounds we didn't realize were still affecting us.

Discovery is not about blaming yourself or others.

It is about becoming curious enough to explore what may be happening beneath the surface.

When we understand our patterns, we gain the opportunity to change them intentionally instead of repeating them automatically.

Patterns Are Learned

Every person develops patterns.

Some are healthy.

Some become unhelpful over time.

Perhaps you've learned to avoid conflict because peace once felt safer than honesty.

Maybe you've learned to stay busy because slowing down feels uncomfortable.

Perhaps you've learned to carry everyone else's burdens while ignoring your own.

These patterns often begin as survival strategies.

They helped us make it through difficult seasons.

But what protected us in one season may begin limiting us in another.

Healthy growth invites us to ask:

"Is this pattern still serving the person I'm becoming?"

That question alone can open the door to remarkable transformation.

Grace While You Discover

You may uncover things that surprise you.

Some discoveries will feel encouraging.

Others may feel painful.

Remember:

Awareness is not failure.

Discovery is not condemnation.

Every healthy change begins with truth.

And truth, when received with grace, becomes one of the greatest gifts we can give ourselves.

Coach's Notes

Common Patterns

Many people discover recurring patterns such as:

People-pleasing

Perfectionism

Avoidance

Fear of disappointing others

Difficulty trusting

Overthinking

Emotional shutdown

Constant self-criticism

Feeling responsible for everyone else's happiness

Not every pattern is unhealthy.

The goal is simply to notice what appears consistently in your life.

A Gentle Reminder

Patterns are learned.

Which means they can also be unlearned.

You are not trapped by your past.

You are being invited into something healthier.

Growth doesn't erase your story.

It helps redeem it.

A Progress Mindset

Don't rush this process.

Discovery takes time.

The more honestly you understand yourself, the more wisely you'll be able to move forward.

Curiosity often produces greater change than criticism ever could.

Reflection Page

Discover Your Patterns

Answer honestly.

There are no perfect responses.

Reflection Questions

What situations tend to drain me emotionally?

When I feel stressed, what is my first reaction?

What unhealthy habit or pattern do I notice repeating?

What healthy habit would I like to replace it with?

What belief about myself might be influencing these reactions?

What is one pattern I would like God to help me transform?

Journal Prompt

Complete the sentence below.

I am beginning to realize that...

Worksheet

Pattern Discovery Worksheet

PRINTABLE WORKSHEET

Pattern Discovery Worksheet

Use this page to turn reflection into one clear, manageable next step. Write only what feels safe and useful to you.

What situation keeps repeating?

What usually triggers it?

How do I usually respond?

What result does that response create?

What pattern do I now recognize?

What could interrupt this pattern next time?

RESET MOMENT

Pause and Reflect

Take a slow breath.

Place one hand over your heart.

Remember that discovering a pattern does not make you a failure.

It simply gives you the opportunity to grow.

Ask yourself:

> "What is one small change I can make today?"

You don't need to change everything.

One faithful step is enough.

Scripture Reflection

> "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

— Romans 12:2 (NIV)

SECTION THREE

Renew

"Transformation begins when truth reshapes the way we think."

Teaching Page

The Power of Renewing Your Mind

Every day we tell ourselves stories.

Some of those stories are life-giving.

Others quietly keep us stuck.

Perhaps you've thought:

"I'll never change."

"I'm not enough."

"Everyone else has it figured out."

"If I fail, I've failed as a person."

"I have to earn love by performing."

These thoughts often become so familiar that we stop questioning them.

But not every thought deserves our agreement.

One of the greatest gifts God has given us is the ability to renew our minds with truth.

Renewal doesn't mean pretending life is easy.

It means learning to replace lies, fear, shame, and distorted thinking with what is true, life-giving, and aligned with God's heart.

The thoughts we consistently believe eventually shape the lives we consistently live.

When our thinking changes, our perspective begins to change.

When our perspective changes, our choices often follow.

Replacing Lies with Truth

Renewal is more than positive thinking.

It is intentional thinking.

It means slowing down long enough to ask:

Is this thought true?

Is this thought helpful?

Is this thought leading me toward peace or fear?

Would I say this to someone I love?

Does this reflect God's view of me?

Sometimes we don't need a completely new life.

We need a healthier lens through which to see the one we're already living.

Every lie loses strength when it is consistently replaced with truth.

Small Changes Create Lasting Change

Renewal is usually quiet.

It happens one thought at a time.

One prayer at a time.

One healthy choice at a time.

Don't underestimate small, faithful steps.

Lasting transformation rarely happens overnight.

It grows through consistent renewal.

Coach's Notes

Common Thinking Traps

Many people become stuck in patterns like:

All-or-nothing thinking

Catastrophizing

Assuming the worst

Comparing themselves to others

Harsh self-criticism

Believing feelings are always facts

Living from guilt instead of grace

These patterns can feel automatic.

But automatic does not mean permanent.

A Gentle Reminder

You are allowed to question thoughts that bring shame without bringing growth.

Truth produces freedom.

Condemnation produces fear.

Learn to recognize the difference.

A Progress Mindset

Every time you choose truth over fear...

Grace over shame...

Hope over hopelessness...

You are strengthening a healthier way of thinking.

Celebrate those moments.

They matter.

Reflection Page

Renew Your Thinking

Take your time.

Allow yourself to answer honestly.

Reflection Questions

What thought has been repeating in my mind lately?

Is this thought completely true? Why or why not?

What truth would I rather believe instead?

How might my life change if I consistently believed that truth?

What is one encouraging truth I need to remind myself of this week?

Journal Prompt

Complete the sentence below.

Today I choose to replace...

...with...

Worksheet

Truth Replacement Worksheet

PRINTABLE WORKSHEET

Truth Replacement Worksheet

Use this page to turn reflection into one clear, manageable next step. Write only what feels safe and useful to you.

The thought or belief I want to examine

What makes this belief feel convincing?

What facts, wisdom, or scripture challenge it?

A more truthful and responsible statement

One action that would help me practice this truth

RESET MOMENT

Renew Your Mind

Close your eyes for a moment.

Take three slow breaths.

As you inhale, quietly say:

> "Lord, fill my mind with Your truth."

As you exhale, quietly release:

Fear.

Shame.

Condemnation.

Repeat three times.

You don't have to believe every thought that enters your mind.

You can choose which thoughts you allow to remain.

Scripture Reflection

> "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

— Romans 12:2 (NIV)

SECTION FOUR

Remember

"Hope grows when we remember where God has already been faithful."

Teaching Page

Why Remembering Matters

Life has a way of making us forget.

When we're overwhelmed, we forget how far we've come.

When we're discouraged, we forget previous victories.

When we're afraid, we forget the prayers that were already answered.

When we're hurting, we often remember our failures more clearly than God's faithfulness.

Throughout Scripture, God repeatedly called His people to remember.

Not because He needed reminding—but because they did.

Remembering anchors us when emotions try to carry us away.

It reminds us that today's difficult season is not the whole story.

The same God who carried you before has not abandoned you now.

Your Story Is Bigger Than This Moment

Every person has moments they wish they could erase.

But your story is made up of far more than your hardest chapters.

You have survived difficult days before.

You have grown in ways you once thought impossible.

You have learned lessons that only experience could teach.

Even if you cannot see every reason yet, your journey has produced strength, wisdom, compassion, and resilience.

The goal isn't to live in the past.

The goal is to carry forward what the past has taught you.

Every chapter has contributed to who you are becoming.

Remember Who You Are

Your identity is not determined by:

Your worst mistake.

Someone else's opinion.

Your current struggle.

Your level of productivity.

Your past.

Your identity is rooted in something far more secure.

You are a person created with purpose.

You are worthy of dignity.

You are capable of growth.

You are not beyond restoration.

You are still becoming.

When you remember who you are, you begin making decisions that reflect that identity.

Coach's Notes

Gratitude Builds Perspective

Gratitude doesn't deny pain.

It simply refuses to let pain become the only thing we see.

Sometimes healing begins by noticing the evidence of grace that has been quietly present all along.

Even small blessings deserve to be remembered.

A Gentle Reminder

You don't need to have every answer today.

Sometimes remembering God's faithfulness yesterday provides enough strength to trust Him with tomorrow.

A Progress Mindset

Growth is easier to recognize when you intentionally look back.

Celebrate every healthy choice.

Every difficult conversation.

Every boundary you've learned to set.

Every time you chose hope instead of giving up.

Those moments matter.

Reflection Page

Remember Your Journey

Take a few quiet moments before answering.

Reflection Questions

What challenge have I overcome that once felt impossible?

Where have I seen growth in my life over the past year?

What prayer, opportunity, or blessing am I thankful for today?

Who has encouraged or supported me during difficult seasons?

What strength has God been developing in me?

What truth do I never want to forget again?

Journal Prompt

Complete the sentence below.

When I look back, I can see that...

Worksheet

Gratitude & Growth Inventory

PRINTABLE WORKSHEET

Gratitude & Growth Inventory

Use this page to turn reflection into one clear, manageable next step. Write only what feels safe and useful to you.

Three things I am grateful for today

A change I can recognize in myself

Strengths or support that helped me move forward

Growth I want to keep nurturing

My next faithful step

RESET MOMENT

Pause and Remember

Take a slow breath.

Think of one moment when you experienced unexpected peace.

One answered prayer.

One act of kindness.

One reminder that you were not alone.

Hold that memory for a moment.

Allow gratitude to replace discouragement.

Allow hope to replace fear.

Remember:

The God who has been faithful before remains faithful today.

Scripture Reflection

> "Forget not all His benefits."

— Psalm 103:2

SECTION FIVE

Align

"Peace grows when your daily life reflects your deepest values."

Teaching Page

Living in Alignment

After taking time to pause, discover your patterns, renew your thinking, and remember God's faithfulness, the next step is alignment.

Alignment is the process of bringing your thoughts, words, choices, relationships, and priorities into agreement with the person you are becoming.

Many people know what matters most to them.

Far fewer consistently live according to those values.

When our lives become misaligned, we often feel restless.

We say yes when we mean no.

We ignore our limits.

We pursue approval instead of purpose.

We become busy without being intentional.

Alignment is not about perfection.

It is about consistency.

Each small decision becomes another opportunity to live from your values instead of your circumstances.

Values Become Direction

Every decision moves us toward something.

The question is:

Toward what?

When you know your values, decisions become clearer.

If you value honesty, truth becomes easier to choose.

If you value peace, healthy boundaries become easier to establish.

If you value faith, prayer becomes a priority rather than an afterthought.

Your values become a compass.

They help guide you when emotions, distractions, or pressure try to pull you off course.

The clearer your values become, the easier it becomes to recognize what belongs in your life—and what doesn't.

Progress Over Perfection

There will be days when you fall short.

That does not mean you've failed.

Alignment is not measured by one difficult day.

It is measured by your willingness to return to what matters.

Growth is often less about dramatic change and more about repeated course corrections.

Every time you realign with your values, you strengthen the life you are intentionally building.

Coach's Notes

Common Signs of Misalignment

You may be living out of alignment if you often feel:

Constantly exhausted but rarely fulfilled.

Like you're living for everyone else's expectations.

Torn between what you believe and what you practice.

Unable to say no without guilt.

Disconnected from your purpose.

Busy but not productive.

Pulled in too many directions.

Awareness of these signs is not meant to create shame.

It creates an opportunity to make intentional adjustments.

A Gentle Reminder

You cannot control every circumstance.

But you can choose how you respond.

Small daily choices have tremendous power over time.

A Progress Mindset

Ask yourself often:

> "Does this decision move me closer to the person I want to become?"

If the answer is yes...

Keep taking the next faithful step.

Reflection Page

Align Your Life

Answer thoughtfully.

There are no perfect answers.

Reflection Questions

What values matter most to me right now?

Where do I feel most aligned with those values?

Where do I feel out of alignment?

What habit or commitment would help me live more intentionally?

What is one distraction I may need to release?

What does a life aligned with my values look like?

Journal Prompt

Complete the sentence below.

The person I am becoming is someone who...

Worksheet

Personal Values Alignment Worksheet

PRINTABLE WORKSHEET

Personal Values Alignment Worksheet

Use this page to turn reflection into one clear, manageable next step. Write only what feels safe and useful to you.

The decision, relationship, or area I am reviewing

The values that matter most here

Where my current actions are aligned

Where they are not aligned

One adjustment that would create greater alignment

RESET MOMENT

Return to Center

Take a deep breath.

Quiet the distractions around you.

Ask yourself:

> "What matters most today?"

Not next year.

Not next month.

Today.

Choose one action that reflects your values.

Take that step before the day ends.

Small acts of alignment create lasting transformation.

Scripture Reflection

> "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight."

— Proverbs 3:5–6 (NIV)

SECTION SIX

Decide

"Lasting change begins with intentional choices."

Teaching Page

The Power of One Decision

Every day is filled with decisions.

Some seem insignificant.

Others quietly shape the direction of our lives.

The life you are building tomorrow is influenced by the choices you make today.

While we cannot always control what happens to us, we can choose how we respond.

Healing is not a single decision—it is a series of intentional ones.

Choosing to forgive.

Choosing to ask for help.

Choosing to rest.

Choosing to tell the truth.

Choosing to trust God one more time.

Every healthy decision becomes another brick in the foundation of the life you're creating.

Progress Is Built One Choice at a Time

Many people wait until they feel ready before making a change.

But feelings often follow action.

You may never feel completely prepared.

You may still have doubts.

You may still have questions.

That's okay.

Courage isn't the absence of fear.

Courage is choosing what is right even while fear is present.

One faithful decision today is more valuable than waiting for the perfect moment tomorrow.

Decide With Wisdom, Not Pressure

Not every decision requires urgency.

Healthy decisions are made with prayer, wisdom, and peace—not panic.

When you're uncertain, ask yourself:

Does this align with my values?

Does this move me toward healing?

Does this reflect the person I want to become?

Does this produce peace or confusion?

Would I encourage someone I love to make this same choice?

Wise decisions are rarely perfect.

But they are thoughtful.

Coach's Notes

Decision Fatigue Is Real

If you've been under prolonged stress, even simple decisions can feel overwhelming.

That doesn't mean you're incapable.

It means your mind and body may need rest.

When possible:

Slow down.

Simplify.

Pray.

Gather good information.

Give yourself permission to think before responding.

Not every decision has to be made immediately.

A Gentle Reminder

You are not defined by every decision you've made in the past.

Today's choices are writing tomorrow's story.

Every new decision is another opportunity to grow.

A Progress Mindset

Don't focus on making perfect decisions.

Focus on making intentional ones.

Consistency matters more than perfection.

Reflection Page

Choose Your Next Step

Take your time.

Reflection Questions

What decision have I been avoiding?

What fear may be keeping me stuck?

What would the healthiest version of myself choose?

What is one decision I can make this week that supports my healing?

Who can encourage or hold me accountable as I move forward?

What first step can I take within the next 24 hours?

Journal Prompt

Complete the sentence below.

Today I am choosing to...

Worksheet

Intentional Decision Planner

RESET MOMENT

Commit to One Step

Close your eyes.

Take one slow breath.

Think about the one decision you've been delaying.

Now ask yourself:

> "What is the next faithful step?"

Not the entire journey.

Just the next step.

Write it down.

Commit to taking that step within the next 24 hours.

Remember:

Small decisions made consistently create extraordinary change.

Scripture Reflection

> "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

— James 1:5 (NIV)

SECTION SEVEN

Protect

"Healthy growth is sustained by healthy boundaries."

Teaching Page

Protecting What You're Building

Growth is valuable.

Anything valuable deserves protection.

As you've worked through this workbook, you've become more aware, discovered patterns, renewed your thinking, remembered God's faithfulness, aligned your life with your values, and begun making intentional decisions.

Now comes an important question:

How will you protect the progress you've made?

Without intentional protection, it's easy to slip back into old habits, unhealthy relationships, unrealistic expectations, or constant busyness.

Protecting your peace isn't selfish.

It's stewardship.

God has entrusted you with your mind, heart, time, relationships, and purpose.

Guarding those gifts allows you to continue growing with wisdom and stability.

Boundaries Create Freedom

Many people misunderstand boundaries.

Boundaries are not walls that keep everyone out.

Healthy boundaries are clear guidelines that help protect what matters most.

Boundaries help us:

Honor our limits.

Communicate honestly.

Care for ourselves without guilt.

Love others without losing ourselves.

Create space for healthy relationships to flourish.

Boundaries are not about controlling other people.

They are about taking responsibility for your own choices, responses, and well-being.

Healthy boundaries make healthy relationships possible.

Guard Your Heart

The Bible encourages us to guard our hearts because our lives flow from them.

What we allow into our minds influences our thinking.

What we repeatedly think influences our decisions.

What we repeatedly decide becomes our habits.

Our habits shape our lives.

Protecting your heart means paying attention to what you're allowing to shape you.

Ask yourself:

Does this relationship encourage growth?

Does this habit strengthen or weaken me?

Does this environment bring peace or constant anxiety?

Does this commitment align with my priorities?

Protecting your peace often begins with paying attention.

Coach's Notes

Common Areas That Need Boundaries

Healthy boundaries may be needed around:

Time

Technology

Work

Rest

Relationships

Social media

Financial commitments

Emotional availability

Personal expectations

Every person's boundaries will look different.

The goal isn't isolation.

The goal is wisdom.

A Gentle Reminder

Saying no to something unhealthy often creates space to say yes to something life-giving.

You are allowed to protect your peace without feeling guilty.

A Progress Mindset

Boundaries become easier with practice.

You may not get every conversation right.

That's okay.

Every healthy boundary is another act of honoring the life God has entrusted to you.

Reflection Page

Protect Your Peace

Take a few quiet moments before answering.

Reflection Questions

Where do I feel my energy is being drained most often?

What boundary would improve my emotional well-being?

What relationship consistently encourages my growth?

What habit or environment makes it difficult for me to thrive?

What is one healthy "no" I need to practice?

What is one life-giving "yes" I want to make more often?

Journal Prompt

Complete the sentence below.

I will protect my peace by...

Worksheet

Healthy Boundaries Planner

RESET MOMENT

Guard What Matters

Take a slow breath.

Place one hand over your heart.

Quietly ask yourself:

> "What is one thing God is asking me to protect in this season?"

It may be your time.

Your peace.

Your marriage.

Your healing.

Your purpose.

Your relationship with Him.

Write it down.

Then choose one practical action that will help you protect it this week.

Small boundaries, practiced consistently, create lasting freedom.

Scripture Reflection

> "Above all else, guard your heart, for everything you do flows from it."

— Proverbs 4:23 (NIV)

SECTION EIGHT

Practice

"Transformation is sustained through faithful daily habits."

Teaching Page

Growth Happens Through Practice

By now you've spent time reflecting, learning, praying, and planning.

But lasting transformation isn't built on what we know.

It's built on what we repeatedly practice.

Reading this workbook can inspire change.

Practicing what you've learned creates change.

Every healthy habit you repeat becomes another part of who you are becoming.

Growth isn't found in occasional moments of motivation.

It is found in ordinary moments of consistency.

Small Habits Create Big Results

It's easy to believe that change requires dramatic action.

More often, it grows through simple, faithful habits.

A five-minute prayer.

A gratitude list.

Choosing to pause before reacting.

Reading one passage of Scripture.

Taking a walk.

Asking for help.

Going to bed on time.

Practicing forgiveness.

Small choices may not feel significant today.

But repeated over weeks and months, they become the foundation of a healthier life.

Don't underestimate what God can do through ordinary faithfulness.

Give Yourself Grace

Some days you'll feel strong.

Other days you'll struggle.

There will be days when old habits resurface.

Days when you miss your routine.

Days when life feels overwhelming.

That doesn't erase your progress.

Growth is rarely a straight line.

It's okay to begin again.

Every new morning is another opportunity to practice the life you're building.

Grace isn't permission to give up.

It's permission to keep going.

Coach's Notes

Build Systems, Not Just Goals

Goals tell you where you want to go.

Habits help you get there.

Ask yourself:

What daily habit supports my healing?

What weekly rhythm keeps me grounded?

What reminder helps me stay focused?

What healthy routine can I realistically maintain?

Consistency almost always beats intensity.

A Gentle Reminder

You don't have to change everything today.

Choose one habit.

Practice it consistently.

When it becomes part of your life, add another.

Healthy lives are built one rhythm at a time.

A Progress Mindset

Don't measure success only by outcomes.

Celebrate showing up.

Celebrate trying again.

Celebrate consistency.

Faithfulness is success.

Reflection Page

Create Your Daily Practice

Reflection Questions

What daily habit would have the greatest positive impact on my life?

What habit do I want to leave behind?

What habit do I want to begin this week?

What obstacle might interfere with my consistency?

How can I prepare for that obstacle before it happens?

Who can encourage me as I continue growing?

Journal Prompt

Complete the sentence below.

One year from today, I hope I can say...

Worksheet

Daily Restoration Habit Tracker

PRINTABLE WORKSHEET

Daily Restoration Habit Tracker

Use this page to turn reflection into one clear, manageable next step. Write only what feels safe and useful to you.

The small habit I am practicing

Why this habit matters

My cue or reminder

The smallest version I can do on a difficult day

Day	Done	What helped	What I learned
1	□		
2	□		
3	□		
4	□		
5	□		
6	□		
7	□		

RESET MOMENT

One Faithful Step

Take one slow breath.

Look back through everything you've learned in this workbook.

Ask yourself:

> "What is one practice I will commit to beginning today?"

Write it somewhere you'll see it every day.

Remember:

You don't become a different person overnight.

You become a different person through thousands of small, faithful decisions made over time.

Keep showing up.

Keep trusting God.

Keep practicing what leads to life.

Scripture Reflection

> "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

— Galatians 6:9 (NIV)

The WBW Reset Path

Congratulations—you've completed the eight-step Wounded But Wiser™ Reset Path:

1. Pause → Notice what you're experiencing.
2. Discover → Understand the patterns beneath the surface.
3. Renew → Replace unhealthy thinking with truth.
4. Remember → Recall God's faithfulness and your growth.
5. Align → Live according to your values and purpose.
6. Decide → Make intentional, wisdom-filled choices.
7. Protect → Guard your peace, priorities, and progress.
8. Practice → Build sustainable habits that support lasting transformation.

These steps are not meant to be completed once and forgotten. They form a cycle you can return to whenever life feels overwhelming, uncertain, or off balance. Each time you walk the path again, you have another opportunity to grow with greater wisdom, resilience, and grace.

FINAL REFLECTION

You've Already Begun

If you've completed this workbook, take a moment to recognize something important:

You showed up.

You slowed down.

You reflected honestly.

You invited God into places that may have been uncomfortable.

That matters.

Healing doesn't begin when everything is perfect.

It begins the moment we're willing to be honest.

Whether your next step feels big or small, know this:

You are not the same person who opened the first page of this workbook.

Even if the changes feel subtle, awareness has increased.

Perspective has shifted.

Seeds have been planted.

And healthy growth often begins quietly.

LOOK BACK

Celebrate Your Progress

Before moving forward, spend a few moments reflecting.

During this workbook I discovered...

One unhealthy pattern I understand better is...

One truth I want to continue believing is...

One habit I will continue practicing is...

One thing I'm most grateful for is...

A LETTER TO YOUR FUTURE SELF

Imagine reading this six months from today.

Write a short letter encouraging yourself to keep going.

Remind yourself why you started.

Celebrate the person you're becoming.

Dear Future Me,

YOUR PERSONAL COMMITMENT

Choose one commitment you want to carry forward.

□ I will pause before reacting.

□ I will renew my mind with truth.

□ I will protect my peace.

□ I will practice gratitude.

□ I will establish healthier boundaries.

□ I will ask for help when I need it.

□ I will choose progress over perfection.

□ I will continue growing one day at a time.

□ **My personal commitment:**

THE WBW RESET PATH

Whenever life begins to feel overwhelming, you don't have to start over.

Simply return to the path.

Pause

Notice what you're experiencing.

Discover

Understand the patterns beneath the surface.

Renew

Replace unhealthy thinking with truth.

Remember

Recall God's faithfulness and your growth.

Align

Live according to your values and purpose.

Decide

Take intentional, wisdom-filled action.

Protect

Guard your peace, priorities, and progress.

Practice

Build daily rhythms that support lasting transformation.

Healing isn't a destination.

It's a lifelong journey of returning to what is true.

CONTINUE YOUR JOURNEY

This workbook is designed to be the beginning—not the end.

If it encouraged you, there are additional resources available to help you continue growing in faith, emotional wellness, and intentional living.

Look for additional Wounded But Wiser™ resources, including:

Emotional wellness planners

Guided journals

Scripture reflection workbooks

Habit and accountability trackers

Group discussion guides

Bible studies

Printable planning systems

Digital courses and workshops

Continue building a life marked by wisdom, grace, resilience, and purpose—one faithful step at a time.

STAY CONNECTED

We'd love to continue encouraging you.

Website www.woundedbutwiser.com

Email nicole@woundedbutwiser.com

For planners, journals, trackers, and more visit us at:

Www.woundedbutwiser.etsy.com

For more in depth information about the underlying structure please visit:

Gracelegacyblueprint.com

FINAL ENCOURAGEMENT

Remember:

You were never meant to carry everything alone.

God is still at work.

Healing is still possible.

Growth is still happening.

Grace is still available.

And your story is still being written.

Thank you for allowing Wounded But Wiser™ to be part of your journey.

Keep walking in wisdom.

Keep choosing hope.

Keep trusting the One who is making all things new.

Closing Scripture

> "Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus."

— Philippians 1:6 (NIV)

Thank You

Wounded But Wiser™

Where healing meets wisdom, and broken places become places of purpose.