



# PART *worksheets* SIX

CELEBRATION, AND MOVING FORWARD





# CELEBRATION, AND MOVING FORWARD

## Weaving healing into everyday life

You've travelled far. You've uncovered the silence, broken cycles, met your inner child, grieved what could not be, and begun shaping a new vision for your future. Now comes the most important part — living it.

Integration is about taking everything you've explored in this workbook and weaving it into your everyday life.

## Integration means living authentically, responding with compassion, and carrying your healing forward every day

Healing is not a one-time act; it's a rhythm, a way of relating to yourself with compassion, strength, and truth.

This stage is about:

- Noticing when old patterns rise, and choosing differently.
- Offering yourself gentleness when grief or guilt appears.
- Living as your authentic self without apology.
- Trusting that you can hold both the past and the present — and still move forward.



Take your time with these prompts. Write freely, without editing yourself. Even one word or sentence can hold meaning.

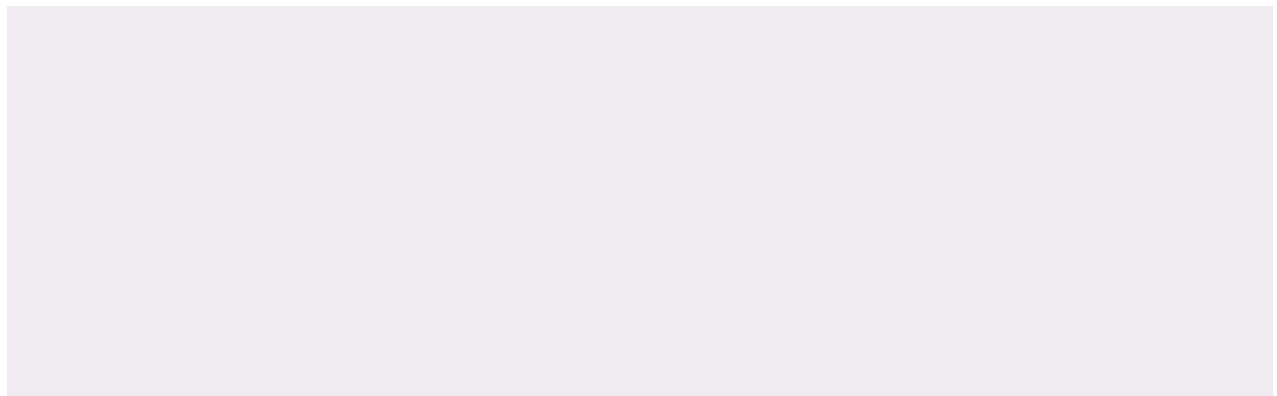
What's the biggest shift you have noticed in myself?

Which practice do I want to continue regularly?

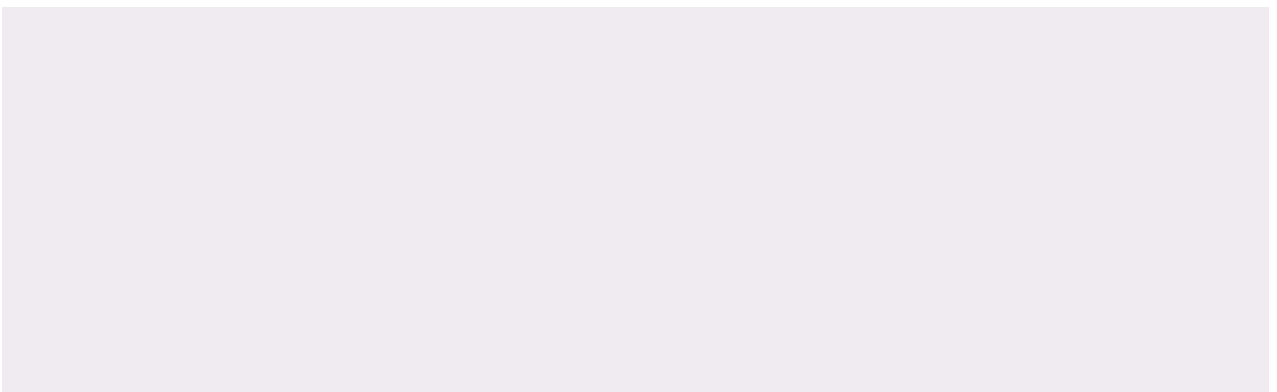
Where do you still notice the pull of old patterns — and how can you gently shift them?



How can I show compassion when old patterns return?



f What practices or tools from this workbook will you carry with you daily?





# INTEGRATION PRACTICE

Choose at least three small, daily rituals that will remind you of your commitment to yourself along with some simple

This could be journaling a single sentence, pausing for three deep breaths, repeating an affirmation, drinking more water or checking in with your inner child.

Keep them simple, repeatable, and rooted in self-love.

What will you commit to?

What will you commit to?

What will you commit to?



## CLOSING PART SIX

You've travelled through awareness, grief, healing, and renewal. You've faced silence, recognised patterns, met your inner child, released what could not be healed, envisioned your future, and begun living forward.

This is your moment to pause, honour yourself, and celebrate the courage it took to do this work and anchor your commitment to living authentically.

### STEP 1: GROUND YOURSELF

- Sit or stand comfortably.
- Place one hand on your heart, the other on your belly.
- Take three slow, deep breaths, feeling your body supported and present.

### STEP 2: REFLECT & ACKNOWLEDGE

- Close your eyes and quietly review your journey through the workbook: the awareness, the grief, the healing, the future you've envisioned.

**Silently or aloud, say:**

**"I honour the work I've done. I see my growth. I celebrate my courage and compassion."**



### STEP 3: ANCHOR YOUR INTENTIONS

Write a sentence or affirmation that represents your commitment moving forward.

Examples:

“I choose to respond with love, not fear.”

“I live in alignment with my truth every day.”

“I carry healing and compassion into all my relationships.”

Place this somewhere visible (journal, mirror, or sacred space).

“You are whole. You are free. You are living forward with love.”