



HEALING & NEW BEGINNINGS

REFLECTION SHEET

WHISPER NO. 12 OF 52



ABOUT THIS WHISPER

Healing takes time, and every ending creates space for something new. This Whisper invites you to honour your journey, release what no longer serves you, and open your heart to the fresh possibilities waiting for you.

“Every ending is preparing you for a beautiful new beginning. Heal, grow and step into your light.”
— UNKNOWN

DATE: _____

A SIGN I NOTICED OR QUESTION I HAVE: _____



WHAT AM I READY TO HEAL RIGHT NOW?

What pain, wound or sadness is ready for healing?



WHAT AM I READY TO LET GO OF?

What old patterns, relationships, habits or beliefs no longer serve me?



WHAT NEW BEGINNING IS CALLING ME?

What dreams or opportunities am I being guided toward?



HOW CAN I BE KINDER TO MYSELF DURING THIS TIME?

What does my heart need most right now?



WHAT STRENGTHS HAVE HELPED ME COME THIS FAR?

What inner strengths can I carry into this new chapter?



HOW CAN I TRUST THE JOURNEY AHEAD?

What can I remind myself when fear or uncertainty arises?



ADDITIONAL REFLECTIONS

Anything else I would like to note.

CAROLE'S WHISPER

You are allowed to heal. You are allowed to start again. Every sunrise is a promise that something beautiful is on its way. Believe in your new beginning.

AFFIRMATION

“I release the past with love and gratitude. I heal, I grow, and I welcome new beginnings with an open heart.”