



Sacred Beginnings

KEYS TO UNLOCK HEALING, A
JOURNAL REFLECTION GUIDE

Safety

Where in my life do I still feel unsafe to be fully seen or heard? What would help me feel emotionally safe right now?

Awareness

What patterns keep repeating in my relationships or emotional life? When did I first learn to protect myself in this way?

Forgiveness

Is there someone I still hold anger or sadness toward, including myself? What would it look like to begin forgiving — gently, one moment at a time?

Empowerment

What truth do I want to reclaim about who I am? What would it feel like to move forward with clarity and hope?

*He heals the brokenhearted and binds up their wounds.
~ Psalm 147:3 ESV*

You Are Safe to Begin...

Take your time. Pause if you need. Healing unfolds in layers....

A Heartfelt message from

Dr. Dequies

God is Near to The Broken Hearted

Sis, I created Sacred Beginnings as an open door for you, a gentle invitation to step into your healing journey with courage and grace. I know what it feels like to carry wounds that feel heavy, confusing, or even hidden. But I also know the freedom, clarity, and peace that come when you finally say yes to yourself.

This is your sacred space to pause, reflect, and breathe. To remember that you are not broken, you are healing. Every word, every prompt, every moment you spend here is part of you reclaiming your wholeness.

You don't have to have it all figured out. You don't have to walk alone. Healing starts with one small, brave step, and you just took it.

I'm honored to walk with you, to witness your journey, and to remind you of this truth: your heart is worthy of healing, and your future is worthy of hope.

With love & empowerment,

Dr. Dequies ✨

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In what areas of your life do you feel broken?

Book a free consultation www.wesuiteco.com