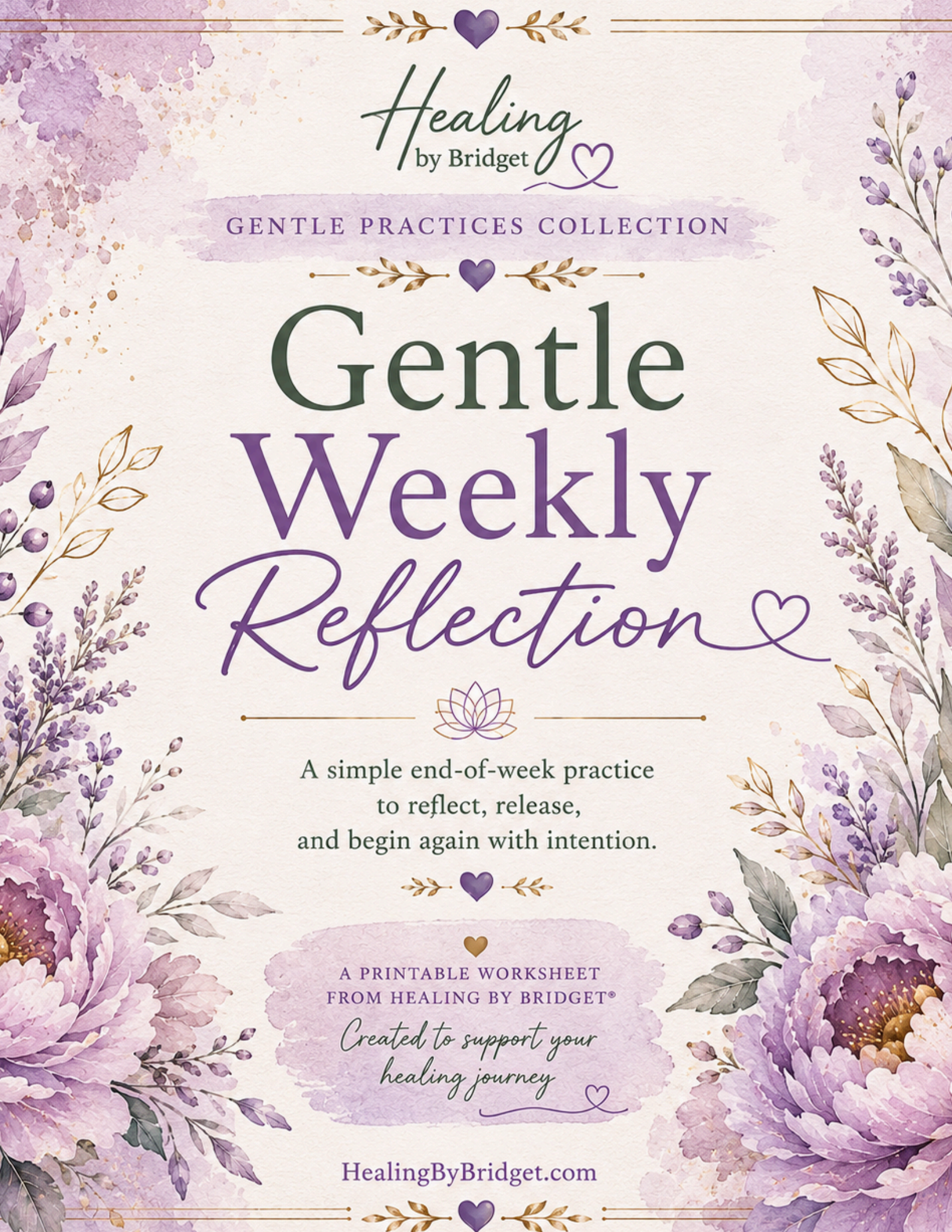




Healing
by Bridget

GENTLE PRACTICES COLLECTION

Gentle Weekly Reflection

A simple end-of-week practice
to reflect, release,
and begin again with intention.

A PRINTABLE WORKSHEET
FROM HEALING BY BRIDGET®

*Created to support your
healing journey*

HealingByBridget.com



GENTLE PRACTICES COLLECTION

Copyright

© 2026 Healing by Bridget®
All rights reserved.



This worksheet is the intellectual property of
Healing by Bridget®.

It is provided for your personal use only.

This worksheet may not be reproduced, distributed,
or shared in any form, including but not limited to
print, digital, or online, without written permission.



You may print this worksheet for your personal
use as many times as you need.

Thank you for respecting this work and
supporting Healing by Bridget so we can continue
creating gentle resources to support
your healing journey.



Healing by Bridget

🌐 healingbybridget.com

✉ hello@healingbybridget.com

📷 [@healingbybridget](https://www.instagram.com/healingbybridget)



Healing
by Bridget

A NOTE FROM Bridget



Life moves quickly.

Some weeks leave us feeling energized and hopeful.

Others leave us carrying stress, uncertainty, or emotions we haven't had time to process.



When we never pause to reflect, it's easy to move from one week into the next still holding everything we've been carrying.



Reflection isn't about judging how the week went.

It's about noticing.

It's about celebrating what brought you joy, honoring what felt difficult, and gently letting go of what no longer belongs in your heart.



This practice is simply an invitation to pause before beginning again.

Every week offers a fresh opportunity to reconnect with yourself, to celebrate how far you've come, and to begin the next chapter with intention instead of pressure.

With love,

Bridget



Healing

by Bridget 

BEFORE YOU BEGIN



This Gentle Weekly Reflection is a space just for you.
A quiet pause at the end of your week to slow down,
check in with yourself, and honor your journey.

There are no right or wrong answers.
This is your time, your truth, and your practice.

TO CREATE A MEANINGFUL EXPERIENCE:



Find a quiet space. A space where you feel safe, comfortable, and undisturbed.



Take a few deep breaths. Arrive in the present moment and connect with your heart.



Be honest and gentle with yourself. There is no rush and nothing to fix.



Use this as a tool for self-awareness, not self-judgment. This is about understanding and honoring where you are.



Set an intention. How do you want to feel as you move into the week ahead?

This practice is a gift to yourself.

You deserve this time.



GUIDED WORKSHEET

Take your time with each prompt. There is no rush.
Let your heart lead and write what feels true for you.



1. CHECK IN WITH YOUR HEART

How are you feeling right now? What do you most need this week?



2. HONOR YOUR JOURNEY

What is something you're proud of from this past week, no matter how small?



3. RELEASE WHAT NO LONGER SERVES YOU

What emotions, worries, or situations are you ready to release?



4. SET YOUR INTENTION

What is one intention you'd like to carry with you into the week ahead?



5. GENTLE SELF-CARE COMMITMENT

How will you care for yourself this week, even in small and simple ways?

You are allowed to take up space.
You are worth this time.



CLOSING REFLECTION

Before you close this practice, take a few moments to reflect on what you've discovered and how you feel. Honor your progress, no matter how small.

♥ WHAT STOOD OUT FOR YOU THIS WEEK?

What moments, insights, or realizations felt meaningful?

♥ HOW DID YOU CARE FOR YOURSELF?

What are you proud of? How did you show up for you?

♥ WHAT ARE YOU READY TO RELEASE?

What no longer serves you, and are you ready to let go of?

♥ WHAT IS YOUR INTENTION FOR NEXT WEEK?

How would you like to feel? What will support you?

You are doing beautifully.

Thank you for taking this time for yourself.

You are creating a life grounded in intention, one week at a time.



CONTINUE YOUR JOURNEY

This practice is just the beginning.
There is so much more to explore, learn, and experience.
When you're ready, the Awakening the Heart Membership
is here to support you every step of the way.

MORE GENTLE RESOURCES INSIDE THE MEMBERSHIP



MORE PRACTICES

Weekly practices to help you slow down, reset, and reconnect.



GUIDED JOURNALS

Journals and workbooks for self-discovery, healing, and integration.



MEDITATIONS

Calming meditations to support your mind, body, and heart.



ORACLE & INTUITIVE RESOURCES

Messages, tools, and guidance to strengthen your intuition.



AFFIRMATIONS & REMINDERS

Gentle affirmations to uplift you and keep you anchored in self-trust.



EXCLUSIVE CONTENT

Member-only teachings, videos, and live gatherings.

THE GENTLE PRACTICE COLLECTION HAS FREE RESOURCES

You'll always find free worksheets, practices, meditations, and guides here to support your healing journey.

THE MEMBERSHIP HAS SO MUCH MORE

Deeper resources, exclusive content, and ongoing support to help you continue growing, healing, and coming home to yourself.



You deserve this time.

Continue your intuitive journey inside the
Awakening the Heart Membership.

JOIN TODAY AND COME HOME TO YOURSELF.

healingbybridget.com

I can't wait to walk this path with you.