Reset & Release Starter Guide

3 Days to Begin Healing Out Loud

"She Healed Loudly Movement – with Coach D"

Welcome

Welcome, Sister. You're here because you're ready to stop carrying silent weight. This 3-day starter guide is your first step into healing out loud, forgiving, releasing, and rising boldly in faith. Take it one day at a time. Write. Pray. Breathe. And most importantly, believe that freedom is possible for you.

~Coach D

Day 1: Reset Your Mind

Reflection:

Silent suffering starts in the mind. Today, we reset by challenging the thoughts that keep us bound.

Prompt:

- Write down 3 repeating thoughts that drain you.
- For each one, replace it with a scripture or affirmation of truth.

Affirmation:

“I have the power to reset my thoughts. My healing begins with peace of mind.”

Scripture:

Romans 12:2 (NLT) – Let God transform you into a new person by changing the way you think.

Day 2 – Release the Weight

Reflection:

Unforgiveness and pain are heavy. Today, we release what we were never meant to carry alone.

Prompt:

- Write a release letter to the person, situation, or even yourself.
- End it with: “I release you. I release me. I choose freedom.”

Affirmation:

“I release what no longer serves my healing. I am free.”

Scripture:

Matthew 11:28 (NLT) – Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.

Day 3 – Rise Boldly

Reflection:

Healing loudly means rising boldly. Today, you declare who you are becoming.

Prompt:

- Write a declaration of who you are without your pain.
- Example: “I am whole. I am fearless. I am worthy of love.”

Affirmation:

“I rise boldly. My healing speaks louder than my hurt.”

Scripture:

Isaiah 61:3 (NLT) – To all who mourn… He will give a crown of beauty for ashes, a joyous blessing instead of mourning.

Keep Rising with Us

"You've just taken your first step into healing loudly. Imagine what 30 days, 3 months, or a lifetime of this freedom can do. Don't stop here."

Next Steps:

1. Join The Healing Room FB group ➳ https://www.facebook.com/share/g/19hdm7aFoh/.
2. Continue your journey with the Forgiveness Journal and Reset & Rise Course.
3. Stay connected for weekly blogs, podcast episodes, and Rose Check Sundays.

No more silent suffering. We heal loudly here.