THE READY TO WIN HEALING JOURNAL

7 Days to Reclaim Your Worth with God's Truth

A biblical reflection journal for women healing from childhood and emotional wounds



Created by Lavern Oliver

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Healing begins here. Hope grows here. Together, we win.

Dear Sister,

If you are holding this journal, there may be a part of you that is ready for something different - not a perfect life, but a freer one. Maybe you have spent years being strong, showing up, carrying responsibilities, and smiling while parts of your heart were still hurting.

I created this journal for the woman who is ready to look at herself through a different lens: not through the lens of what happened to her, what someone said about her, or what she had to become to survive, but through the truth of who God says she is.

Over the next seven days, you will slow down, reflect, pray, write, and practice replacing old messages with God's truth. You do not have to force a breakthrough. Give yourself permission to be honest. Healing often begins in the places where we finally stop pretending we are unaffected.

My prayer is that these pages help you remember that your pain is part of your story, but it is not your identity. You are still worthy. You are still loved. And there is still purpose ahead of you.

With love and hope,
Lavern

You do not have to do this alone.

How to Use This Journal

There is no 'right' way to heal. Use these seven days as an invitation to become more honest, more compassionate toward yourself, and more anchored in God's truth.

Set aside 15-20 minutes. Choose a quiet time when you are less likely to rush.

Read the Scripture slowly. Notice the word or phrase that stands out to you.

Reflect before you write. You do not need polished answers. Write what is true.

Use the prayer as a starting point. Add your own words and talk to God honestly.

Practice the action step. Healing becomes tangible through small, repeated choices.

Return to the declaration. Read it aloud when old messages resurface.

Go gently. You are not racing anyone. This is a space for truth, grace, and growth.

DAY 1

God Knows You by Name

Today's Scripture

Isaiah 43:1 (KJV)

“Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine.”

Reflection

Pain can make you feel invisible, forgotten, or reduced to what happened to you. But God does not introduce you by your wounds. He calls you by name. Before anyone misunderstood you, rejected you, or placed a label on you, God knew you completely. Healing begins when you stop allowing painful experiences to have the final word about your identity.

Prayer

Father, thank You for meeting me here. Help me receive Your truth in the places where pain has shaped what I believe about myself. Give me courage to be honest, grace to be patient with myself, and wisdom for the next step. Remind me that I do not have to heal alone. In Jesus' name, Amen.

TRUTH TO DECLARE

I am known by God. I am His. My wounds do not get to rename me.

Journal Prompts

• What labels have you carried because of what happened to you?

• Which of those labels do you need to release?

• What changes when you remember that God knows you personally and calls you His?

Today's Small Action

Today, write your name at the top of a page and underneath it write three truths God says about you.

What I want to remember from today:

DAY 2

Your Past Does Not Define You

Today's Scripture

2 Corinthians 5:17 (KJV)

“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.”

Reflection

Your history is part of your story, but it is not the whole story. What happened to you may have shaped how you learned to survive, trust, love, or see yourself. Yet survival patterns do not have to become permanent identities. God can redeem what was painful without pretending it never happened. You can honor the truth of your past while refusing to live imprisoned by it.

Prayer

Father, thank You for meeting me here. Help me receive Your truth in the places where pain has shaped what I believe about myself. Give me courage to be honest, grace to be patient with myself, and wisdom for the next step. Remind me that I do not have to heal alone. In Jesus' name, Amen.

TRUTH TO DECLARE

My past explains parts of my journey, but it does not determine my identity or my future.

Journal Prompts

• What part of your past still feels attached to your identity?

• What did you learn to believe about yourself because of that experience?

• Who are you becoming now that you are no longer living only to survive?

Today's Small Action

Choose one sentence you often use to describe your past. Rewrite it so the pain is acknowledged but no longer defines your future.

What I want to remember from today:

DAY 3

You Are Worthy of Love

Today's Scripture

Romans 8:38-39 (KJV)

“For I am persuaded, that neither death, nor life... shall be able to separate us from the love of God, which is in Christ Jesus our Lord.”

Reflection

Rejection can quietly teach you that love must be earned. Shame can make you believe that if people knew the whole story, they would walk away. God's love challenges both messages. His love is not a reward for performing well, appearing strong, or hiding your scars. You do not have to prove that you deserve to be loved.

Prayer

Father, thank You for meeting me here. Help me receive Your truth in the places where pain has shaped what I believe about myself. Give me courage to be honest, grace to be patient with myself, and wisdom for the next step. Remind me that I do not have to heal alone. In Jesus' name, Amen.

TRUTH TO DECLARE

I do not have to earn God's love. I am loved, valued, and worthy of care.

Journal Prompts

• Where have you been trying to earn love, approval, or acceptance?

• What makes receiving love difficult for you?

• How would you treat yourself differently if you truly believed you were deeply loved by God?

Today's Small Action

Do one gentle thing for yourself today without explaining, earning, or apologizing for it.

What I want to remember from today:

DAY 4

Give Yourself Permission to Heal

Today's Scripture

Psalm 147:3 (KJV)

“He healeth the broken in heart, and bindeth up their wounds.”

Reflection

Healing is not weakness, and it is not evidence that your faith is insufficient. Sometimes strong women become so accustomed to functioning that they mistake endurance for wholeness. You can be grateful for how you survived and still admit that some places need care. God is not asking you to rush your healing to make other people comfortable.

Prayer

Father, thank You for meeting me here. Help me receive Your truth in the places where pain has shaped what I believe about myself. Give me courage to be honest, grace to be patient with myself, and wisdom for the next step. Remind me that I do not have to heal alone. In Jesus' name, Amen.

TRUTH TO DECLARE

I give myself permission to heal at a healthy pace. I do not have to rush what God is restoring.

Journal Prompts

• Where have you pressured yourself to 'be over it' already?

• What emotion have you been reluctant to acknowledge?

• What would giving yourself permission to heal look like in this season?

Today's Small Action

Set aside ten uninterrupted minutes today to notice what you are feeling without judging or fixing it.

What I want to remember from today:

DAY 5

Replace the Lies with God's Truth

Today's Scripture

Romans 12:2 (KJV)

“And be not conformed to this world: but be ye transformed by the renewing of your mind...”

Reflection

Some of the deepest wounds are the beliefs that remain after the event is over: I am not enough. I am hard to love. I have to do everything alone. My needs do not matter. Healing includes learning to recognize those messages and replacing them with truth. This is not pretending the pain did not happen; it is refusing to let the pain keep preaching to you.

Prayer

Father, thank You for meeting me here. Help me receive Your truth in the places where pain has shaped what I believe about myself. Give me courage to be honest, grace to be patient with myself, and wisdom for the next step. Remind me that I do not have to heal alone. In Jesus' name, Amen.

TRUTH TO DECLARE

I am renewing my mind. Old lies do not have authority over the woman I am becoming.

Journal Prompts

• What painful belief repeats most often in your mind?

• Where do you think that message began?

• What truth from God directly challenges that belief?

Today's Small Action

Create two columns: 'The lie I learned' and 'The truth I choose.' Write at least three replacements.

What I want to remember from today:

DAY 6

Release What You Were Never Meant to Carry

Today's Scripture

Matthew 11:28 (KJV)

“Come unto me, all ye that labour and are heavy laden, and I will give you rest.”

Reflection

You may have carried blame that belonged to someone else, responsibility for keeping everyone together, resentment from what was never acknowledged, or guilt for choices you made while trying to survive. Carrying something for years does not mean it belongs to you. Jesus invites the weary and burdened to come to Him - not once you have everything figured out, but while you are still carrying it.

Prayer

Father, thank You for meeting me here. Help me receive Your truth in the places where pain has shaped what I believe about myself. Give me courage to be honest, grace to be patient with myself, and wisdom for the next step. Remind me that I do not have to heal alone. In Jesus' name, Amen.

TRUTH TO DECLARE

I can release what is too heavy for me. Rest is not failure; surrender is an act of trust.

Journal Prompts

• What emotional weight are you tired of carrying?

• Is any of that weight actually yours to own?

• What would surrender look like without denying what happened?

Today's Small Action

Write one burden on a piece of paper. Pray over it, then write: 'I release my need to carry this alone.'

What I want to remember from today:

DAY 7

Walk Forward in Worth and Purpose

Today's Scripture

Philippians 3:13-14 (KJV)

“...forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark...”

Reflection

Healing is not only about what you are leaving behind. It also creates room for what is ahead. As your worth becomes rooted in God's truth, you can make decisions from identity rather than fear. You do not need to become a completely different woman overnight. Purpose is often lived one faithful next step at a time.

Prayer

Father, thank You for meeting me here. Help me receive Your truth in the places where pain has shaped what I believe about myself. Give me courage to be honest, grace to be patient with myself, and wisdom for the next step. Remind me that I do not have to heal alone. In Jesus' name, Amen.

TRUTH TO DECLARE

I am moving forward with God. I am worthy, I am becoming whole, and my life still carries purpose.

Journal Prompts

• What has become clearer about your worth during these seven days?

• What are you ready to stop allowing your past to decide for you?

• What is one next step toward the life God is calling you to live?

Today's Small Action

Choose one small, specific action you can take within the next seven days and put it on your calendar.

What I want to remember from today:

You Made Space for Healing

Seven days cannot hold your entire healing story, but seven intentional days can mark a meaningful beginning. You have practiced noticing what you carry, naming what is true, and making room for a different way forward.

Return to these pages whenever you need them. Some truths need to be repeated before they feel familiar. Some wounds need time, support, prayer, and safe relationships. Needing continued support does not erase your progress.

Closing Prayer

Father, thank You for every honest word written in these pages. Continue the work You have begun. Heal what still hurts, strengthen what feels fragile, and teach me to see myself through Your eyes. Help me release shame, walk in wisdom, receive healthy support, and move forward with peace, hope, and purpose. Let my past become a testimony of Your faithfulness rather than a prison for my future. In Jesus' name, Amen.

Your healing is not the end of your story. It is making room for you to live it differently.

Keep Going, Sister

Healing was never meant to happen in isolation. The Ready to Win Community is a faith-centered space for women who are healing, growing, reclaiming their worth, and becoming whole - together.

Inside the community, the goal is simple: connection, encouragement, honest conversation, faith, and practical support for the journey ahead.

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Your Next Reflection

What kind of support would help you feel less alone in this season?

About Lavern Oliver



Lavern Oliver is a trauma-informed empowerment coach, best-selling author, and founder of the Ready to Win Community. Her work centers on helping women heal from childhood and emotional wounds, reclaim their worth, and move forward with faith, hope, confidence, and purpose.

Through coaching, writing, faith-centered conversations, and community, Lavern creates spaces where women can be honest about what hurts without being defined by it - and begin making practical shifts toward wholeness.

A gentle note: This journal is an educational and faith-based reflection resource. It is not a substitute for professional mental health care, diagnosis, or treatment. If reflection brings up distress that feels difficult to manage, consider reaching out to a qualified mental health professional or trusted support person.

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