

FROM BROKENNESS TO BECOMING

7 DAYS OF SCRIPTURE, AFFIRMATION & REFLECTION

A FREE HEALING COMPANION

For the person learning that survival was not the end of the story.

Created by Chasity Nicole Saylor

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A NOTE BEFORE YOU BEGIN

This seven-day guide was created as a quiet place to reflect, pray, write, and remember that becoming does not require pretending the breaking never happened. Healing can honor what you survived while still making room for who you are becoming.

Use one page each day. Read the scripture, sit with the reflection, write without editing yourself, and speak the affirmation aloud. You do not have to have every answer. You only have to be willing to meet yourself honestly on the page.

My intention for these seven days:

DAY ONE - I SURVIVED

Psalm 34:18 (KJV)

The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.

Survival deserves to be acknowledged. Before asking yourself to become stronger, better, happier, or more healed, recognize the strength it took simply to remain.

What have I survived that I rarely give myself credit for?

What did survival teach me about myself?

What am I ready to stop carrying as proof that I was strong?

TODAY'S AFFIRMATION

I honor the version of me who survived. I do not have to live in survival mode forever.

DAY TWO - MY PAIN HAS A VOICE

Psalm 147:3 (KJV)

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

Pain buried is still pain. Writing can give language to what the heart has been forced to hold silently. Today is not about making the story pretty. It is about making room for the truth.

What pain have I been minimizing?

What would I write if I knew nobody would judge me?

What does my heart need permission to say today?

TODAY'S AFFIRMATION

My truth deserves language. I can tell my story without being consumed by it.

DAY THREE - I AM WORTH CHOOSING

Psalm 139:14 (KJV)

I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.

Rejection can train us to negotiate our worth. Today, separate your value from who stayed, who left, who recognized it, and who failed to.

Where have I lowered my standards to avoid being alone?

What qualities make me valuable beyond what I do for other people?

What will choosing myself look like from this point forward?

TODAY'S AFFIRMATION

I do not have to audition for love. My worth is not determined by another person's ability to recognize it.

DAY FOUR - PEACE IS NOT TOO MUCH TO ASK

John 14:27 (KJV)

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you.

Chaos can become so familiar that peace feels suspicious. But peace is not boredom, weakness, or something you must earn after suffering enough.

What regularly steals my peace?

Which boundary would protect me most right now?

What would a peaceful life feel like in my body, home, relationships, and mind?

TODAY'S AFFIRMATION

My peace is valuable. I am allowed to protect it without apology.

DAY FIVE - I CAN BE SOFT

Matthew 11:28 (KJV)

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

Strength may have kept you alive, but you were never meant to carry armor every hour of every day. Rest and tenderness do not erase your strength.

Where am I exhausted from always being the strong one?

What makes me feel genuinely safe?

What is one act of softness or rest I can give myself today?

TODAY'S AFFIRMATION

I am allowed to rest. Softness is not weakness; it is evidence that I am learning safety.

DAY SIX - I AM BECOMING

Isaiah 43:19 (KJV)

Behold, I will do a new thing; now it shall spring forth; shall ye not know it?

Becoming is often quiet. It can look like saying no, leaving what hurts, praying again, writing again, resting, trying again, or simply believing that your future deserves to exist.

What has changed in me that I am proud of?

Who am I becoming now?

What does the next version of my life require me to release?

TODAY'S AFFIRMATION

I am not confined to the chapters that broke me. Something new is being written.

DAY SEVEN - MY STORY ISN'T OVER

Jeremiah 29:11 (KJV)

For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.

The final page of a painful chapter is not the final page of your life. You are allowed to believe in a future you cannot fully see yet.

What do I want the next chapter of my life to feel like?

What am I trusting God with now?

Write a short letter to the person you hope to be one year from today.

TODAY'S AFFIRMATION

I am still here. I am still healing. I am still becoming. My story is not over.

KEEP BECOMING.

These seven days are only a beginning.

If these pages gave language to something you have lived through, *From Brokenness to Becoming* goes deeper. It is a testimonial poetry collection about pain, grief, relationships, survival, faith, healing, boundaries, self-worth, and the long journey back to yourself.

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A Testimonial Poetry Collection
Chasity Nicole Saylor

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I was broken, but I wasn't defeated.

Scripture quotations are from the King James Version (KJV), public domain.