



# The Healing Threads Wellness Collective

## After the Workshop: Purpose & Reflection Guide

This guide is offered as a gentle companion to your Life Purpose & Reflection workshop experience. It is designed to support continued reflection, grounding, and self-trust after the session has ended. There is no expectation to complete everything at once. Move at your own pace.

### Returning to Yourself

In the days following the workshop, notice what lingers. You may find that insights surface slowly, through quiet moments, conversations, or creative expression. Purpose often reveals itself through awareness rather than urgency.

### Post-Workshop Reflection Prompts

- What stood out to me most during the workshop?
- What felt affirming, grounding, or surprising?
- What insight am I still sitting with?
- Where do I feel more clarity, even if it's small?
- What feels like a supportive next step for me right now?

### Purpose as Practice

Rather than searching for a single definition of purpose, consider how it shows up in daily life. Purpose can be found in how you care for yourself, how you relate to others, and how you choose to respond to the world around you.

### Affirmations for the Days Ahead

- I trust the pace of my unfolding.
- I do not need all the answers right now.
- My experiences continue to guide me.
- I am allowed to grow, change, and explore.
- What matters to me will become clearer with time.
- I move forward with intention and care.

*This resource is offered as a non-clinical creative wellness support and may be used independently or alongside other Healing Threads resources.*