

Reflection Guide: *Who's in Your Circle?*

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Healing is never solitary. Whether you've faced illness, grief, transition, or growth—there are people who helped you rise. This guide is an invitation to name them, honor them, and reflect on the power of connection.

1. Who showed up for you when you needed it most?
2. What small gesture made a big impact?
3. Write a letter to someone who helped you heal.
4. What does “support” look like to you now?
5. How can you thank someone today?
6. Your circle does not have to be large. It is the little things that count.

“Gratitude turns memory into meaning.” — Brené Brown