

# THE 90-DAY HEALING TRACKER JOURNAL

(A guided 12-week emotional recovery journal for parents healing after a breakup)

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## How to Use This Journal

Spend 10 minutes at the end of each day or week writing in this journal. Your goal isn't perfection—it's noticing your progress. Use it to understand your emotions, strengthen boundaries, and measure how much lighter you start to feel.

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## WEEK 1–2: Stabilizing Your Emotions

**Theme:** Creating safety and grounding

**Weekly Reflection Prompts:**

1. What feels hardest about seeing my ex right now?
2. What helps me calm down after emotional moments?
3. What can I remove from my environment that keeps reopening old wounds?
4. Who or what makes me feel emotionally safe?

**Daily Check-In:**

Mood (1–10): \_\_\_\_\_

Energy (1–10): \_\_\_\_\_

Trigger I managed well today: \_\_\_\_\_

Something that made me smile: \_\_\_\_\_

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## WEEK 3–4: Letting Go of the Past

**Theme:** Acceptance without self-blame

**Weekly Reflection Prompts:**

1. What did this relationship teach me about love and boundaries?
2. When do I feel tempted to revisit the past, and why?
3. What habits or thoughts keep me emotionally tied to my ex?
4. What would I tell my past self with compassion instead of judgment?

**Daily Check-In:**

Moment I handled better than before: \_\_\_\_\_

One emotion I allowed myself to feel today: \_\_\_\_\_  
Gratitude note: \_\_\_\_\_

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## **WEEK 5–6: Strengthening Boundaries**

**Theme:** Clarity and consistency in co-parenting

**Weekly Reflection Prompts:**

1. What boundary did I hold that I used to let slide?
2. What's my biggest communication challenge with my ex right now?
3. How can I protect my peace while being a good co-parent?
4. What's one way I can simplify communication this week?

**Daily Check-In:**

How many times did I pause before responding? \_\_\_\_\_

What worked when emotions rose? \_\_\_\_\_

Reminder to self: \_\_\_\_\_

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## **WEEK 7–8: Reconnecting With Yourself**

**Theme:** Rediscovering identity and joy

**Weekly Reflection Prompts:**

1. What parts of me were hidden in the relationship?
2. What brings me genuine peace now?
3. How can I spend time alone without feeling lonely?
4. What do I want to try or learn this month?

**Daily Check-In:**

Something that made me laugh: \_\_\_\_\_

A small act of self-kindness I practiced: \_\_\_\_\_

Today I felt most like myself when: \_\_\_\_\_

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## **WEEK 9–10: Building Emotional Strength**

**Theme:** Responding, not reacting

**Weekly Reflection Prompts:**

1. What does emotional strength mean to me now?

2. How have I grown since the breakup?
3. What old patterns no longer serve me?
4. What can I do to stay grounded during co-parenting challenges?

**Daily Check-In:**

Times I stayed calm under pressure: \_\_\_\_\_

A new coping tool that worked: \_\_\_\_\_

How I'll carry this into tomorrow: \_\_\_\_\_

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## WEEK 11–12: Moving Forward

**Theme:** Creating peace and vision for the future

**Weekly Reflection Prompts:**

1. What does “peace” look like in my life now?
2. How do I want my next relationship to feel different?
3. What boundaries or habits will I continue long-term?
4. What am I proud of most in my healing journey?

**Daily Check-In:**

One sign I’m moving forward: \_\_\_\_\_

Someone or something I’m grateful for: \_\_\_\_\_

How I’ll celebrate my progress: \_\_\_\_\_

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## Final Reflection: Your Healing Summary

At the end of 90 days, answer these:

1. What has changed the most in how I see myself?
2. How has co-parenting become easier emotionally?
3. What am I still working on—and that’s okay?
4. What part of my story am I finally ready to release?

**Affirmation:**

*“I’ve built peace in the middle of what once felt impossible.”*

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## Optional Design Tips for Word

- Use calming color accents like soft teal (#2A9D8F) for section dividers.
- Add weekly boxes with faint beige backgrounds (#F4E9D8) for journaling space.

- Include motivational quotes in small italic font at the bottom of each page (examples below).

**Quote ideas:**

- *“Healing isn’t about forgetting—it’s about freeing yourself to live again.”*
- *“Your peace is your child’s peace.”*
- *“You don’t have to rush your healing. You just have to keep showing up.”*