



your next
CHAPTER
MAP

A 5-Day Guided Journal for Christian Women
Starting Again with Faith and Clarity



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How to Use These Cards

You are in a safe place. Just you and your heart.

I know, sometimes that doesn't feel safe, but over the next few pages, I would love for you to give yourself permission to really dream one more time.

Life has kicked you around. It's time for you to kick it back.

This Chapter Map is a companion to the 5 days of the Private Podcast. The audios give you a starting place. These cards give you a place to think about each day's conversation. The guided questions help you to consider what might be the next step on your journey.

Each day has a theme, a scripture and an invitation to think about what matters to you in this season.

Please say "yes" to the invitation. You deserve it.

Donna





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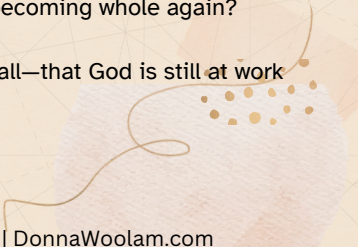
Day 1

You're Not Broken-You're Becoming Whole Again

He heals the brokenhearted and bandages their wounds.

Psalm 147:3 NLT

REFLECT

- In what ways have I felt broken in this season?
 - What would it mean to believe that I'm becoming whole again?
 - What evidence can I see—even if it's small—that God is still at work in me?
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Day 2

What's No Longer Working-And Why That's Okay

"But forget all that—

it is nothing compared to what I am going to do.

For I am about to do something new.

See, I have already begun! Do you not see it? Isaiah 43:18-19 NLT

REFLECT

- What rhythms, roles, or relationships feel out of alignment now?
- What are you grieving-even if it's something "small"?
- What are you ready to release so you can move forward?

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Day 3

Clarity Doesn't Start With a Plan-It Starts with Truth

And you will know the truth, and the truth will set you free.

John 8:32 NLT

REFLECT

- What lies have you believed about this season or your value?
- What is one truth from Scripture that feels personal right now?
- What would it look like to trust God *without* knowing every detail?



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Day 4

Discern the Flame-What's God Awakening in You?

Take delight in the LORD, and He will give you your heart's desires.

Psalm 37:4 NLT

REFLECT

- What have you been secretly longing for but afraid to name?
 - What ideas, passions, or whispers keep coming back?
 - If fear wasn't in the way, what bold move would you take?
- 

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Day 5

Let's Sketch a New Map One Bold Step at a Time

Commit your actions to the Lord, and your plans will succeed.

Proverbs 16:3 NLT

REFLECT

- What does “starting again” look like for you?
- What's one small, faithful step you can take this week?
- What kind of support would help you move forward with confidence?

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STEPS

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