



THE FIRST 7 DAYS

A REAL-TALK JOURNAL
FOR WOMEN STEPPING
OUT OF REHAB



BY TRINA WOODSON •
• KINGDOM EMPOWER HER

THERE IS BEAUTY IN SOBRIETY

A REAL WORD BEFORE YOU BEGIN

Queen, breathe. You did it. You walked through those rehab doors, you did the work, and now you're on the other side. But let me keep it a whole buck with you before you flip another page — **stepping out of rehab does NOT mean the clouds part and angels start singing**. Real life is still real life. Bills didn't pause. People didn't change while you were away. And that family you couldn't wait to hug? Some of them are gonna hug you... and some of them are gonna watch you like they waiting on you to slip.

That's okay. That's not your battle. Your battle is **you**. Your peace. Your crown. Your next right decision. This little journal in your hands is a 7-day roadmap — one week to help you land on your feet without falling back into the streets that had you leaking.

I'm not gonna sugarcoat nothing in here. I'm not gonna talk to you like you just graduated college. I'm talking to you like a big sister who's BEEN there. Who's cried in the same bathroom you cried in. Who knows what it feels like when the phone rings and it's the wrong name lighting up the screen. This journal is written from that place. From love. From the throne room. From the trap. From the truth.

HOW TO USE THIS JOURNAL

- One day at a time. Don't skip. Don't rush. Don't "catch up" three days in one sitting.
- Do it at the same time every day. Structure is what saved you inside. Structure will save you outside.
- Speak the affirmation OUT LOUD in the mirror. Look yourself in your own eyes. Your soul needs to hear your own voice.
- Write messy. Write ugly. Write crying. Write cursing if you gotta. Just write.
- If you feel triggered — pause, breathe, call your sponsor, call a safe sister, call on Jesus. Then come back to the page.

THE NUMBER ONE RULE (Say it with me)

"PEOPLE. PLACES. THINGS."

Stay away from 'em. Not because you weak — because you **wise now**. The same people who watched you drown will hand you a bigger bucket of water. The same block that broke you will welcome you back like an old friend. The same "thing" you used to reach for is still sitting in the same spot, patient as sin. You don't owe nobody an explanation for saving your own life.

DAY 1

The Vision — Build Your Dream Board

Today ain't about being realistic. Realistic is what had you sleeping on somebody's couch using. Today is about VISION. Where do you see yourself in 1 year? 5 years? Not what your mama want for you. Not what your baby daddy said you could never be. What does **YOU** want? God gave you that dream on purpose. He don't plant seeds in dead soil, sis.

SCRIPTURE

Habakkuk 2:2 — Write the vision and make it plain, that he may run that readeth it.

SPEAK IT IN THE MIRROR (Say it out loud. Yes, out loud.)

"I am not who I was. I am who God says I am. My future is already written, and it is GOOD."

TODAY'S ACTION — DREAM BOARD

Grab whatever you got. A poster board. A notebook. The back of a cereal box. Cut out pictures from magazines, print stuff off your phone, or just draw stick figures. I don't care how it looks — I care that it **exists**. Put on there:

- The woman you see when you close your eyes and dream
- The home you want (yes, even if you in a shelter right now)
- The job or business that lights you up
- The people you want AROUND you (not the ones you leaving behind)
- A scripture that anchors you
- Something FUN — travel, hobby, something just for you

Describe your dream board in your own words. What did you put on it and why?

What ONE dream on that board scares you the most — and why do you think it scares you?

DAY 2

Structure Saves Lives — Build Your Day

In rehab you woke up at the same time. You ate at the same time. You went to group at the same time. You slept at the same time. And guess what? **You survived.** That structure wasn't punishment — that was *protection*. Now that you're out, the world gonna hand you unlimited free time, and free time is where the devil sets up shop. So today, you're gonna build your day the same way rehab built it for you.

SCRIPTURE

1 Corinthians 14:40 — Let all things be done decently and in order.

SPEAK IT IN THE MIRROR (Say it out loud. Yes, out loud.)

"My day has structure because my life has purpose. Idle time will not steal my crown."

YOUR NEW DAILY STRUCTURE (fill it in)

Wake up time (same every day):

Morning prayer / devotion / mirror talk (15 min):

Breakfast + hygiene (yes, get dressed like you got somewhere to be):

Productive block #1 — job, class, meeting, appointment, chore:

Lunch + short walk (movement heals):

Productive block #2 — recovery meeting, journaling, therapy, service:

Evening wind-down — NO scrolling old contacts. Read, pray, gratitude list:

Bedtime (same every night):

What is ONE part of my rehab routine I will never let go of, and why?

Where in my day am I most vulnerable to a trigger? What is my plan for that moment?

DAY 3

People, Places & Things — The Cut List

This one right here? This the day most sisters skip. Because it HURTS. Because “that’s my cousin.” Because “that was my best friend since middle school.” Because “that spot got the best food.” Baby... **that spot also got the best triggers.** Some of these people don’t even mean you no harm — they just don’t know how to be around the NEW you. And some of them do mean you harm, and you been making excuses for them your whole life.

Today you not being mean. You being **selective**. There’s a difference. Grown queens curate their circle. Depression will try to whisper “maybe you not ready for this life.” Lies. You ready. You just gotta thin the crowd around your crown.

SCRIPTURE

Proverbs 13:20 — He that walketh with wise men shall be wise: but a companion of fools shall be destroyed.

SPEAK IT IN THE MIRROR (Say it out loud. Yes, out loud.)

“I release every person, place, and thing that does not serve my sobriety. I do it in love, and I do it in peace.”

PEOPLE — Who do I need to LOVE from a distance right now?

PLACES — What locations, blocks, houses, or streets can I NOT go back to?

THINGS — What objects, apps, contacts, or habits do I need to delete/throw away TODAY?

MY SAFE 3 — Three people I can call at 3am who will pray me through and NOT plug me:

DAY 4

Patience — They Not Gonna Trust You Overnight

Listen to me carefully. You came home ready to hug everybody. You had the whole speech prepared. You clean now, you different now, you saved now. And then... mama looked at you sideways. Your kids acted shy. Your sister still watching her purse when you walk in the room. And you got mad. You thought about saying *forget it* and running back to what feels familiar.

Sis. **They been hurt too.** You gotta give them the same grace you asking God to give you. Trust is not a light switch — it's a garden. And gardens take seasons. Your job right now is not to *convince* anybody. Your job is to *be consistent*. Consistency is the loudest apology you'll ever give.

SCRIPTURE

Galatians 6:9 — *And let us not be weary in well doing: for in due season we shall reap, if we faint not.*

SPEAK IT IN THE MIRROR (Say it out loud. Yes, out loud.)

"I do not need anyone's applause to prove my healing. My consistency will speak for me."

Who in my family is not ready to fully trust me yet? How does that make me feel?

What can I do THIS WEEK to show up consistently — not with words, with ACTION?

Write a letter to the family member who hurt you the most. You are not going to send it. Just write it.

DAY 5

The Dip — When Depression Whispers ‘Maybe Not Yet’

Around day 5, 6, 7 something happens. The excitement wears off. The applause dies down. You sitting alone with your thoughts and the thoughts start talking crazy. *“Maybe you not ready. Maybe this ain’t for you. Maybe one little slip won’t hurt. Nobody would even know.”*

That voice is a LIAR. That voice been lying to you your whole life. That voice is why you ended up in rehab in the first place. Today we not entertaining that voice — we **replacing** it. Every time it whispers a lie, we speak a truth back. Out loud. In the mirror. Until the lie gets tired and leaves.

SCRIPTURE

2 Corinthians 10:5 — *Casting down imaginations... and bringing into captivity every thought to the obedience of Christ.*

SPEAK IT IN THE MIRROR (Say it out loud. Yes, out loud.)

“I am ready. I am ready. I am READY. God did not bring me this far to leave me. I am not what I did — I am what He said.”

REPLACE THE LIE — Complete each line:

The lie says: *“I’m not strong enough.”* Truth: _____

The lie says: *“Nobody would notice one slip.”* Truth: _____

The lie says: *“It’s too hard out here.”* Truth: _____

The lie says: *“I don’t deserve this new life.”* Truth: _____

DAY 6

Mirror Work — Speak Life to the Woman in the Glass

Today we standing in the mirror. Not to check the makeup. Not to fix the hair. To look that woman in the EYES and tell her who she is now. This is not corny. This is not extra. This is warfare. Words framed the world (Hebrews 11:3) — your words will frame your new life.

First time you do this, you gon' feel silly. You might cry. You might laugh at yourself. Do it anyway. Everything the streets stripped from you, your own voice can give back — because your voice is agreeing with God's voice over you.

SCRIPTURE

Proverbs 18:21 — Death and life are in the power of the tongue.

YOUR 7 MIRROR DECLARATIONS (Say each one 3 times, out loud, eyes on your reflection):

1. I am a daughter of the King. My identity is not for sale.
2. I dropped the shame and I picked up my crown.
3. There is beauty in my sobriety — and the world is about to see it.
4. I remove every fear and I glorify God with this new life.
5. My past does not get to vote on my future.
6. He alone is my refuge. I do not need what almost killed me.
7. I am the answer to somebody's prayer — starting with my own.

Write your OWN declaration. Something only YOU could say. Something your spirit knows is true:

What did you notice when you looked yourself in the eyes today?

DAY 7

Reflection — You Made It. Now Recommit.

Look at you. Seven days. Some of y'all didn't think you'd make it seven *hours*. But you here. You breathing. You writing. You still SOBER. That's not small — that's a miracle in motion. Don't you ever let nobody minimize that. Not even you.

But we don't stop here. Seven days is just the down payment. Now we recommit. Now we take this same energy into next week, and the next, and the next. One day at a time became seven days at a time. Seven days at a time is about to become a whole new life.

SCRIPTURE

Philippians 1:6 — He which hath begun a good work in you will perform it until the day of Jesus Christ.

SPEAK IT IN THE MIRROR (Say it out loud. Yes, out loud.)

"I finished this week. I will finish this life. I am my ancestors' wildest prayer answered."

What is the ONE biggest lesson these 7 days taught me about myself?

What am I most proud of this week? (Yes, brag on yourself. Out loud.)

Where did I struggle the most, and what will I do differently next week?

My commitment for the next 7 days (sign your name like the queen you are):

A WORD FROM TRINA

Sis, if this journal met you in a real place, I want you to know something — **this is just the beginning.** I wrote this for you because I remember what it felt like to walk out of those doors and feel the whole world staring. I remember the silence. I remember the temptation. I remember wanting to run. And I remember Jesus keeping me every single time.

Kingdom Empower Her exists because queens in recovery deserve crown-worthy material. Not clinical. Not cold. Not corny. Real. Raw. Regal. If you rocked with this journal, there is more waiting for you — deeper studies, longer devotionals, workbooks, and community where sisters like you win together.

CONTINUE YOUR JOURNEY WITH KINGDOM EMPOWER HER

- **The 90-Day Sobriety Queen Devotional** — the next step after these 7 days.
- **Drop the Shame, Pick Up Your Crown** Workbook
- **He Is The Point** — daily faith companion for the recovering woman
- **Kingdom Empower Her Sisterhood** — private community for women in recovery

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“Drop the shame. Pick up your crown.”

— Trina Woodson, Founder of Kingdom Empower Her