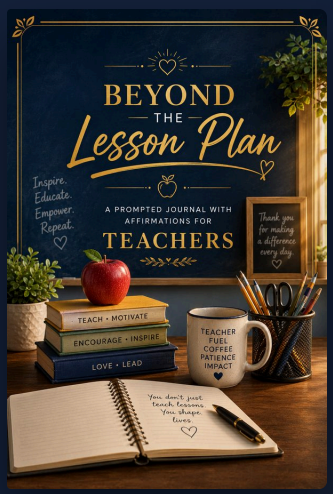
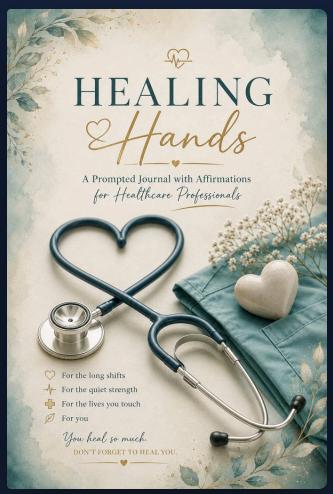
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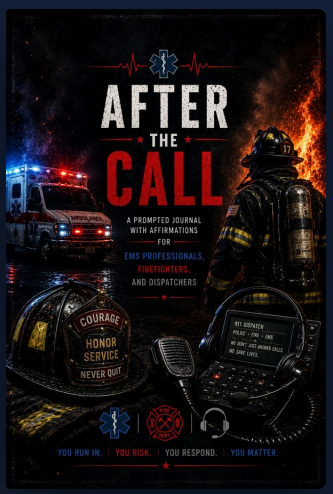
7 Days of Reflection

For the Ones Who Show Up for Everyone Else

Daily prompts, scripture, and affirmations for teachers, healthcare workers, and first responders.







FROM THE EVERYDAY HEROES COLLECTION

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A NOTE FROM THE AUTHOR

Before You Begin

Thank you for being here.

After more than 10 years as an EMT, I know how much it takes to show up for other people day after day, and how rarely there is time left over for yourself.

This sampler gives you seven days to pause and reflect. Whether you teach, heal, or respond when the call comes in, these pages are for you. There are no right answers here, only honest ones.

Take ten minutes a day. Read the theme and the verse, write what comes to mind, and speak the affirmation out loud. You heal so much. Do not forget to heal you.

TK Valor

HOW TO USE THIS SAMPLER

1. **Find ten quiet minutes**
   Morning coffee, a lunch break, or right before bed.
2. **Read the theme and verse**
   Let them set the tone for what you write.
3. **Write honestly**
   No one grades this. Short answers count.
4. **Speak the affirmation**
   Say it out loud. Carry it with you that day.

DAY 1

Why You Started

Date: _____

> *"And whatsoever ye do, do it heartily, as to the Lord, and not unto men;"*
> COLOSSIANS 3:23 (KJV)

Think back to why you chose this work. What did you hope to give? What has this work given back to you?

TODAY'S AFFIRMATION

My work matters, even on the days no one sees it.

ONE THING I'M GRATEFUL FOR

DAY 2

The Hard Days

Date: _____

> *"The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit."*
> PSALM 34:18 (KJV)

Write about a hard day that still stays with you. What helped you get through it, and what do you wish someone had told you then?

TODAY'S AFFIRMATION

Hard days do not define me. How I rise from them does.

ONE THING I'M GRATEFUL FOR

DAY 3

The Lives You Touch

Date: _____

> *"And let us not be weary in well doing: for in due season we shall reap, if we faint not."*
> GALATIANS 6:9 (KJV)

Name a student, patient, or person you helped who you still think about. What did they teach you?

TODAY'S AFFIRMATION

Every life I touch matters, even when I never see the ending.

ONE THING I'M GRATEFUL FOR

DAY 4

Pouring Out

Date: _____

> *"Come unto me, all ye that labour and are heavy laden, and I will give you rest."*
> MATTHEW 11:28 (KJV)

You give so much to others. Where are you running low right now, and what would help refill you?

TODAY'S AFFIRMATION

Caring for myself is part of caring for others.

ONE THING I'M GRATEFUL FOR

DAY 5

Your People

Date: _____

> *"Two are better than one; because they have a good reward for their labour."*
> ECCLESIASTES 4:9 (KJV)

Who are the coworkers, friends, or family who make the hard work lighter? Write one of them a note of thanks.

TODAY'S AFFIRMATION

I do not have to do this alone.

ONE THING I'M GRATEFUL FOR

DAY 6

Boundaries and Rest

Date: _____

> *"But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."*
>
> ISAIAH 40:31 (KJV)

What is one boundary you need to protect your time, energy, or peace? How will you keep it this week?

TODAY'S AFFIRMATION

Rest is not a reward. It is a requirement.

ONE THING I'M GRATEFUL FOR

DAY 7

Your Legacy

Date: _____

> *"I have fought a good fight, I have finished my course, I have kept the faith."*
> 2 TIMOTHY 4:7 (KJV)

Years from now, what do you hope the people you served remember about you?

TODAY'S AFFIRMATION

The care I give today becomes a legacy tomorrow.

ONE THING I'M GRATEFUL FOR

YOU MADE IT

Looking Back on Your Week

Seven days of showing up for yourself. Take a few minutes to notice what changed.

Which day was the hardest to write, and why do you think that is?

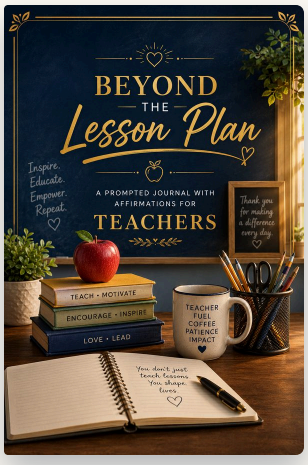
What is one thing you learned about yourself this week?

Which affirmation do you want to carry with you, and where will you put it so you see it?

READY FOR MORE?

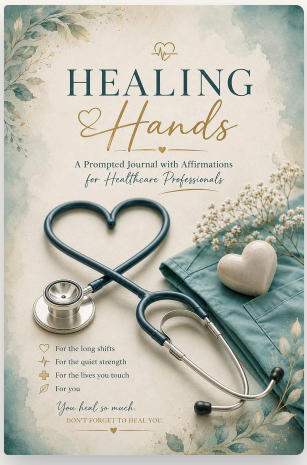
Continue Your Journey with the Everyday Heroes Collection

Each full journal is a 6×9 paperback with daily guided prompts, affirmations, and support resources written for one specific reader. Find the one written for you.



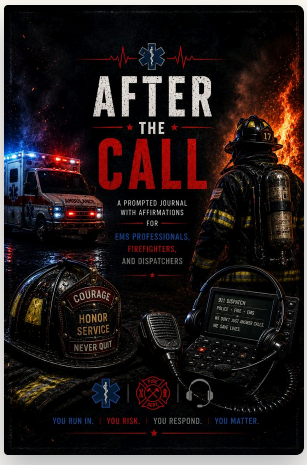
Beyond the Lesson Plan

TEACHERS



Healing Hands

HEALTHCARE PROFESSIONALS



After the Call

EMS, FIREFIGHTERS & DISPATCHERS

SCAN TO SEE EVERY JOURNAL

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Know someone who serves? Share this free sampler with them.

YOU DO NOT HAVE TO CARRY IT ALONE

Support Resources

Journaling helps, but some days call for a real conversation. These organizations offer free, confidential support. If you or someone near you is in immediate danger, call 911.

988 Suicide & Crisis Lifeline — **Call or text 988**

Free, confidential support for anyone in emotional distress.

Crisis Text Line — **Text HOME to 741741**

Free, 24/7 support by text.

Physician Support Line — **888-409-0141**

Free, confidential peer support for physicians and medical students, answered by volunteer psychiatrists. Weekdays, 8 AM to 11 PM ET.

SAMHSA National Helpline — **800-662-4357**

Free, confidential treatment referral and information, 24/7.

NVFC First Responder Helpline — **nvfc.org/helpline**

Behavioral health support for National Volunteer Fire Council members and their families.

These organizations are independent and not affiliated with TK Valor or Kingdom Legacy Publishing. Contact details were checked in October 2026; visit each organization's website for current information.

"Every hero has a story. Every family has a journey. Every voice deserves to be heard."