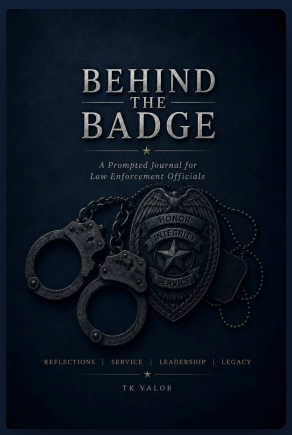
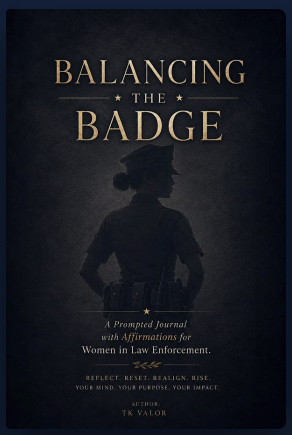
A FREE JOURNAL SAMPLER FROM TK VALOR

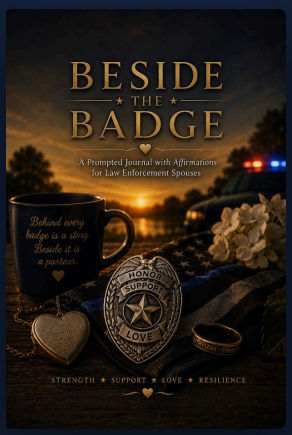
7 Days of Reflection

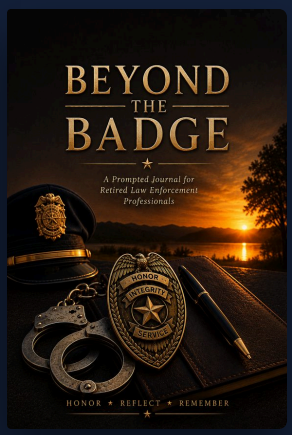
For the Ones Who Answer the Call

Daily prompts, scripture, and affirmations for law enforcement officers and the people who love them.









FROM THE THE BADGE SERIES

kingdomlegacypublishing.com

A NOTE FROM THE AUTHOR

Before You Begin

Thank you for being here.

After more than 7 years in law enforcement, I know what it is like to carry a shift home with you. The calls, the long nights, and the moments you cannot unsee rarely come with time to process them.

This sampler gives you seven days to slow down and reflect. Whether you wear the badge, wore it for years, or stand beside someone who does, 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. Behind every badge is a story, and yours matters.

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

The Call

Date: _____

> *"Also I heard the voice of the Lord, saying, Whom shall I send, and who will go for us? Then said I, Here am I; send me."*
>
> ISAIAH 6:8 (KJV)

What first drew you, or the officer you love, to law enforcement? How has that reason grown or changed since?

TODAY'S AFFIRMATION

I answered a call to protect, and that purpose still matters.

ONE THING I'M GRATEFUL FOR

DAY 2

After the Shift

Date: _____

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

What do you carry home after a hard shift? Write about one moment that stayed with you, and how you want to set it down.

TODAY'S AFFIRMATION

I can leave the shift at the door and come home whole.

ONE THING I'M GRATEFUL FOR

DAY 3

Courage

Date: _____

> *"Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest."*
>
> JOSHUA 1:9 (KJV)

Courage looks different on and off duty. Describe a quiet act of courage, yours or someone else's, that you will never forget.

TODAY'S AFFIRMATION

Courage is not the absence of fear. It is showing up anyway.

ONE THING I'M GRATEFUL FOR

DAY 4

Peace

Date: _____

> *"Blessed are the peacemakers: for they shall be called the children of God."*
>
> MATTHEW 5:9 (KJV)

Where do you find peace when the world feels loud? List the people, places, and habits that steady you.

TODAY'S AFFIRMATION

I deserve the same peace I work to protect.

ONE THING I'M GRATEFUL FOR

DAY 5

The Ones Beside You

Date: _____

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

Who has your back, on duty and off? Write a thank-you to a partner, spouse, or friend who stands beside you.

TODAY'S AFFIRMATION

I am not alone. I am surrounded by people who stand with me.

ONE THING I'M GRATEFUL FOR

DAY 6

Reset

Date: _____

> *"It is of the LORD's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness."*
>
> LAMENTATIONS 3:22–23 (KJV)

If you could reset one thing about how you care for yourself, what would it be? What is one small step you can take tomorrow?

TODAY'S AFFIRMATION

Every morning is a new chance to reset, realign, and rise.

ONE THING I'M GRATEFUL FOR

DAY 7

Legacy

Date: _____

> *"He hath shewed thee, O man, what is good; and what doth the LORD require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?"*
>
> MICAH 6:8 (KJV)

When your career is over, what do you hope people say about the kind of officer, partner, and person you were?

TODAY'S AFFIRMATION

My honor, integrity, and service will outlast the badge.

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?

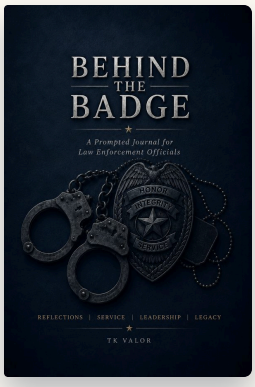
What is one thing you learned about yourself this week?

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

READY FOR MORE?

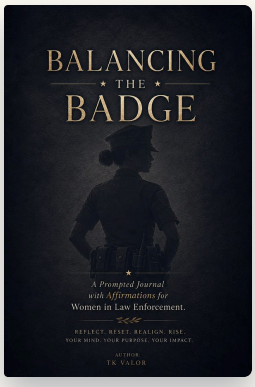
Continue Your Journey with the The Badge Series

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.



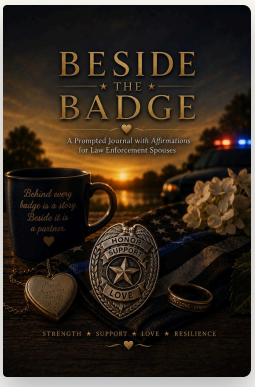
Behind the Badge

OFFICERS



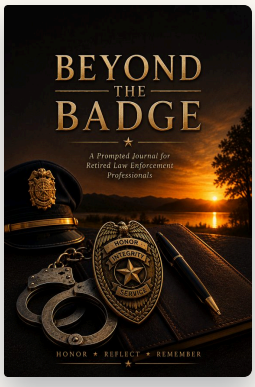
Balancing the Badge

WOMEN IN LAW ENFORCEMENT



Beside the Badge

LAW ENFORCEMENT SPOUSES



Beyond the Badge

RETIRED OFFICERS

SCAN TO SEE EVERY JOURNAL

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Available in paperback on Amazon. Bulk orders for units, groups, departments, and schools are welcome through the contact form.

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.

COPLINE — **800-267-5463 (800-COPLINE)**

A confidential helpline for law enforcement officers and their families, answered by retired officers.

Safe Call Now — **206-459-3020**

A confidential crisis referral service for public safety employees and their families.

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.

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."