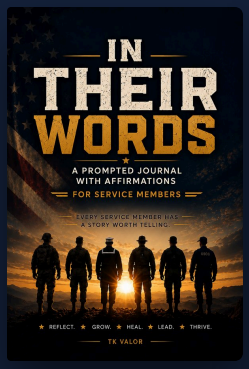
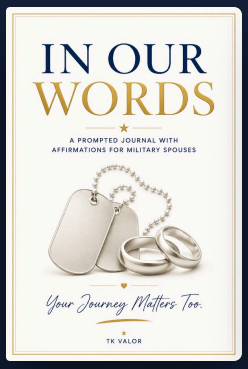
A FREE JOURNAL SAMPLER FROM TK VALOR

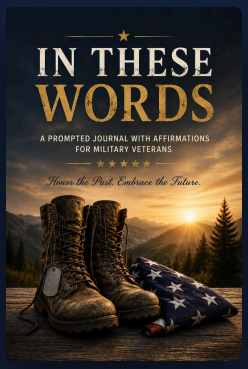
# 7 Days of Reflection

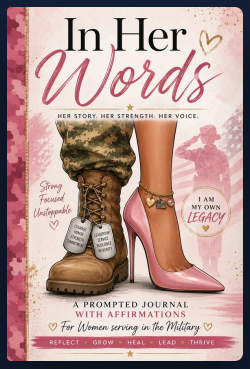
## *For the Ones Who Serve and the Ones Who Wait*

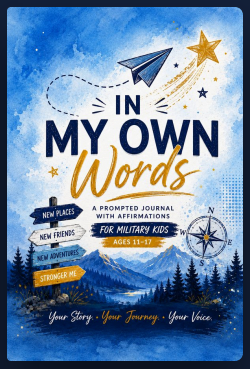
Daily prompts, scripture, and affirmations for service members, veterans, and military families.




FROM THE MILITARY EMPOWERMENT SERIES

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A NOTE FROM THE AUTHOR

# Before You Begin

*Thank you for being here.*

*After more than 20 years in uniform, I know how rarely military life slows down long enough for us to sit with our own story. Deployments, moves, drill weekends, and long goodbyes leave little room to process what we carry.*

*This sampler gives you seven days to do just that. Whether you serve, have served, or love 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. Your story is worth telling.*

*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

# Purpose

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)

Think back to the moment military life became part of your story, whether you enlisted, married into it, or were born into it. What did you hope it would mean? What does it mean to you now?

**TODAY'S AFFIRMATION**

*My story matters, and I am the one who gets to tell it.*

**ONE THING I'M GRATEFUL FOR**

DAY 2

# Strength

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)

Describe a time you were stronger than you thought you could be. Who or what helped carry you through?

**TODAY'S AFFIRMATION**

*I have done hard things before, and I can do hard things again.*

**ONE THING I'M GRATEFUL FOR**

DAY 3

# Home

Date: _____

> *"Be strong and of a good courage, fear not, nor be afraid of them: for the LORD thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee."*
>
> DEUTERONOMY 31:6 (KJV)

Military life redefines home again and again. Where, or with whom, do you feel most at home right now? What makes it feel that way?

**TODAY'S AFFIRMATION**

*Home is not a place. It is the people and the faith I carry with me.*

**ONE THING I'M GRATEFUL FOR**

DAY 4

# The Weight

Date: _____

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

What is something you have been carrying quietly? Write about it here, then write one way you could set part of it down this week.

**TODAY'S AFFIRMATION**

*I do not have to carry everything alone.*

**ONE THING I'M GRATEFUL FOR**

DAY 5

# Service

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 three people whose service or sacrifice made yours possible. What would you want to say to each of them?

**TODAY'S AFFIRMATION**

*Every act of service, seen or unseen, makes a difference.*

**ONE THING I'M GRATEFUL FOR**

DAY 6

# Rest and Renewal

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)

When was the last time you truly rested? What does recharging look like for you, and what would it take to make room for it this week?

**TODAY'S AFFIRMATION**

*Rest is not weakness. Rest is how I renew my strength.*

**ONE THING I'M GRATEFUL FOR**

DAY 7

# Legacy

Date: _____

> *"One generation shall praise thy works to another, and shall declare thy mighty acts."*
> PSALM 145:4 (KJV)

Imagine someone you love reading this page years from now. What do you want them to know about who you are and what you stood for?

**TODAY'S AFFIRMATION**

*I am building a legacy worth passing down.*

**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?

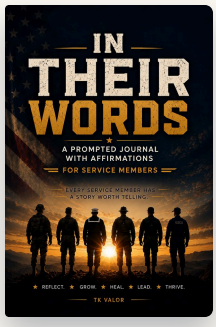
What is one thing you learned about yourself this week?

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

READY FOR MORE?

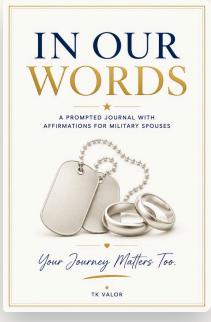
# Continue Your Journey with the Military Empowerment Series

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.



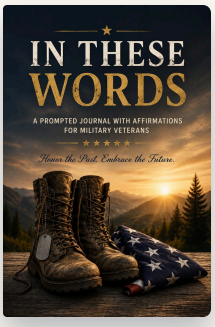

In Their Words

SERVICE MEMBERS



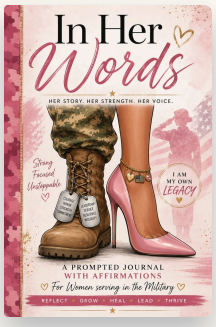

In Our Words

MILITARY SPOUSES



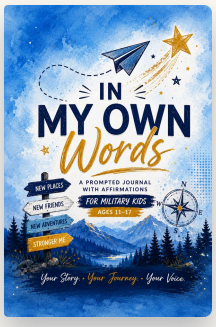

In These Words

VETERANS




In Her Words

WOMEN WHO SERVE




In My Own Words

MILITARY KIDS, 11 TO 17

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.

**Veterans & Military Crisis Line** — **Call 988, then press 1 · Text 838255**

Free, confidential support for veterans, service members, Guard and Reserve, and their families.

**Military OneSource** — **800-342-9647**

Non-crisis support for service members and families: counseling, relocation, deployment, and more.

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

Free, confidential support for anyone in emotional distress.

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."*