

# MENTAL HEALTH JOURNEY TIMELINE

*A space to reflect on growth, milestones, and healing.*

DATE/PHASE: \_\_\_\_\_

**Milestone:**

DATE/PHASE: \_\_\_\_\_

**Breakthrough:**

DATE/PHASE: \_\_\_\_\_

**Challenge Overcome:**

DATE/PHASE: \_\_\_\_\_

**New Perspective:**

## **Reflections & Observations**

"Healing is not linear."