



The Ultimate Guide Hip Recovery

Hip Recovery Workbook

A Transformational 30-Day Journey of Healing, Strength & Movement

Day 1

Healing grows in the small moments.

Describe what healing means to you today. How is it different from yesterday?

Day 2

Strength rises quietly inside you.

What movement felt easiest today? What movement felt hardest?

Day 3

Hope is your daily medicine.

Write about one fear you have around recovery and what might help soften it.

Day 4

Each breath softens the journey.

What progress—big or small—did you notice in your body today?

Day 5

You are becoming stronger every day.

List five things your body did well today, no matter how small.

Day 6

Your courage is louder than pain.

Reflect on a moment today when you felt hopeful.

Day 7

Rest is progress too.

What emotion showed up the strongest today? Explore why.

Day 8

Your body knows the way.

What is one thing you can do tomorrow to feel more supported?

Day 9

Be gentle with your growing strength.

Describe a moment of strength you experienced today.

Day 10

Patience creates space for healing.

What is one negative belief you can release today?

Day 11

Small victories matter.

What does patience look like for you right now?

Day 12

You are learning to rise again.

Write a letter to your healing hip, thanking it for its progress.

Day 13

Your progress is real, even when unseen.

What habit is helping you the most during recovery? Why?

Day 14

Your spirit leads your recovery.

What new ability (even tiny) did you gain today?

Day 15

You are rebuilding beautifully.

What part of your recovery are you proud of?

Day 16

Every step is a triumph.

Describe a time today when you surprised yourself.

Day 17

Healing is happening now.

What boundary did you honor today for your well-being?

Day 18

You are not alone in this journey.

What part of your healing journey feels the most empowering right now?

Day 19

Strength is returning, slowly and steadily.

How did you show kindness to yourself today?

Day 20

Your resilience is powerful.

What is one thing you wish others understood about your recovery?

Day 21

Nothing about today is wasted.

What movement or exercise helped you feel connected to your body today?

Day 22

You are allowed to rest.

What pain or discomfort showed up today, and what helped ease it?

Day 23

You are healing in your own perfect timing.

List three things giving you strength today.

Day 24

Your body is working hard for you.

Write about a moment you felt gratitude toward your body.

Day 25

Courage brought you here.

What is one thing you can let go of emotionally today?

Day 26

Your journey is unfolding with purpose.

What do you want your healed future self to know about today?

Day 27

Every day you grow stronger.

What surprised you about your recovery this week?

Day 28

You are doing better than you think.

Describe a moment when you felt supported today.

Day 29

Your healing matters deeply.

What can you celebrate about your healing today?

Day 30

This is your becoming.

End the month by writing your vision for the next 30 days of recovery.

About the Author

Jodi Seidler is an author, entrepreneur, and healing mentor who turned her own hip replacement journey into a mission to support others. Through HipsterClub.com, she educates and encourages people facing joint replacement, surgery anxiety, and long term recovery. Jodi integrates her background in wellness, writing, and emotional healing to create practical tools, journals, and resources that uplift the mind, body, and spirit. Her work combines humor, compassion, and real world experience to help people move through pain, rebuild their bodies, and step confidently into the next chapter of life.