

REMINDERS FOR HARD DAYS



1. A bad day does not equal a bad life.

You are not this struggle.

2. Not all thoughts are true. ^{Phew.}

3. Feelings are not facts. ^{But all your feelings are valid, real, and allowed.}

4. The only way out is through. ^{DARN IT.}

→ 5. Your worth is not contingent on circumstances.

↘ You are LOVABLE and ENOUGH always. ↙

6. Nothing stays the same. ^{Life guarantees this.}

7. You can't be everything to everyone. ^{But you can be true to yourself.}

8. Be gentle with yourself. And trust your inner voice, strength, and resilience.

9. You're not alone. It's okay to ask for help. ^{And be vulnerable.} ^

10. Focus on the things you can control.

Let go of the rest. ^{This is easier said than done.}