

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.