

5 Gentle Reminders for the Hard Days

Some days feel heavier than others. If today is one of those days, I want to offer you something gentle to hold onto.

The 5 Reminders:

1. You are allowed to feel everything... without rushing to be okay.
2. Just getting through today is enough.
3. Your love didn't end— it simply changed form.
4. It's okay if no one else understand... you still deserve support.
5. There is still something ahead for you, even if you can't see it yet.

Closing:

Take what you need from this... and leave the rest. You are not alone in this, even when it feels like it.

