



whole & human

Where all of you is met, not fixed.

GENTLE REMINDERS

**For the days you need to borrow a kinder
voice.**



You do not have to earn rest.



Your worth is not measured by your productivity.



You are allowed to take up space.



Growth and struggle can exist at the same time.



You can be grateful and still find things difficult.



Not every feeling needs to be fixed.



You are allowed to change your mind.



You do not need to have everything figured out.



Healing is not a straight line.



You are more than your most difficult day.



Being human is not a flaw.



You can start again as many times as you need.



You are not behind in life.



Rest is not something you earn after exhaustion.



You do not need to be perfect to be worthy of love.



You are allowed to protect your peace.



Not everyone has to understand your journey.



Small steps still count.



You are allowed to be both a masterpiece and a work in progress.



Some chapters are for surviving.

Some chapters are for growing.

Both matter.



You do not need to rush your healing.



You are not responsible for carrying everything alone.



There is strength in asking for help.



You can hold boundaries and still be kind.



The way you speak to yourself matters.



Feeling deeply is not a weakness.



You are allowed to disappoint others to stay true to yourself.



Progress is not always visible.



You deserve the same compassion you offer others.



A difficult season does not mean a difficult life.



You do not need to justify your needs.



Your emotions are information, not instructions.



You can learn from your past without living in it.



Your mistakes do not define you.



Some days, getting through the day is enough.



You are allowed to celebrate small victories.



You do not have to become someone else to feel better.



There are parts of you that are still learning.

Be gentle with them.



You are not a project to fix.

You are a person to understand.

