



I'm Not There Yet



A SEASON OF MAKING ROOM
FOR YOURSELF WHILE LIFE
STILL FEELS UNCERTAIN

Right now, my life still feels full of responsibilities, change, or uncertainty. My next step isn't about rushing ahead—it's about caring for myself in the season I'm in.



A Reflection



Some seasons are about doing. Others are about holding on. Right now, you may be in a season of caring for others, grieving, adjusting, or simply trying to make it through the days. This season matters, too. And it won't last forever.

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This season may not look like the one you imagined, but it is preparing you for what's next.



ASK YOURSELF



What do I need most right now?



How can I make room for myself this week?



What would bring me a little peace today?



Remember

This season won't last forever.

Caring for yourself is part of moving forward.

