

# Episode One Reminders

I am allowed to take life one moment  
at a time.

I don't have to have everything  
figured out to be okay.

There is still good around me, even  
when things feel hard.

I am learning how to be present.

I am enough — exactly as I am today

# Episode Two Reminders

I am allowed to pause.

Awareness is a form of care.

I don't need a perfect day to be okay.

Small moments still matter.

## Episode Three Reminders

I am allowed to have hard days.

A bad moment does not define my  
life.

I don't have to solve everything today.

I can begin again tomorrow, or even  
later today.

# Episode Four Reminders

I am allowed to need softness.

Gentleness is not weakness.

I don't have to carry everything  
alone.

Even small comfort matters.

# Episode Five Reminders

I am not behind. I am human.

My pace is allowed to change.

I am responding to real life, not a  
fantasy.

I don't have to rush to be worthy.

# Episode Six Reminders

I am not lazy. I am tired.

Rest is a form of care.

I don't need to force what needs  
time.

Listening to myself is productive.

# Episode Seven Reminders

I don't have to react to everything.

Pausing protects my peace.

Not every situation deserves my  
energy.

I am allowed to choose calm.

## Episode Eight Reminders

I am allowed to change my mind.

Outgrowing something doesn't mean  
I failed.

I can honor the past without staying  
there.

Choosing myself is not selfish.

# Episode Nine Reminders

Showing up is enough.

I don't need to earn rest or  
compassion.

Quiet effort still counts.

I can honor myself without  
conditions.

# Episode Ten Reminders

You don't have to rush your healing.

You don't have to have everything  
figured out.

You don't have to be "positive" to be  
present.

You're allowed to be human.