



ACKNOWLEDGE YOUR QUIET BURDENS

Use this sheet to reflect on your hidden struggles.

- 1** Take a moment to sit quietly in your car today.
- 2** Write down one conversation you've been rehearsing.
- 3** Identify a message you've hesitated to send and consider sending it.
- 4** Practice saying 'I'm fine' and notice how it feels.

MAKE IT YOURS

My one move this week: _____

When and where, exactly:

My witness (one person I told): _____

I showed up:

MON

TUE

WED

THU

FRI

SAT

SUN

What I noticed this week:

You're not broken. You're carrying more than you show.